

As Vision Fades, Adaptive Strategies Offer Solutions, Hope

New book shares effective, practical techniques for maximizing independence and living well with macular disease

Millions of Americans currently live with some form of macular disease—a progressive, typically age-related affliction that can result in the loss of central vision. Many who live with macular degeneration, retinitis pigmentosa, diabetic retinopathy, and other diseases that affect the macula believe that, as their eyesight diminishes, so, too, will their ability to remain self-reliant, productive, and active participants in the world.

In *Macular Disease: Practical Strategies for Living with Vision Loss* (Park Publishing, Inc., May 2008), author Peggy R. Wolfe—who has lived with macular disease for eight years—offers reassurance, hope, and invaluable insight on living well with macular disease and declining vision. Filled with personal stories that illustrate the author's own challenges and adaptive strategies as well as hundreds of constructive, easy-to-follow techniques on everything from performing everyday tasks to selecting assistive tools and technology to maintaining an optimistic, fighting spirit, *Macular Disease* offers those facing vision loss invaluable wisdom, empathy, and guidance on maintaining an independent, productive, vibrant life.

Included are such topics as:

- organizing living space and finding hard-to-spot items
- learning new ways to cook, clean, shop, and perform other everyday tasks
- strengthening other senses
- deciding when—and when not—to seek or accept help
- sharing feelings with friends, family members, and others
- selecting helpful products
- embracing technology, from video magnifiers to screen readers and other adaptive software
- making driving decisions
- preparing for the future

Printed on glare-resistant paper in large-print format, *Macular Disease* is an authoritative, empathetic, personable guide to meeting each day's challenges and sustaining a positive, realistic, "can do" attitude in the face of vision loss as new ways of living well are developed and mastered.

PEGGY R. WOLFE spent her working life as a research librarian at a major university. Diagnosed with macular degeneration eight years ago, Peggy has worked tirelessly to discover and share creative, practical techniques that allow those with vision loss to maximize their independence and continue to enjoy productive, creative, joyful lives.

MACULAR DISEASE

Practical Strategies for Living with Vision Loss

Peggy R. Wolfe

Park Publishing (Distributed by Independent Publishers Group)

ISBN 978-0-9792-9451-8

Trade Paperback, 240 pages (30 photographs)

\$17.95, May 2008

Contact: Joanne McCall Public Relations at (503) 642-4191 and joanne@teleport.com