

# Finding your way with **GA**

**Adapting to life after  
a Geographic Atrophy (GA)  
diagnosis**



# Living With GA

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**Vision changes can make daily tasks harder, but there are ways to modify your home that can help.**



## Lighting

Make sure the lighting in your home is bright and consistent throughout:

- Place lights in each room to improve focus and visibility
- Keep stairs and hallways well-lit and free of clutter to prevent falls

Every person's experience with GA is unique. The resources in this brochure are meant to be informational only and are not intended to replace medical advice. Always talk to your healthcare provider about any medical decisions, including how to manage the daily symptoms of GA, and how your vision loss may affect your everyday life.



## Home

Simple changes to your home can make a huge difference:

- Use different coloured stickers to make commonly used household appliances and utensils stand out
- Label important items in large print
- Organize the items you use the most and keep them in the same place
- Use non-slip rugs or remove rugs throughout your home to prevent falls

# Driving With GA

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It's important to be prepared as GA begins to impact your ability to drive. If you're able to drive, consider the following questions:

1

Is it harder to see the road at night or in tunnels?

2

Are you pulling over or not driving at all if there is unclear weather (fog, rain, snow, etc.) in the forecast?

3

Are you hesitant to drive somewhere unfamiliar or in tight spaces such as parking garages?

4

Are you having difficulty seeing signs or people on the road?



**If the answer to any of those questions is “yes”, it may be time to talk to your eye doctor (optometrist, ophthalmologist, or retina specialist).**

**After a GA diagnosis, it can be hard to know when to change your driving habits. Plan ahead so that you have alternative ways to get around.**

# Staying Active by Walking

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If you like to go on walks, create a routine and route near you.



Things like sudden dips in the pavement, pets, or plants on your route are important to keep in mind.

- Consider bringing a friend or family member along
- Plan ahead so you feel comfortable avoiding any larger obstacles on your own, like a construction zone

# Finding Ways to Get From A to B

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If you feel uncomfortable driving, consider reaching out to friends, family, or using a rideshare app.



Some rideshare apps allow you to schedule services online if you don't have a smartphone.



If you typically drive to get groceries, consider looking into grocery delivery services.

# Using Public Transit

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- Consider locally available, accessible public transportation
- If the main public transit system near you doesn't meet your needs, a public transit option called a paratransit system may be able to assist you
- A paratransit ride can take you directly to your destination at little to no cost

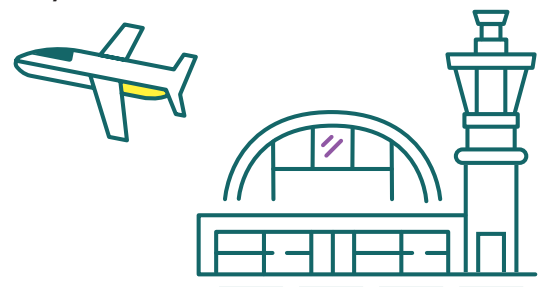


# Your Rights When Flying

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When travelling by air, know your rights as you make your way through the airport.

- Airlines must provide assistance between all flights and gates, including staff members and accessibility equipment
- It's not required for a passenger with GA to provide advance notice of their condition. However, it is recommended to call the airline before your trip for any assistance you may require

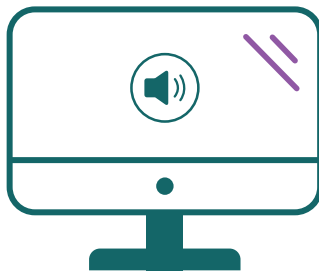




# Using Technology With GA

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For your electronic devices, there are special features that can make them easier to use as your vision changes:



- Settings to increase text size, brightness, magnification, and dark mode
- Screen readers and speech-to-text functions that can read and write text for you
- Smart devices with built-in voice assistants that can respond to certain voice commands, such as changing the lighting or playing music

# Looking for more support?

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Know that you are not alone. Below are a few groups that help people with vision conditions and those who care for them.

**VISION LOSS  
REHABILITATION™**  
CANADA

Connect with certified specialists who can help Canadians with vision loss lead more independent, active lives.

**[visionlossrehab.ca/en/  
programs-and-services](http://visionlossrehab.ca/en/programs-and-services)**

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CANADIAN COUNCIL  
OF THE BLIND



LE CONSEIL CANADIEN  
DES AVEUGLES

Find local peer support, recreational activities, and community-based programs designed to assist those living with vision loss.

**[ccbnational.net](http://ccbnational.net)**

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**Check out support groups  
in your area to talk to  
others experiencing similar  
vision problems.**



Access free programs and services that support Canadians who are blind or partially sighted in all areas of their lives.

**[cnib.ca/en/programs-and-services](http://cnib.ca/en/programs-and-services)**

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Get credible eye health information online and through educational events.

**[fightingblindness.ca](http://fightingblindness.ca)**

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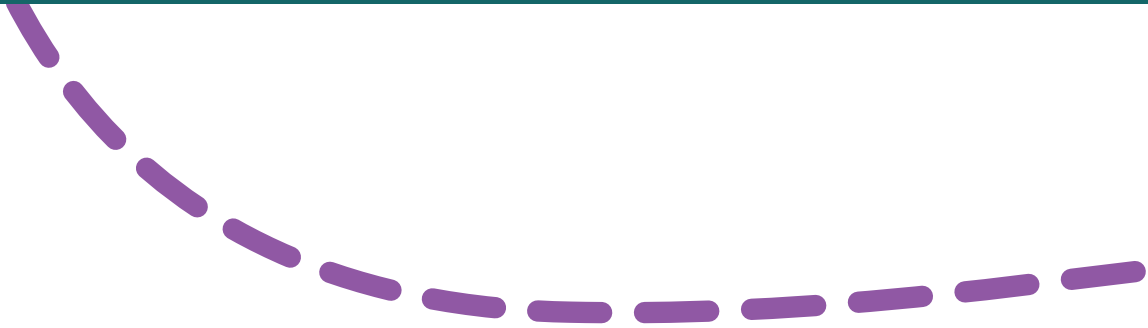
Learn about macular degeneration and find support through this Quebec-based organization.

**[aqdm.org/index.html](http://aqdm.org/index.html)**

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### **Please note:**

The resources in this brochure are meant to be informational only and are not intended to replace medical advice. Apellis is not affiliated with, nor endorses, any particular organization, and it is not responsible for the content of any sites or resources we may link to from this brochure, and makes no guarantees about the accuracy of the information or the quality of support provided.



## If you have GA, it's important to know that you are not alone

To learn more about GA, **scan the QR code** with your phone's camera, or visit **LivingWithGA.ca**

