

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 Durham.

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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