

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.
- 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 a South East London GP. The service provides:

- Longer eye tests or multiple appointments, where needed.
- An easy to understand report about your eyes.
- Local optometrists and dispensing opticians who have had extra training.
- Easy Eye Care home visits.

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

This service is available in:

- Lambeth, Lewisham and Southwark.
- Bexley, Bromley and Greenwich.

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.sel-mecs.com/learning-disabilities-and-autism



- 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 **020 3859 2385**