

Easy Eye Care

Every year, you should have an Annual Health Check with your GP (14 plus) and an eye test with your optician.

- You don't have to be able to read or speak to have an eye test.
- Adults with a learning disability are 10x more likely to have a problem with their eyes and children are 28x more likely.
- The eye test is not just about glasses – it detects eye conditions and general health conditions as well.

This is a specialist eye care service for people with learning disabilities and autistic people of all ages, who are registered with their GP. You'll get:

- Longer eye tests or multiple appointments, where needed.
- An easy to understand report about your eyes.
- Local opticians who have had extra training.

The assessment is NHS-funded and there is help towards the cost of glasses if you're eligible.

This service is available in:

- Greater Manchester.
- Cheshire and Merseyside.
- Lancashire and South Cumbria.

Please tell the optician's practice that you want to book an Easy Eye Care appointment.



5 easy steps to having an eye test



- 1 Choose your optician from the website www.primaryeyecare.co.uk/find-a-practice



- 2 When booking the appointment, explain it is for the Easy Eye Care service.



- 3 Ask if you are entitled to a free NHS sight test.



- 4 Fill in SeeAbility's "About Me and My Eyes" form to give to the optometrist. You can request this from your opticians practice or download it from our website: www.seeability.org/myeyes



- 5 Go along for your eye test.

For easy read information about having an eye test, visit

www.seeability.org/EReyetest

For more information, please call **0808 175 3077**

or email easyec@primaryeyecare.co.uk

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