

Getting new glasses - adults



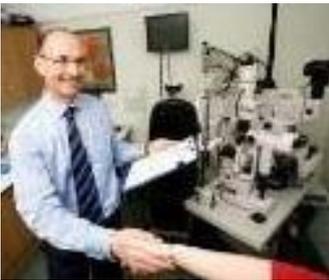
Glasses can help you see clearly

SEE ABILITY
Extraordinary every day

Easy read factsheet



Everybody's sight gets worse as they get older



The person who tests your eyes is called an optometrist. We will call them an optician in this factsheet

2019

2021

You should have an eye test at an optician's at least every 2 years



Most people need glasses at some time in their life



After your eye test the optician may say you need new glasses



Why you might need to wear glasses

You might need glasses to see things close to you:



Using your phone



Eating



Using a computer

You might need glasses to see things further away:



Watching TV



Watching a show or film



Going out



Wearing the right glasses will help you see clearly



Some people need to wear glasses all the time

Your optician will tell you why you need glasses

Prescription					
Name _____					
	SPH	CYL	AXIS	PRISM	ADD
R	-2.50	+2.00	80		+2.75
L	-2.50	+3.00	80		+2.75
Optician _____					
Date _____					

They will give you a prescription which tells you about the glasses you need



You can go to any optician to get your glasses



You need to take your prescription with you to the optician. You may get help to pay for your glasses



We have a form called – ‘Feedback from my optometrist’

You can ask the optician to fill this form in. It will explain why you need glasses

Go to www.seeability.org/feedback-optom to get a copy

You may need 2 pairs of glasses

Glasses for seeing things close to you and glasses for seeing things further away.

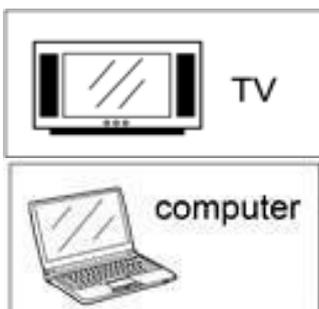
To help you remember which glasses are for which activities:

You could have different colour glasses

You could have different colour glasses cases

You could use stickers on the case to show what activities they are for

You could use the pictures at the end of this factsheet



Some people need glasses with special lenses



Bifocals or varifocals are glasses that have special lenses. The lenses will help you see further away and close to you.



You can get glasses that help you see clearly that are also sunglasses.



Some glasses have lenses that go dark when the sun is out.



There are lots of frames that are very strong or very thin or flexible. These frames might fit your face better.

The optician will help you choose the right glasses.

You may need to pay some money for your glasses



Talk to the optician about the cost of your glasses.

You may be able to get a voucher that makes your glasses cheaper.



The optician will make sure the glasses you choose fit

They will measure you to check the glasses fit well and will be comfortable



When choosing your glasses, ask if you can see a dispensing optician

A dispensing optician has extra training to help choose and fit glasses



It may take a week or more for them to make your new glasses for you



It is important to wear your new glasses

Tell people who support you about your eyesight

People need to know why you wear glasses



Write why you wear glasses in your health action plan or support plan

Your glasses will make you see things more clearly



If you used to sit close to the TV you may want to sit further back now



If you used to look at things very closely you may be able to hold things further away now



Everyone needs glasses that fit well on their nose and ears



This means that you can look through the middle of the lens



If you wear a hearing aid your glasses should fit comfortably over your ear and hearing aid



Make sure you can see through the clear lens of your glasses

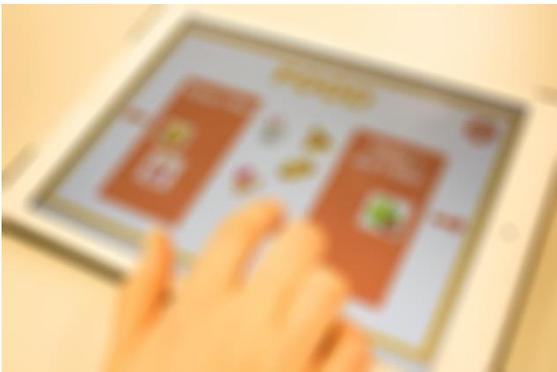


It can be easy to notice when glasses do not fit properly



It might take some time to get used to wearing your new glasses

The world might look different too



You may have got used to things looking blurred or not clear before you got your glasses



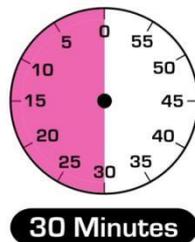
You should see things more clearly with your glasses

Practice wearing your new glasses



Wear your new glasses when you are doing something you enjoy

Wear your new glasses for a short amount of time at first



Wear your glasses around your house or garden until you are used to how things look when you are wearing them

Take your glasses out with you



Take your glasses with you when you go out with friends, to work, day services, college, shopping or other places



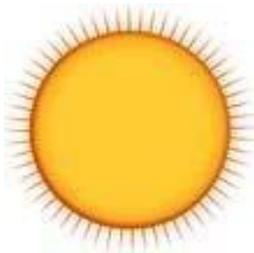
If you have 2 pairs of glasses, you can carry the second pair in your glasses case in your bag

If you use a wheelchair



If your wheelchair has head rests make sure that your glasses are comfortable

Your supporter can help you check they are comfortable and do not slip out of place as your head settles against your head rest



You should make sure your supporters do not place you facing into bright sun as this might be very uncomfortable for you

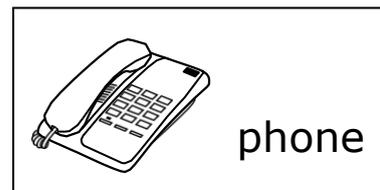
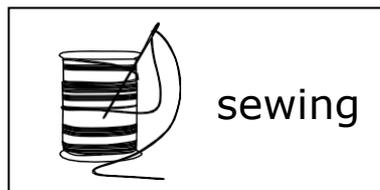
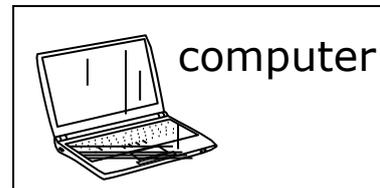
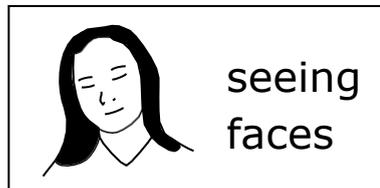
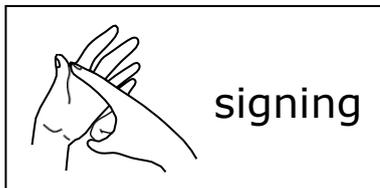
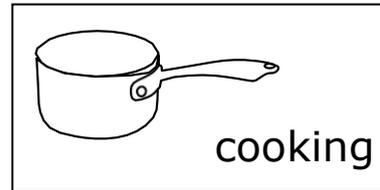
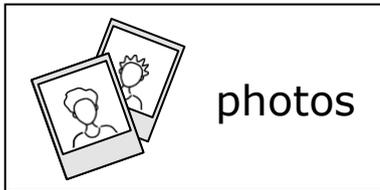


For more information easy read information about eye care and glasses, go to: www.seeability.org/looking-after-your-eyes

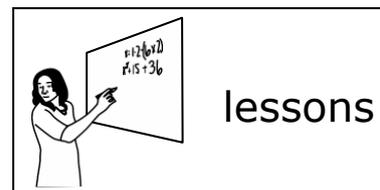
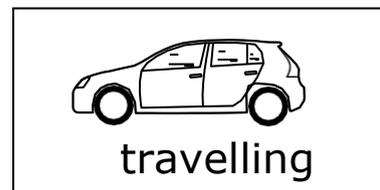
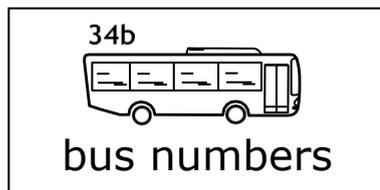
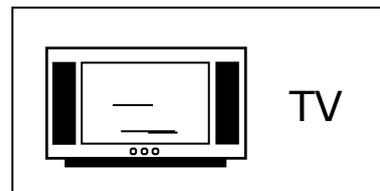
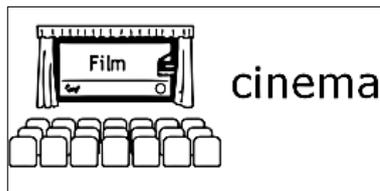
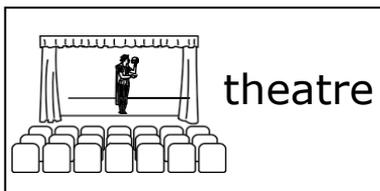
Stickers for our glasses cases

You can cut out and stick these pictures in your glasses case to help you remember what your glasses are for

Glasses for seeing things closely



Glasses for seeing things in the distance



Designed by The Clear Communication People Ltd, email: mike@communicationpeople.co.uk. Some photosy mbols used go to www.photosy mbols.com

SEE ABILITY



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Twitter: @seeability



Youtube: www.youtube.com/SeeAbilityFilms



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