

Getting used to your new glasses



**You will get used
to your new glasses**



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SeeAbility Easy Read Factsheet

It is important to wear your glasses.



Tell people who support you about your eyesight.

They need to know what you wear glasses for.



Write why you wear glasses in your health action plan or personal records.

Your glasses will make you see things more clearly.

If you used to sit close to the TV you may want to sit further back now.



If you used to look at things very closely you may be able to hold things further away now.



It might take time to get used to wearing your new glasses.

It is important that your glasses feel comfortable.



Your glasses should rest on your nose and fit well over your ears.



If you wear a hearing aid make sure that your glasses fit comfortably over your ear and hearing aid.



Make sure you can see through the clear lens of your glasses.

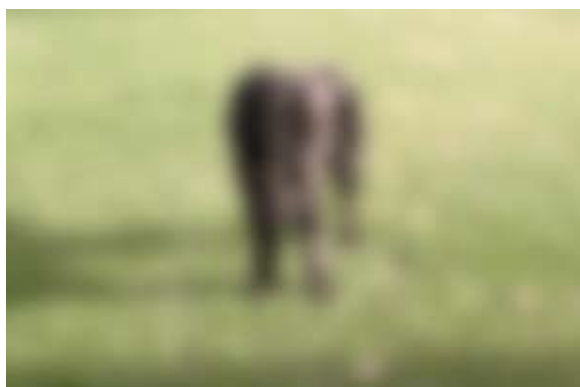
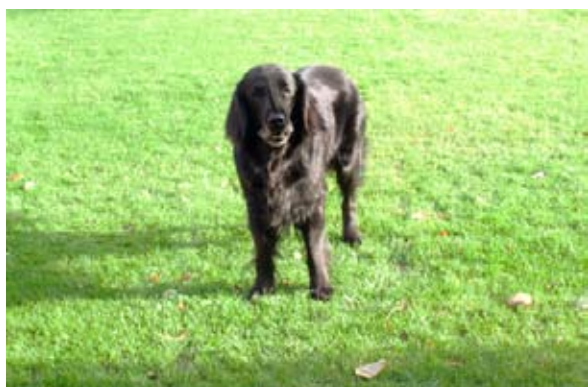
If you can see the frame it may be that your glasses do not fit properly.



It might feel strange to have glasses on your face for the first time. After a while it will feel fine.

The world might look different too.

You may have got used to things looking fuzzy before you got your glasses.

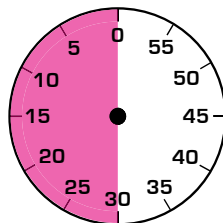


Practice wearing your new glasses.



Wear your new glasses when you are doing something you enjoy.

Wear your new glasses for a short amount of time at first.



30 Minutes

Wear your glasses around your house or garden until you are used to how things look when you are wearing them.

Take your glasses out with you.

Take your glasses with you when you go out with friends, to work, day services, college, shopping or other places.



If you use a wheelchair.

If your wheelchair has head rests make sure that your glasses are comfortable.

Your supporter can help you check they are comfortable and do not slip out of place as your head settles against your head rest.



You should make sure your supporters do not place you facing into bright sun as this might be very uncomfortable for you.

See our other factsheets.

For more information see our other Easy Read Factsheets about eye care and glasses.

Go to: www.seeability.org

Other factsheets include:

- Having an eye test.
- Looking after your glasses.
- Cataracts.



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