

How to be eye care aware

Eye care is important for people with learning disabilities.



Easy read fact sheet



People with learning disabilities are more likely to have eyesight problems than other people.



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



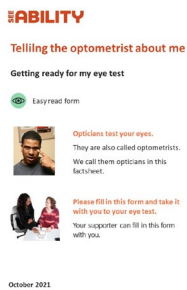
Lots of people with learning disabilities are not having the eye tests they need.



Talk to your supporter if you need more help.



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



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.

A screenshot of a form titled "ABILITY" with the subtitle "The Ability Group". Below that is "Eye Test Results" and "The results of an eye test." There are several paragraphs of text explaining how to use the form, including instructions for printing and saving on a computer. At the bottom, there is a section titled "Details of me and my optician" with a field for "My Name:" and a larger field for "Who completed this form, where and their contact details:". The date "October 2011" is at the very bottom.

Ask the optician to talk about the results of your eye test and fill in the 'Eye test results' 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

Getting ready for my eye test

 Easyread form



Opticians test your eyes.
They are also called optometrists.
We call these opticians in this fact-sheet.



Please fill in this form and take it with you to your eye test.
Your supporter can fill in this form with you.

October 2021

Telling the optometrist about me:
www.seeability.org/optom

Eye test results:
www.seeability.org/feedback-optom



www.seeability.org



facebook.com/RSB.seeability



[@seeability](https://twitter.com/@seeability)



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SeeAbility is the operating name of the Royal School for the Blind founded in 1799. Registered charity number 255913.

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More information at easy-to-read.eu

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