Wearing glasses - adults

Glasses can help you see clearly

Easy read factsheet

Everybody’s sight without glasses gets worse as they get older.

Most people need to wear glasses at some time in their life.

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.
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

You can go to any optician to choose your glasses. You need to take your prescription with you

Your optician will tell you why you need glasses

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

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 the form
You may need 2 pairs of glasses
One pair for seeing things close to you
One pair for seeing things further away

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
It is important to wear your glasses

Tell people who support you about your eyesight

They need to know what you wear glasses for

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

It can take time to get used to your glasses

You may need to practice wearing them

People may need to support you to wear them until you are used to them

Keep your glasses clean

You can clean your glasses gently with the cloth in your glasses case

Your supporter can help you keep your glasses clean
If your glasses get very dirty

Wash them carefully in warm, soapy water

Then dry them with a glasses cloth

If you want, you can have a strap for your glasses

Some people have a strap on their glasses

This stops their glasses falling off, getting lost or damaged

Use your glasses case

When you take your glasses off keep them safe in your glasses case so they don’t get scratched or broken

Have your name on your glasses

You can ask you optician if you can have your name put on the glasses frame
Tell your optician if your glasses don’t fit, are broken or uncomfortable.

Your glasses can become loose, slip down your nose, or even fall off your face.

You can take your glasses to an optician if they are uncomfortable or if you need to get them fixed.

They often do small repairs for free.

**Your eyesight can change**

If you find it harder to see well with your glasses your eyesight may have changed.

It is important to book a new eye test. It might be time to get new glasses.
Ideas to help you remember what to use your glasses for

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

For more 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
- signing
- watch
- reading
- seeing faces
- sewing
- cooking
- computer
- phone

Glasses for seeing things in the distance

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

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