Getting new glasses - adults

Glasses can help you see clearly

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

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
Some people need to wear glasses all the time

Your optician will tell you why you need glasses

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

Wearing the right glasses will help you see clearly
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
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.

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**

- photos
- reading
- cooking
- signing
- seeing faces
- computer
- watch
- sewing
- phone

**Glasses for seeing things in the distance**

- theatre
- cinema
- TV
- signs
- bus numbers
- travelling
- views
- watching sport
- lessons

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