

How to be eye care aware



Eye Care is important for people with learning disabilities

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Easy read factsheet



People with learning disabilities are more likely to have eye sight problems than other people



Eye tests are the best way of making sure your eyes are okay



Lots of people with learning disabilities are not having the eye tests they need



Talk to your supporter if you need more help

2019

2021

Have an eye test every 2 years or more often if the optician tells you to

Telling the optometrist about me
easy read form

Information about me and my sight
Please fill in this form and take it with you to your eye test.
Your supporter can fill in this form with you. It's okay to ask them to write on the form.

Please also take these things with you to your eye test:

- Your glasses if you have any
- The prescription from your last eye test
- Evidence of any benefits you get
- Your Health Action Plan if you have one

If you are filling in this form for someone else please fill in this section

Your name and role: _____
 Your address: _____
 Phone number: _____
 Email address: _____

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Use the **'Telling The Optometrist About Me'** form. Optometrist is another word for optician, the person who tests your eyes



Ask the optician about help with the cost of the eye test and glasses



Ask the optician to explain every part of the eye test



The optician can make Reasonable Adjustments to help you. For example, using pictures instead of letters in the eye test



You can still have an eye test and have glasses even if you can't name letters or pictures

Ask the optician to talk about the results of your eye test and fill in the **'Feedback From My Optometrist'** form



If you need glasses, ask the optician to help you choose the right glasses for you



Make sure the glasses fit and feel good on your face



Know when to wear your glasses



If your eyesight gets worse go and see the optician



Some people get help from the hospital about their eyes

Your eyes are important, remember to look after them!



Telling the optometrist about me:

www.seeability.org/optom

The results of my eye test:

www.seeability.org/feedback-optom

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ABILITY**



www.seeability.org



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