Understanding Your Eye Test for Makaton Users

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Section 1 – About Your Eye Test

The optometrist looks at your eyes.
Middle fingertip taps cheek below eye
Hand moves down slightly
Two fingers are slightly apart
Point to both for ‘Eyes’

The **optometrist** looks at your **eyes**
The optometrist wants to know your eyes are healthy.
The **optometrist** wants to know

*Middle fingertip taps cheek below eye*  
*Hand moves down slightly*

Point to both for ‘**Eyes**’  
*Hand brushes down chest twice*

**your eyes are healthy**
The optometrist will ask

Are your eyes OK
The optometrist will ask:

- Middle fingertip taps cheek below eye
- Hand moves down slightly
- Direct sign towards person

Are your eyes OK

- Move fist forwards towards person
- Point to both for “eyes”
- Very small movement
Section 2 – About Your Glasses

The optometrist will ask

Do you have glasses
Middle fingertip taps cheek below eye

Hand moves down slightly

Direct sign towards person

The **optometrist** will **ask**

Close hand into a fist and move towards body. Do not touch chest

Index fingers draw around frames of glasses

**Do you** **have** **glasses**
The optometrist will ask:

Are your glasses OK?
When do you wear your glasses

Middle fingertip taps cheek below eye  Hand moves down slightly  Direct sign towards person

The **optometrist** will ask

Move fist forwards towards person  Index fingers draw around frames of glasses  Very small movement

Are your glasses OK

Flutter fingertips against cheek  Mime securing glasses in place

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The **optometrist** will **look** at **your** **glasses**
The optometrist will look at your glasses
Section 3 – How your eyes work together

The optometrist will cover your eye with a paddle

The optometrist will show you pictures or letter charts
The **optometrist** will **cover your eye with a paddle**

The **optometrist** will **show you** **pictures**

or **letter charts**
The **optometrist** will ask

What can you see
Middle fingertip taps cheek below eye  Hand moves down slightly  Direct sign towards person.

The **optometrist** will **ask**

**What** can you **see**
The **optometrist** will hold a glass block in front of your eye.

The **optometrist** will show you some more **letter charts** or **pictures**.
Middle fingertip taps cheek below eye  
Hand moves down slightly  
Mime holding glass block in front of eye

The **optometrist** will **hold a glass block in front of your eye**

Middle fingertip taps cheek below eye  
Hand moves down slightly  

The **optometrist** will **show some more**

**letter charts**  or  **pictures**
Section 4 – Finding Out How Well You Can See

The optometrist will shine a light on your eye

The optometrist will move the light
Middle fingertip taps cheek below eye  Hand moves down slightly  Hand twists slightly forward  Point to appropriate eye with index finger

The **optometrist** will **shine a light** on **your eye**

Middle fingertip taps cheek below eye  Hand moves down slightly  Non-dominant fist placed at wrist of dominant hand as if holding light base while dominant hand shows beam

The **optometrist** will **move the light**
The **optometrist** will **hold a lens** in front of your **eye**

and **move the light**
Middle fingertip taps cheek below eye

Hand moves down slightly

Mime holding lens in front of eye

The **optometrist** will **hold a lens in front of your eye**

Non-dominant fist placed at wrist of dominant hand as if holding light base while dominant hand shows beam

**and move the light**
The **optometrist** will say put on special glasses
Middle fingertip taps cheek below eye
Hand moves down slightly

The optometrist will say

Mime putting on glasses

put on special glasses
The **optometrist** will ask

Can you see **better**

Can you see **worse**

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Middle fingertip taps cheek below eye
Hand moves down slightly
Direct sign towards person

The **optometrist** will **ask**

Right thumb tip brushes left thumb tip sharply

**Can you** **see** **better**

Right little finger strokes once or twice along left little finger

**Can you** **see** **worse**
The optometrist might put eye drops in your eyes

The optometrist will switch off the lights
The optometrist might make a sign over both eyes, put eye drops in your eyes.

The optometrist will switch off the lights.
The **optometrist** will **sit** very **close** to you

The **optometrist** will **look** into your **eyes**

The **optometrist** will **switch on** the **light**
Middle fingertip taps cheek below eye
Hand moves down slightly
Hand draws in closely to body

The **optometrist** will **sit** very **close** to you

Middle fingertip taps cheek below eye
Hand moves down slightly
Two fingers are slightly apart
Point to both for 'Eyes'

The **optometrist** will **look** into your **eyes**

The **optometrist** will **switch on the light**
Section 6 – Useful pictures

These are the signs and symbols for the pictures in The Kay Picture Test. More information at www.kaypictures.co.uk

- cup
- fish
- house
- apple
- boot

- cup
- fish
- house
- apple
- boot

- car
- clock
- duck
- star

- car
- clock
- duck
- star

Right hand moves from finger to finger as if Tick Tock

Extended index and middle fingers open and close onto thumb

Mime putting foot in boot

Take apple to mouth and mime biting it