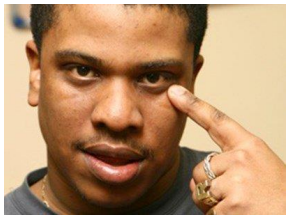


Having an Eye Test



You need to have your eyes checked

SEE ABILITY
Extraordinary every day

Easy read factsheet



Opticians test your eyes

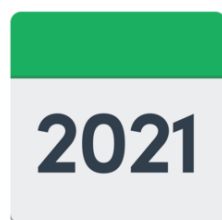
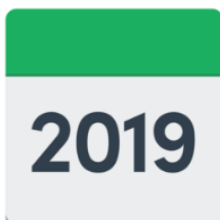
They are also called optometrists

We call them opticians in this factsheet



Having your eyes checked is called an eye examination, an eye test or a sight test

We will call it an eye test in this factsheet



You should have an eye test every 2 years

Your optician will tell you if you need your eyes checked more often



Everyone can have their eyes tested

You don't have to be able to read or speak to have an eye test



There are different ways to check your eyes. No-one is too disabled to have their eyes checked



Many people can get free eye tests

Some of the reasons people get a free eye test are:



- You are aged under 16
- You are under 19 and in full-time education
- You are aged 60 or over

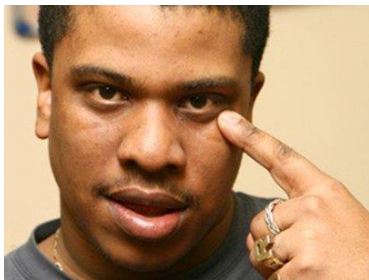




- You are registered as sight impaired or severely sight impaired



- You have diabetes. Diabetes is a health problem that can affect your eyesight.



- You have glaucoma. Glaucoma is an eye problem that could stop you seeing properly



- You are 40 or over, and your mother, father, brother, sister, son or daughter has been diagnosed with glaucoma



- Your eye doctor has told you that you are at risk of glaucoma

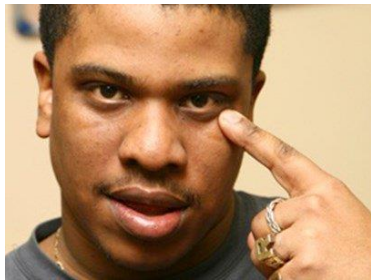


- You receive certain benefits like Income Support

Having your eyes tested is very important



An eye test can find out if your eyes are healthy. An eye test also checks for health problems like diabetes



Adults with a learning disability are 10 times more likely to have a serious sight problem than other people



An eye test can check that your eyesight is okay and whether you need new glasses



Wearing the right glasses can help you to see better



We need good eyesight to help us to communicate and to be independent



You can choose to have an eye test at any optician

You can take a supporter with you for your eye test



If you need glasses you can buy these at any optician



There are opticians who can visit you at home. Ask your optician about this

You can fill in our form and take it to the optician

The form is called **Telling the Optometrist About Me**. Go to www.seeability.org/optom to download a copy

You can fill in the form with a supporter

It will help the optician make sure your eye test goes well

A screenshot of a form titled "Telling the optometrist about me" from the organization "seeABILITY". The form includes sections for "Getting ready for my eye test", "Easy read factsheet", and "Please also take these things with you to your eye test". It provides instructions on how to fill out the form and what items to bring to the eye test.

What happens when you go for an eye test?



The optician will talk with you about your eyes and your eyesight

You can take your Health Passport to show the optician

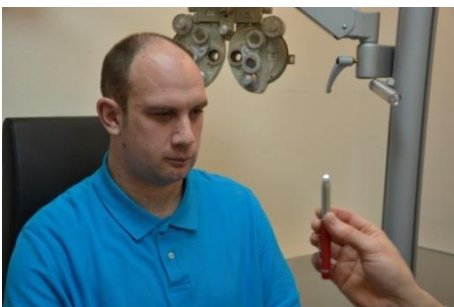


The optician will look at your eyes to see if they are healthy
The optician will need to get close to you to do this



The optician will use a light to look at your eyes

For some parts of the eye test the room will be quite dark



The optician may ask you to follow a light with your eyes
This helps them check how your eyes move when you look at things



The optician will ask you to look at objects, pictures or letters

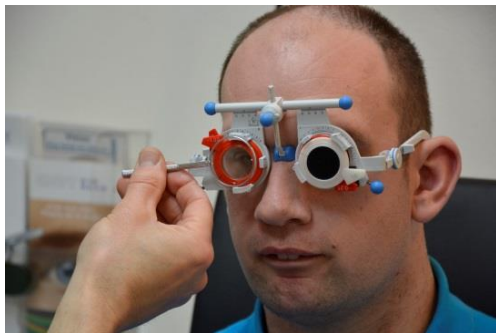


You can use words, signing, pointing or other ways to say what you see

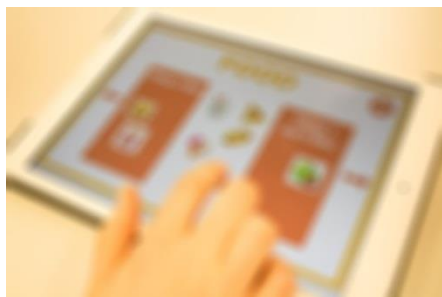
Your supporter can help you to communicate what you see

Maybe you can't say or sign what the objects, pictures or letters are

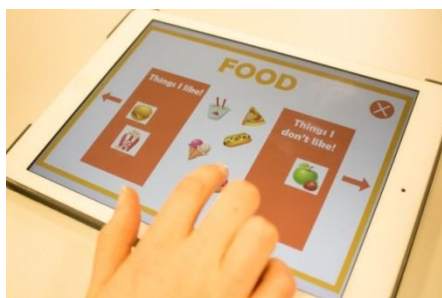
The optician can still test your eyes by watching how you look at things with your eyes



The optician will put a 'test frame' on your face



They will put different lenses in the test frame to check which lenses help you see things clearly



Lenses can help you see things more clearly



If you can't wear test frames, the optician can hold the lenses for you to look through



During the eye test the optician may use some equipment to check your eyes

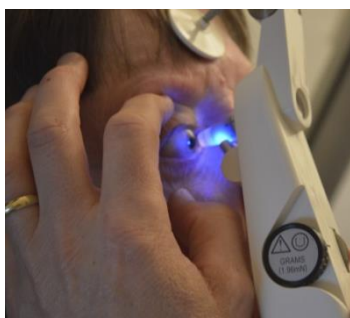


The optician will test how well you see things at the side of your vision



The optician may ask to put drops in your eyes. It may feel uncomfortable

The drops help the optician to see inside your eyes



Some machines blow a puff of air onto your eye or touch your eye gently

This helps test for a serious eye problem called glaucoma

It does feel uncomfortable but this test is important

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

After your eye test the optician will tell you about your eye sight and whether you need new glasses
They will give you a piece of paper called a prescription



If the optician says you need new glasses you can get these from any optician you choose



If the optician has found that you have an eye problem, they might tell you to see an eye doctor

Feedback from my optometrist

The results of my eye test **seeability**
Seeability every day

Easy read factsheet

Using this form – There are two ways of filling in this form:

- It can be printed off and written on
- It is a Word document that can be filled in and saved on computer using Adobe Acrobat reader

To find it online go to : www.seeability.org

I need my optometrist (optician) to fill in this form

It will help me and my supporters to understand my eye sight and the health of my eyes

This form includes my prescription (GOS 2)

This form should be kept in my health action plan

Section 1 – Details of me and my optician

My Name:

My optician's name and address:

Seeability is the trading name of The Sight School for the Blind based in UK. Registered Charity Number 28815.
© Seeability 2016. No part of this document can be altered or changed without permission.

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

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

You can ask the optician to fill this form in



If you have a health action plan you can add information about your eye test to it

It is important to share information about your eyesight with others



For more information see our other easy read factsheets about glasses. Go to: www.seeability.org/wearing-glasses

**SEE
ABILITY**



www.seeability.org



Facebook: [Facebook.com/RSB.seeability](https://www.facebook.com/RSB.seeability)



Twitter: @seeability



Youtube: www.youtube.com/SeeAbilityFilms



eyecare@seeability.org



01372 755000

SeeAbility is the operating name of the Royal School for the Blind founded in 1799. Registered charity number 255913. ©SeeAbility 2019. No part of this document can be altered without permission. Some Photosymbols used www.photosymbols.com

© European Easy-to-Read Logo: Inclusion Europe. More information at www.easy-to-read.eu

Proofread by: Scott Watkin BEM

Reviewed: April 2019

