Cataracts

A cataract is a problem with your eyes

Our eyes need to be healthy for us to see well

Inside your eye is a lens which helps you to see

Having a cloudy lens is called a cataract

You can have a cataract in one eye or both eyes

You can get a cataract at any age

People often get a cataract when they get older

It is important to get help for your cataract
How to look after your eyes

Have a regular eye test. The person who does this is called an optician.

Tell someone if you are worried about your eyesight.

You can show this factsheet to your carers.

If you have problems with your eyesight, go to see your optician.
When you have a cataract

Your sight becomes blurred or unclear

It can be hard and uncomfortable to see in bright light

You might not be able to see colours very well

You might not be able to see people very well

You might bump into things or knock them over
You might worry about tripping over or getting lost.

It might be harder to do the things you enjoy like watching TV and going out.

**What you should do**

Cataracts do not get better on their own.

If you don’t do anything, your cataract might get worse.

There is no medicine that stops cataracts.
If your cataract is new, glasses or sunglasses may help you see better.

Your optician may arrange an appointment for you at the hospital.

At the hospital, they will do more checks about your eyes.

You may need an operation to take out the cataract.

This will help you to see more clearly.

If your eye doctor says you need an operation for cataracts, you can choose if you want this.
We have an easy read factsheet about cataract operations - www.seeability.org/cataract-operation

We have an easy read factsheet about making big decisions - www.seeability.org/consent-capacity

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