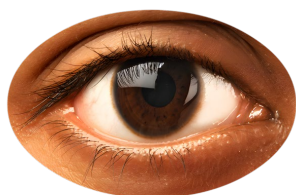


## Eye care aware



Easy read guide



Eye care is important for people with a learning disability.



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



Changes in our sight can affect our independence.



Good eye care and support will help everyone live their best lives.



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.



Everybody can have an eye test.

You don't need to be able to read or speak.



Everyone with a learning disability should have an eye test once a year.

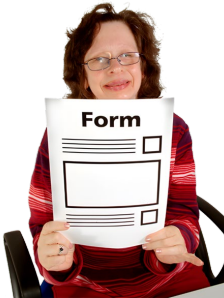


This is a health check for your eyes.

It is like your annual health check with your doctor.



The eye test is done by an optician.



We have a form called About Me And My Eyes.



You can use this form to help the optician understand more about you.



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



The optician can make reasonable adjustments to help you.



Reasonable adjustments are things that can make the test easier for you, like a longer appointment time.



Ask the optician to fill in our Eye Test Results form and give you a copy.



Over 4 in 10 children who attend special school need glasses.



6 in 10 adults with a learning disability need glasses.



People can wear glasses with the right support.



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.



Ask when to wear your glasses.



If your sight changes, go and see the optician.



Your eyes are important, remember to look after them!

## Useful links



About me and my eyes form  
[www.seeability.org/myeyes](http://www.seeability.org/myeyes)



Results of my eye test form  
[www.seeability.org/results](http://www.seeability.org/results)



Find an optician  
[www.seeability.org/optometrists](http://www.seeability.org/optometrists)



Eye care guides  
[www.seeability.org/resources](http://www.seeability.org/resources)



[www.seeability.org](http://www.seeability.org)



[facebook.com/RSB.seeability](https://facebook.com/RSB.seeability)



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

Some Photosymbols used [www.photosymbols.com](http://www.photosymbols.com).

Reviewed: May 2025.