

# Having an Eye Test



**You need to have  
your eyes checked**



Version 2 - Nov 2010

SeeAbility Easy Read Factsheet

## Opticians test your eyes.

They are also called optometrists.

We call them opticians in this factsheet.



## Having your eyes checked is called an eye examination, an eye test or a sight test.

We will call it an eye test in this factsheet.



## You should have an eye test every 2 years.

Your doctor or optician  
will tell you if you need  
your eyes checked more  
often.



# Everyone can have their eyes tested.



You don't have to be able to read or speak to have an eye test.

There are different ways to check your eyes. No-one is too disabled to have their eyes checked.

## Many people can get free eye tests.

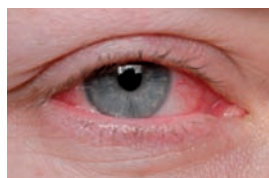
**Some of the reasons people get a free eye test are:**

- You are aged under 16.
- You are under 19 and in full-time education.
- You are aged 60 or over.
- You are registered as blind or partially sighted.
- you have diabetes or glaucoma. **Glaucoma is an illness that stops you seeing properly.**
- You are 40 or over, and your mother, father, brother, sister, son or daughter has been diagnosed with glaucoma.
- You have been advised by an eye doctor that you're at risk of glaucoma.
- You receive benefits like Income Support or Jobseekers Allowance.



## Having your eyes tested is very important.

An eye test can find out if your eyes are healthy. An eye test also checks for illnesses like diabetes.



An eye test can check that your sight is okay and whether you need new glasses.



---

## People with a learning disability are 10 times more likely to have a sight problem.



Wearing the right glasses can help sight problems.



We need good sight to help us to communicate, to be independent and to enjoy work and activities.

---

## You can choose to have an eye test at any optician.



You can take a supporter with you for your eye test.

If you need glasses you can buy these at any optician.



There are opticians who can visit you at home. Ask your doctor or optician about this.





# You can fill in our form and take it to the optician.

The form is called 'Telling the Optometrist About Me'.

Go to [www.seeability.org](http://www.seeability.org) to download a copy.

You can fill in the form with a supporter.

It will help the optician make sure your eye test goes well.

The image shows a screenshot of a form titled 'Telling the optometrist about me and my sight' from SeeAbility. The form includes sections for 'About me and my sight', 'Please fill in this form and take it with you to your eye test', and 'Please also take these things with you to your eye test'. The 'Please fill in this form' section includes fields for 'Your glasses if you have any', 'The prescription from your last eye test', 'Evidence of any benefits you get', and 'Your Health Action Plan if you have one'. The 'Please also take these things' section includes fields for 'Your name and title', 'Your address', 'Phone number', and 'Email address'. The form also features a 'SeeAbility' logo and a 'TO' logo.

## What happens when you go for an eye test?

The optician will talk with you about your eyes and your eye sight.

Your supporter can be there to help you answer the questions.



The optician will look at your eyes to see if they are healthy.

The optician will need to get close to you to do this.



The optician will use a light to look at your eyes.

**For some parts of the eye test the room will be quite dark.**



The optician may ask you to follow their hand with your eyes.

This helps them check how your eyes move when you look at things.

---



The optician will ask you to look at objects, pictures or letters.

You don't need to be able to read to have an eye test.

---



You can use words, signing, pointing or your own gestures to say what you see.

Your supporter can help you to communicate what you see.

---



Maybe you can't say or sign what the objects, pictures or letters are.

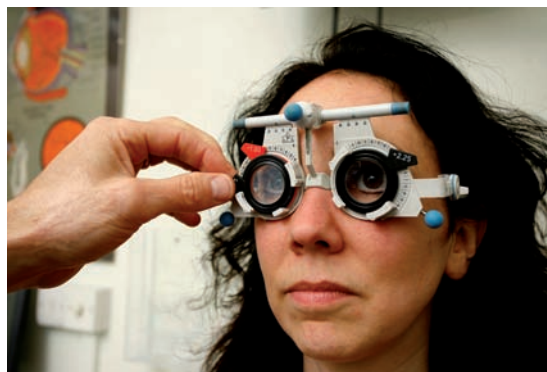
The optician can still test your eyes by watching how you look at things with your eyes.



The optician will put a 'test frame' on your face.

They will put different lenses in the test frame to check which lenses help you see things clearly.

---



X



✓

Lenses will help you see things more clearly.

---

If you can't wear test frames the optician can hold the lenses for you to look through.



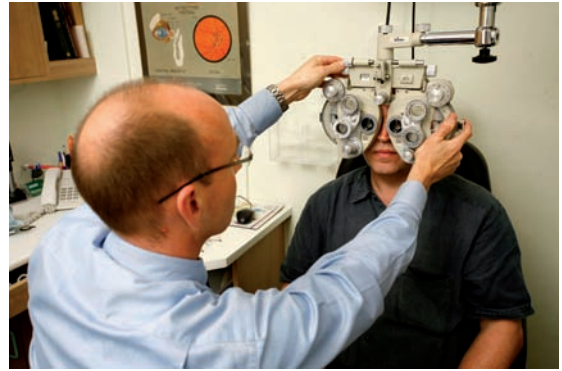
During the eye test the optician may use some machines and equipment.





These machines help the optician check your eyes and test how well you can see.

---



The optician may ask to put drops in your eyes. It may feel strange.

The drops help the optician to see inside your eyes.

---



Some machines blow a puff of air onto your eye or touch your eye gently.

This helps test for an serious eye illness called glaucoma.

It does feel strange but we all need this test done.

---



After your eye test the optician will tell you about your eye sight and whether you need new glasses.

They will give you a piece of paper called a prescription.

Prescription					
Name _____					
	SPH	CYL	AXIS	PRISM	ADD
R	-2.50	+2.00	80		+2.75
L	-2.50	+3.00	80		+2.75
Optician _____					
Date _____					

If the optician has found that you have a serious eye problem you will be given information about where to go to get help.



We have a form called – ‘Feedback from my eye test’.

Go to [www.seeability.org](http://www.seeability.org) to download a copy.

You can ask the optician to fill this form in.

If you have a health action plan you can add information about your eye test to it.

It is important to share information about your eyesight with others.

A thumbnail image of a form titled 'The results of my eye test' and 'Feedback from my optometrist'. The form includes instructions on how to use it, a section for the optician to fill in, and a section for the patient to fill in. It also mentions that the form should be kept in the patient's health action plan.

If the optician says you need new glasses you can get these from any optician you choose.

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

Go to: [www.seeability.org](http://www.seeability.org)

