



The TED Community Organization is non-profit comprised of patients, caregivers, medical professionals, and individuals who advocate for those dealing with **Thyroid Eye Disease (TED)**. In essence, we are a community of individuals who have the shared living experience of TED.

As a dedicated Thyroid Eye Disease (TED) organization, our vision and quest is to ensure that no one need ever walk alone through the TED journey. To this end, we provide education, support, and connection for all who are affected by TED.

TED Community Organization offers 12 FREE services built into our TED Care Portfolio:

- TED Educational Webinars
- TED Patient Podcasts
- TED Online Support Groups
- TED Educational & Personal Story Videos
- TED In Person Meetings, Retreats and Conferences
- TED eNewsletter
- TED Online Forum
- TED Online Advice Column (ie. Dear TEDe)
- TED Resource Library
- TED Art Therapy
- TED Buddy System - one on one support and friendship
- TED Social Media

How to connect with the TED Community Organization:

- Visit our website: tedcommunity.org
- Send us an email: hello@tedcommunity.org
- [Volunteer](#) to join us in the building of the TED Community Organization.
- Sign up for our [newsletter mailing list](#).
- Support the TED Community Organization non-profit with a [financial contribution](#).

TED ART

& Creative Studio

Where connection and creativity meet education and advocacy.

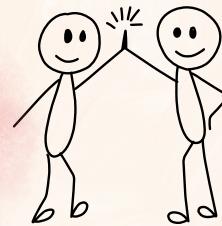
Sign up for this free TED ART program:

TEDcommunity.org/ART



We've created a safe space for thyroid eye disease (TED) patients and advocates to come together for a hands-on healing experience through art, poetry, storytelling, music, journaling, and photography. Some sessions guided by a credentialed art therapist and others led by our Director of ART, Jacque Boogher.

art skills
NOT
required



ART SUPPLY STIPEND



TED
Community
Organization

TEDcommunity.org

This program is made possible through the generous support of AMGEN, ACELYRIN, & TOURMALINE.



Using the LOW VISION DISPATCH PROGRAM

The LOW VISION DISPATCH PROGRAM (LVDP) provides rides to patients with certain vision disorders, to vision-related medical appointments.

DO I QUALIFY?:

To qualify to use the LOW VISION DISPATCH PROGRAM you must have one of the following diagnoses:

- Grave's Disease
- Neuromyelitis Optica
- Neuromyelitis Optica Spectrum Disorder
- Rare Disease resulting in low-vision / blindness
- Thyroid Eye Disease

Patients with Medicaid have access to free transportation benefits and therefore **Medicaid patients DO NOT qualify for the Program.**

To use the Low Vision Dispatch Program, **you must have a mobile phone.**

HOW TO REQUEST A RIDE:

As soon as you become aware of a vision-related in-person medical appointment you should go to

<https://tinyurl.com/LowVisionDispatchForm>

Complete the form and hit SUBMIT. You will get an email confirmation that the form has been submitted. Jim of the LVDP will process your request and email you with the details of your appointment within 2 business days.

NOTE: Requests received within 48 business hours of an appointment cannot be honored.

QUESTIONS? Call the Advocacy Support Center at 888 462 6691 and make sure to mention the word "DISPATCH".



***Providing evidence-based information and support
for patients and caregivers impacted by Graves'
disease, thyroid eye disease, and related disorders.***

Website: www.gdatf.org

Email: info@gdatf.org

Phone (USA/Canada): 877-643-3123

Social Media (@GDATF)  

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Steve Flynn, Co-Chairman & Secretary

Terry Smith, MD, Chief Medical & Scientific Officer

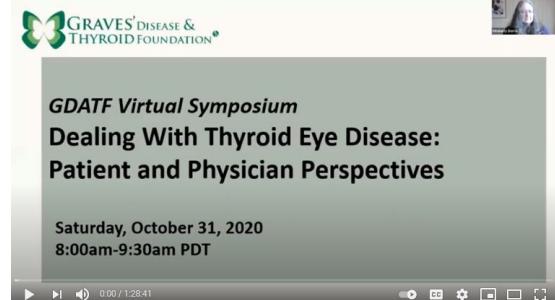
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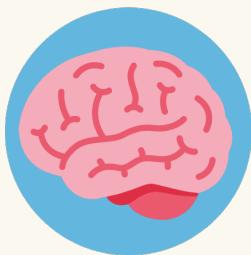
Nicole McDonald, M.D., Director

**Visit our YouTube Channel ([GravesAndThyroid](https://www.youtube.com/user/GravesAndThyroid)) for on-demand patient
webinars featuring trusted experts! Recent topics:**



Addressing Needle Fear

An Introductory Guide to Resources



Introduction

Needle fear is a common and under-addressed medical fear that can prevent patients from accessing essential, routine, and life-saving medical care like infusions.

This guide provides an overview of resources designed to assist individuals living with needle fear.



Groups

The **MEG Foundation** is a nonprofit with a variety of resources addressing needle fear, and other forms of pain aimed at a young adult and pediatric audience.

The **U.S. Pain Foundation** is a nonprofit focused on addressing chronic pain. Their website hosts a number of pain management resources, including a guide to creating a pain management plan.

The **Needle Phobia Alliance** is a nonprofit dedicated to easing needle fears and phobias. They have virtual support groups, and digital tools.

Professional Help

- **Cognitive Behavioral Therapy (CBT)** can be a good option for patients living with needle fear. The practice helps patients identify triggers and thoughts associated with needles, and reframe thought processes around needle fear. Patients will talk with a licensed therapist about the fear, learn new coping strategies, and new ways to think about needles.
- **Exposure therapy** is another form of therapy that can be helpful for patients living with needle fear. With professional guidance, patients are gradually worked through different activities related to the fear. For example, for needle fear, a patient may start with looking at a drawing of a needle, and conclude by receiving an immunization.
- **For more detailed information on professional mental health resources, visit helpguide.org**

Tips & Tricks

- Bring support to your visit if allowed. A trusted friend or family member can ease worry.
- Book your appointment for a nearby date. A shorter time frame can reduce anticipatory worry.
- Use distractions. Bring a source of entertainment like a book, movies, or music. Focusing on something other than the needle can ease fear.
- Practice breathwork. Controlling your breathing can help give you greater control over your body.
- Speak up at your appointment. Let your healthcare providers know about any preferences, or products, you may like you have during your visit.
- **For more tips visit idontlikeneedles.com**

Management Tools



The **Buzzy** device uses vibration and coldness disrupt and dull the pain signals sent from the brain.



There are a variety of topical products, and creams, that can numb the skin before the needle procedure is conducted. Many of them work differently, so be sure to read the directions on each. Some products you may consider are **Thimble**, and **EMLA Cream**.



Virtual tools, like meditation and mindfulness apps, such as **Headspace** and **Calm** have guided meditations that focus on reducing fear, and anxiety.



Smileyscope is a company that has created virtual reality experiences to distract from needle procedures. This technology is calibrated to redirect the brain during the moment of injection or infusion by displaying distracting and immersive video experiences.



Infusion Access Foundation

To get involved with our Needle Fear Workgroup which is currently producing resources to combat needle fear, please email info@patientaccess.org

How can we help you today?

Our goal is to meet you where you're at and connect you with the information, resources, and support you need right now. Most of all, we want you to feel seen, heard and understood.

Do you need...

- Information about an eye drop?
- Suggestions for daily coping strategies?
- Advice about what questions to ask your eye doctor?
- A Zoom or Facebook support group?
- Someone to talk to?
- Just some way to feel less alone with your eye issues?

Reach out today!

I have dry eye and believe this foundation has the experience, tools and loads of compassion/empathy to help us all walk through the journey our eyes have us on.

-Sarah

Overwhelmed?

Need one-on-one help?
Contact the Dry Eye Helpline.

800-484-0244 x9



The Dry Eye Foundation is a 501(c)(3) nonprofit organization.

We incorporated in 2018 as an outgrowth of the Dry Eye Zone, a patient-run resource center established in 2005.

In addition to supporting and advocating for our patient community, we work to educate medical providers, industry and the public about our community's needs.

Support our work!

Donate or become a member at dryeyefoundation.org



info@dryeyefoundation.org



800-484-0244



26273 12 Trees Lane NW
Suite M
Poulsbo, WA 98370



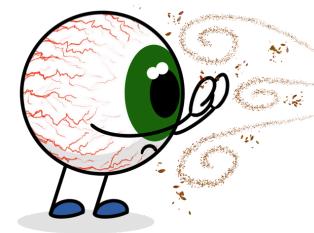
Visit us online!



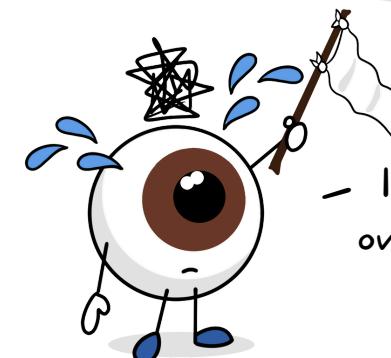
Living with Dry Eye Disease



— I have so many questions!



I'm struggling —
to cope.



— I'm a little
overwhelmed!

The Dry Eye Foundation is here for you.

Let's get connected.

Struggling? Feeling isolated?

Get connected

Visit: dryeyefoundation.org

Call/text: 800-484-0244

Email: info@dryeyefoundation.org

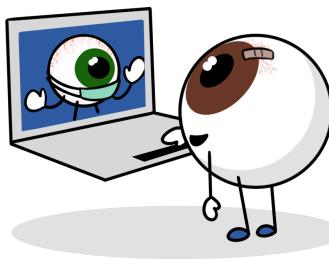
I want to connect with others

- Join one of our weekly Zoom Support Groups
- Join a Facebook group or our DryEyeTalk forum
- Read stories at dryeyestories.com

I'm in over my head.

I've hit a wall.

- Schedule a call with our Dry Eye Helpline for support



Restoring hope

Dry eye disease takes a toll—functionally, emotionally, and financially. As a connected community, we can support each other and pool our experiences to navigate the hard places.

Find answers at dryeyezone.com

Get the information you need

- Learn how to prepare for appointments
- Explore information about medical treatments
- Learn about home remedies and lifestyle modifications

Learn to manage dry eye

- At home
- At work
- At night
- Outdoors
- While traveling



Redefining disease

Ocular surface disease • Ocular surface pain

As we begin to understand our disease differently, we can communicate about it more effectively - individually and as a community.

Are my eye drops safe?

Look up any OTC eye drop at eyedropsafety.org

- See red flags for safety alerts, warnings and recalls
- Review ingredients and preservatives
- Link to official drug label

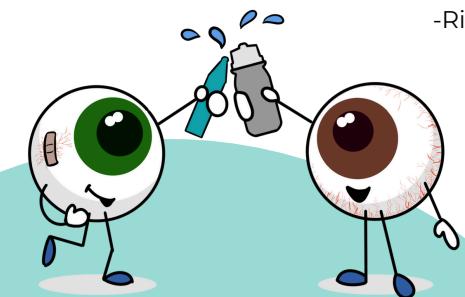
Scleral lens resources

Visit mbfsl.org for:

- Orientation
- Product guides
- Training Checklists
- Survey center

I appreciate the information that The Dry Eye Foundation provides on sclerals. There is not a lot of information available and this has been a great resource.

-Rita



Reshaping the future

Together, we can change how our needs are understood and partner with others to visualize and work towards better solutions.

Supporting Loved Ones

A web-based group for partners, spouses, adult children, parents and friends who are supporting their loved ones living with chronic illness and ongoing health challenges

facilitated by Skye White, MSW, LICSW

4th Monday of each month

5- 6pm PST / 8-9 EST

This group is virtual and is open to loved ones living anywhere!

To sign up, visit:

www.thecenterforchronicillness.org/groups

Please contact us with any questions or to sign up at (425) 296-2705 or info@thecenterforchronicillness.org

This program is free of cost.



Living with Rare Chronic Illness Support Group

A web-based, peer support group for those living with rare health challenges
led by Kerry Heckman, MSW, LICSW

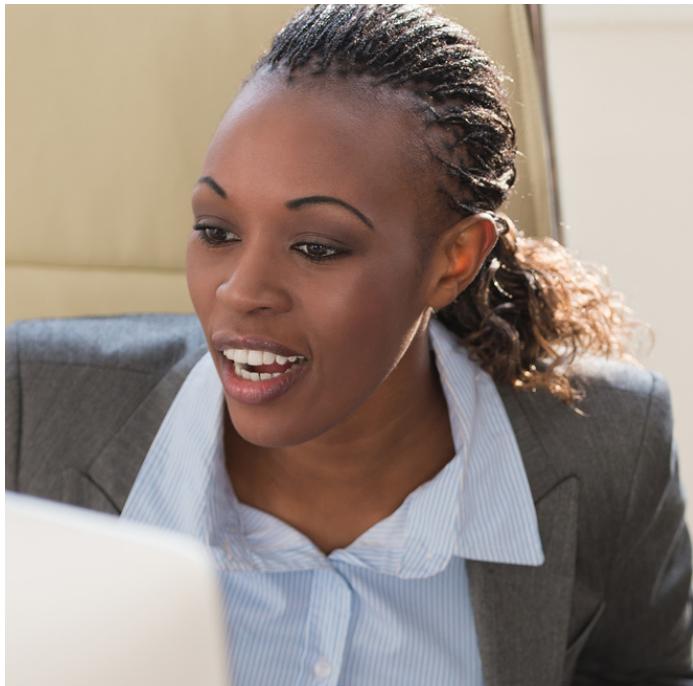
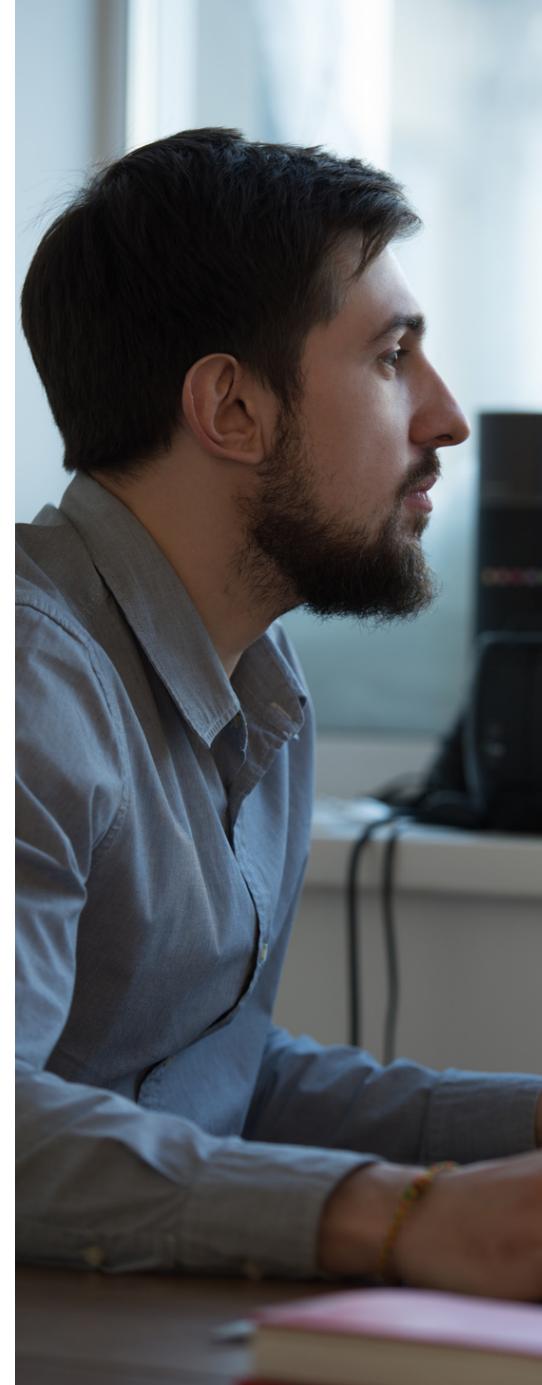
1st Tuesday of each month

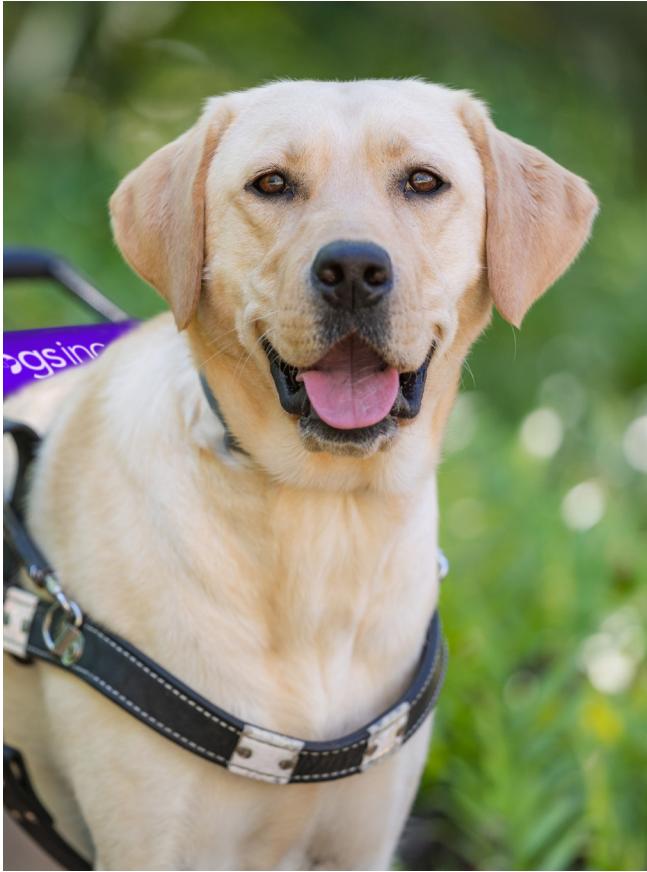
4-5pm PST / 7-8pm EST

To sign up, visit

[www.thecenterforchronicillness.org/
groups](http://www.thecenterforchronicillness.org/groups)

Contact us at
info@thecenterforchronicillness.org
or (425) 296-2705 with questions
www.thecenterforchronicillness.org
This program is free of cost.





dogsinc

Find Your Way Forward **WITH A DOG** **BY YOUR SIDE**

Are you or a loved one living with thyroid eye disease?

For independence and companionship, an extraordinary dog from Dogs Inc may be your new best friend. A perfectly matched guide dog or skilled companion dog is within reach, at absolutely no cost.



Guide Dogs Transform Lives

Guide dogs provide hope, confidence, and independence to those living with vision loss. These guide dogs learn over 40 skills that open doors to a brighter future for legally blind adults and mature teens ages 15–18.

We match our dogs and clients through an expert blend of art and science, then follow up with each team for life with North America's most robust Alumni Support Program. With help from dedicated partners, we enable all guide dog graduates to receive high-quality dog food, monthly preventatives, vaccinations, and an annual veterinary wellness visit at no additional cost.

We offer the most advanced training facilities of any service dog organization with a team of expert instructors and support, earning a 99% satisfaction rating in student exit surveys. You'll enjoy the training experience!



Skilled Companion Dogs Offer Affection and Friendship

Gentle, warmhearted, and well trained, our skilled companion dogs build confidence and become the most loving, loyal friends. When you need encouragement, affection, and a warm hug, your dog is there at your side. You'll love your new best friend! Smart, healthy, and fit, skilled companion dogs are pets with exceptional house manners. They respond to basic cues such as sit, stay, come, down, and more, and walk with superb leash etiquette. As pets, these dogs do not have public access rights as defined by the Americans with Disabilities Act (ADA).



A DOG MAKES ALL THE DIFFERENCE



Getting a guide dog or skilled companion dog is a life-changing decision. You'll gain freedom, elevate your confidence, and enjoy a beautiful dog that brings joy and enriches your life.

Find Out More Today

For more information, visit dogsinc.org.
With questions or to apply, contact Fran Marinaro
at Frances.Marinaro@dogsinc.org

About Dogs Inc

Dogs Inc transforms lives by creating and nurturing extraordinary partnerships between people and dogs. We breed, raise, and train elite guide dogs, service dogs, and skilled companion dogs and provide life-changing services for people with vision loss, veterans with disabilities, and children with significant challenges. We offer our premier dogs and lifetime follow-up services at no cost. Since 1982, we have successfully created thousands of guide and service dog teams throughout the U.S. and currently oversee the well-being of over 1,200 puppies and dogs.



4210 77th St East, Palmetto, FL 34221 | 941.729.5665 | dogsinc.org



for us, it's personal

CONNECT WITH AN INTERPRETER BY TELEPHONE

Please follow the steps below to easily connect with an interpreter:

1. Dial: 1-844-405-1866
2. Enter the Pin: 100
3. To connect with the interpreter:
Please press 1.
4. Please press 1 to add a third-party to the call or press 2 to continue.

DOCUMENT TRANSLATION

Send a picture of your document to
Translator@BrombergTranslations.com.

Examples of documents you can send for translation are:

- personal documents,
- medical records,
- forms and applications to government agencies and insurance companies



BROMBERG & ASSOCIATES



HORIZON



What is Low Vision?

Low Vision is defined as vision loss that cannot be corrected by medical or surgical treatments or conventional eyeglasses (*American Academy of Ophthalmology*).



Living Well With Low Vision

lowvision.preventblindness.org

What is the Living Well With Low Vision website?

The Living Well With Low Vision website makes it possible for people to educate themselves about loss of vision and how to meet the daily challenges resulting from it. The website hopes to provide practical ways for people to improve their quality of life and relieve any emotional trauma that may accompany vision loss. Website content and accessibility are guided by site founder and patient advocate Dan Roberts (who serves as editor-in-chief) as well as the all-volunteer Living Well With Low Vision Advisory Committee.

Who should use the Living Well With Low Vision website?

Resources are customized for each of these groups:

- Patients
- Caregivers
- Health Care, Mental Health, or other Providers

The mission of Living Well With Low Vision is to make it as easy as possible for people to educate themselves about loss of vision and to meet the daily challenges resulting from it. By empowering individuals, we hope to provide practical ways for people to improve the quality of their daily lives and relieve the emotional trauma that often accompanies low vision.

[Site Guide](#)

For Patients

For Caregivers

For Healthcare Professionals

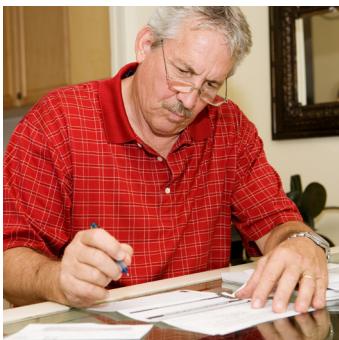


What are some examples of resources I can find?

Low Vision Resource Directories

The website offers a number of Resource Directories for people living with low vision, including:

- U.S. Agencies, Centers, and Societies
- International Agencies, Centers, Organizations, and Societies
- Transportation Services Directory
- Assistive Technology Products; Suppliers of Low Vision
- Devices Suppliers of Reading Materials in Large Print and Braille
- Suppliers of Audio Reading Materials
- Finding a Doctor
- Top Hospitals for Eye Care
- Vision-Related Websites



Patient Guides and Publications

Many of the online guides in the patient and caregiver sections of Living Well With Low Vision, such as the “Self-Help Guide to Non-Visual Skills” and “The ABC’s of Caring for the Visually Impaired handbook” are available to download or you can request a print copy.

GuideMe Apps

GuideMe is a resource for those who have been recently diagnosed with an eye disease, their family members and caregivers. Individuals can fill out a short online questionnaire about themselves and their diagnosis to create a customized guide with helpful information, tips, resources and steps they can take to be proactive about protecting their vision and maintaining their quality of life and independence. Currently, GuideMe apps are available in the topics of age-related macular degeneration and diabetes-related eye disease.

For more information, visit: lowvision.preventblindness.org



This resource is supported by grants from Amgen and Novartis.