

# Easy Eye Care

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

We are pleased to have launched Easy Eye Care across South East London. Participating opticians are listed below. You can also use the practice locator's [interactive map](#) to find your nearest practices.

Easy Eye Care is a specialist 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.
  - Provided by local optometrists and dispensing opticians who have had extra training.
  - Easy Eye Care home visits.
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- You don't have to be able to read or speak to have an easy eyecare examination.
  - 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 service is available in:**

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



## 5 easy steps to having an eye test



- 1 Choose your optician from the website [Learning Disabilities and Autism - Primary Ophthalmic Solutions](#)



- 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](#). Please note if you are not eligible for an NHS funded eye exam, this will need to be paid for privately – the fee varies by practices.



- 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: [seeability.org/myeyes](https://seeability.org/myeyes)



- 5 Go along for your eye test.

For easy read information about having an eye test, visit [\*\*seeability.org/EReyetest\*\*](https://seeability.org/EReyetest)

For more information, please call **020 3859 2385**