

Wearing glasses - adults



Glasses can help you see clearly

SEE ABILITY
Extraordinary every day

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

2019

2021

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



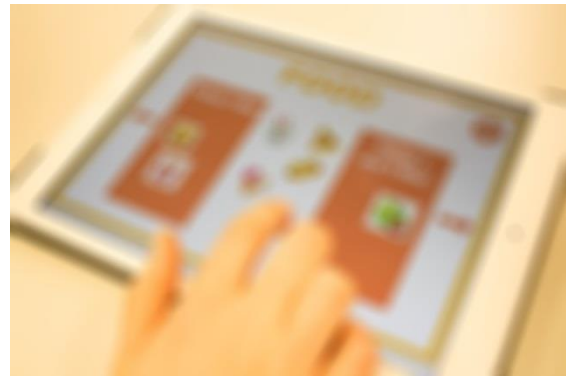
Watching a show or film



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

Prescription					
	SPH	CYL	AXI	PRISM	ADD
R	-2.50	+2.00	80		+2.75
L	-2.50	+3.00	80		+2.75

Optician: _____
Date: _____

Feedback from my optometrist
The results of my eye test
SEEABILITY
Easy read factheet

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:

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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

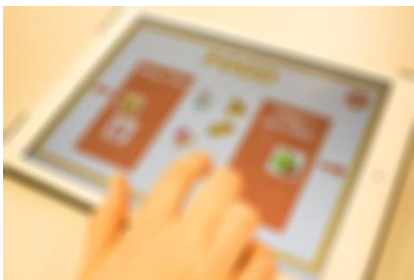


Your glasses can become loose, slip down your nose, or even fall off your face



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

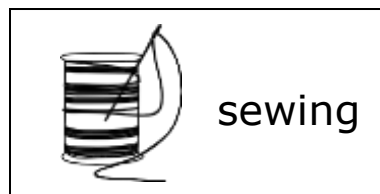
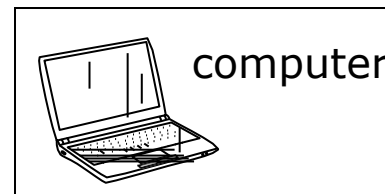
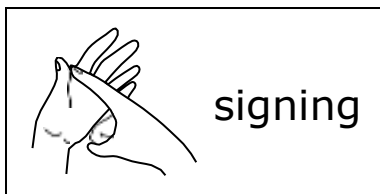
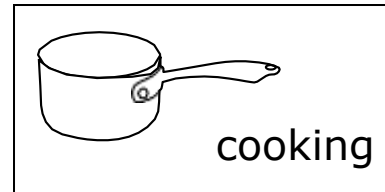
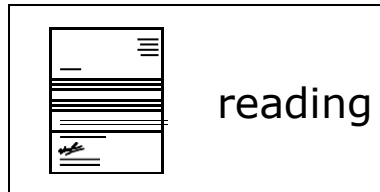


For more easy read information about eye care and glasses, go to:
www.seeability.org/looking-after-your-eyes

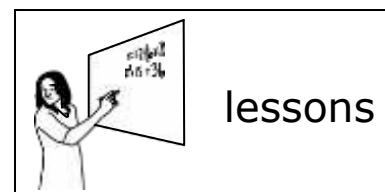
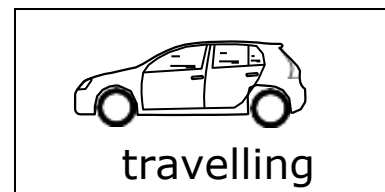
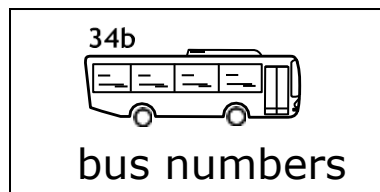
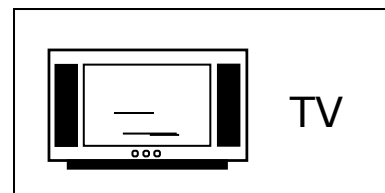
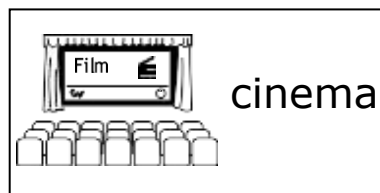
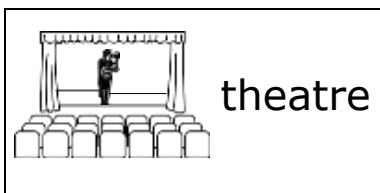
Stickers for our glasses cases

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



Glasses for seeing things in the distance



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

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

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