

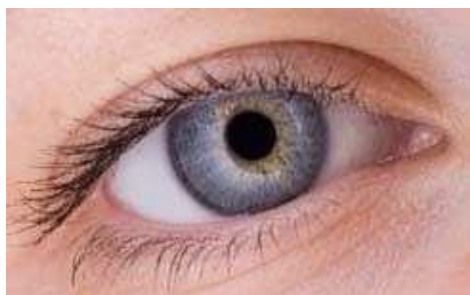
# Cataracts



**A cataract is a problem with your eyes**

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**Easy read factsheet**



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.



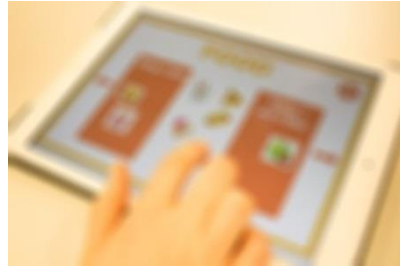
Tell someone if you are worried about your eyesight



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

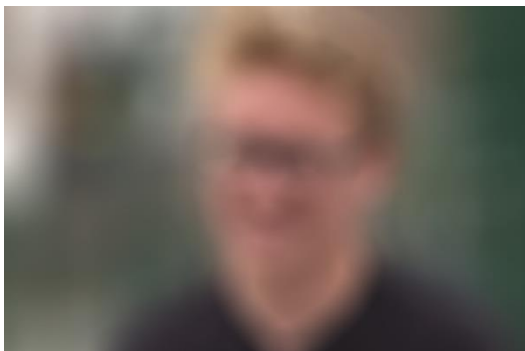
Your sight becomes blurred or unclear



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

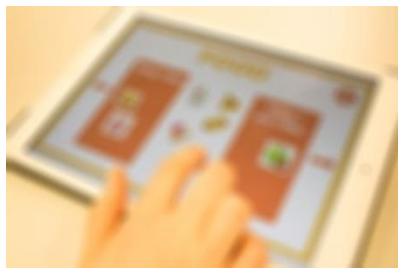


It might be harder to do the things you enjoy like watching TV and going out



## **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

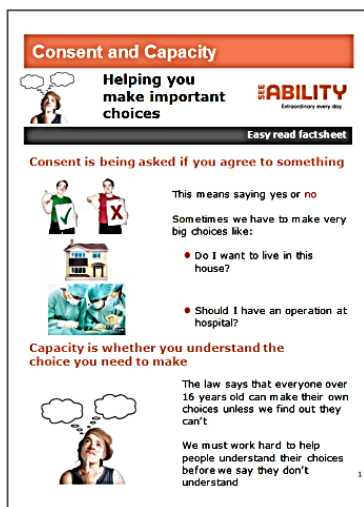


You may need an operation to take out the cataract.

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/ataract-operation](http://www.seeability.org/ataract-operation)

We have an easy read factsheet about making big decisions - [www.seeability.org/consent-capacity](http://www.seeability.org/consent-capacity)

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