



500 000

people in Quebec live with

MACULAR DEGENERATION

Living with macular degeneration

This program is a collaboration between the Association québécoise de la dégénérescence maculaire and the Association des médecins ophtalmologistes du Québec.

AQDM

Association québécoise de la
dégénérescence maculaire



ASSOCIATION DES MÉDECINS OPHTALMOLOGISTES
DU QUÉBEC

This program aims to help people with macular degeneration to better understand and live with the disease. It also offers attending physicians the possibility of optimizing the time spent treating their patients.

Becoming a member is free

If you have macular degeneration, you and your caregiver can become members of AQDM. Each new member adds tremendously to the strength representation of the AQDM and its ability to better inform the general public, health professionals and government authorities to the immediate needs of thousands of people with the disease in Quebec. It also activates a multitude of information sources and services that can help you live better with macular degeneration.

**To register visit our internet site at www.aqdm.org or
communicate by phone at 514-937-1111 or at no cost
866-867-9389 or by Email at info@aqdm.org**

The AQDM's mission is to promote the self-reliance of people living with macular degeneration, as well as to help them maintain or improve their quality of life.

Many of our members volunteer their time to achieve the objectives of the Association and provide information and services that are available to all members. These members are also affected by the disease themselves and have a thorough understanding of its related needs.

Our goals

Bring together people affected by this disease and their caregivers to facilitate mutual support and break isolation.

Refer them to existing medical, technological, socio-cultural and rehabilitation resources.

Inform them of prevention, adaptations, treatments, and research available around the world.

Raise awareness among the general public, health professionals and government authorities of the immediate needs of people affected by this disease.

Represent the interests of people with macular degeneration with all relevant authorities.

Educate the general public about AMD symptoms and preventive measures.

Information and services offered

Newsletters and other resources sent by mail and presented on our website aqdm.org (including audio reading)

Lectures on macular degeneration, health and wellness.

Online activities (e.g., yoga, meditation).

Online training (e.g., use of technologies)

Regional self-help groups
Information and social training activities are conducted by volunteer members in several regions of Quebec to encourage sharing and mutual support.

We communicate in a variety of ways to adapt to the visual capacity and mobility of our members, i.e., in person, by email, by telephone and by videoconference.