

Cataracts

A cataract is a problem with your eye



Easy read guide



Our eyes need to be healthy
for us to see well.



Inside your eye is a lens which
helps you to see.



Having a cloudy lens is called a
cataract.



You can have a cataract in one eye or both eyes.



You can get a cataract at any age.



People often get a cataract when they get older.



It is important to get help for a cataract.



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

Signs of a cataract



When you have a cataract:

- Your sight becomes blurred or unclear



- It can be hard to see in bright light



- You might not be able to see colours very well



- You might bump into things or knock them over



It might be harder to do the things you enjoy like watching TV and going out.

If you are worried you have a cataract



Speak to your optician if you are worried about your eyes.



They will tell you if you have a cataract.



Cataracts do not get better on their own.



If you do not do anything, your cataract might get worse.



There is no medicine that stops cataracts.



New glasses or sunglasses may help you see better.



Your optician might want to do more tests on your eyes.



You might need to go to the hospital.



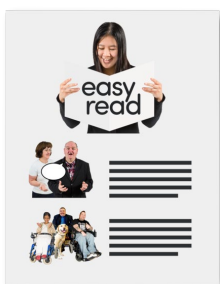
You may need an operation to take out the cataract.



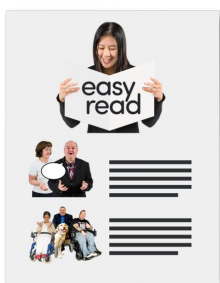
This should help you to see more clearly.



You can choose if you want to have the cataracts operation.



You can read our guide on [cataracts operations](#).



We also have a guide on [making big decisions](#).



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