

1. MY EYES AND EYESIGHT

You need an eye test at least every two years.



This checklist can be downloaded from www.sunderlandactionforhealth.co.uk.

It is free to use for personal use and with people you support.

Everyone can have an eye test.
You do not need to be able to read to have an eye test.

Opticians can use picture cards as well as letter cards.



An eye test checks the health of your eyes as well as your sight.



Opticians can check how your eyes focus on and follow objects.

THINGS TO CHECK

1

Do you need to have a new eye test?



When do you need to book a new eye test?



If your last eye test was over two years ago, or you are not sure when you last had one.

People with diabetes need to have an eye test every year.



If your eyesight has changed and you have problems seeing.



If anyone notices a physical problem with your eyes.



An eye test can spot many general health problems and early signs of eye conditions before you notice any symptoms.

THINGS TO CHECK

2

Do you need help with your glasses?



You may need more help to remember to wear your glasses when you need them.



If your glasses are uncomfortable or broken your optician will fix them for you.



You may need more help or reminding to keep your glasses clean.



If you have glasses for reading and for distance you may need help to remember which ones to use at different times.

Having different colour glasses and different colour glasses cases can help.

3

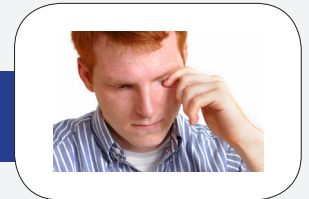
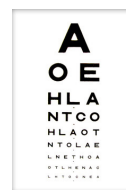
Does anyone think you may have a sight loss you don't know about?



People who know you well may notice things like:

- You often bump into or trip over things.
- You poke or rub your eyes.
- You hold or feel walls when walking.
- You do not want to go out as often as usual.
- You hold an object to the side to see it or you jump if someone approaches you from the side.
- You screw up or shield your eyes from lights.
- You bring things closer to your face to see them.

If you have any of these signs book a new eye test.



Some people might not be able to say that they have a problem with their sight. Their behaviour may change.

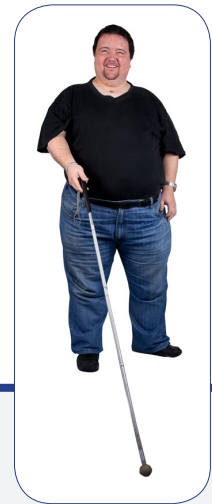


- They may find things like eating more difficult.
- They may get more frightened, anxious and frustrated.
- They may seem sad and withdrawn.

4

Do you need more support for the sight loss you have?

You may have a registered visual impairment.



You may need aids to help you enjoy life and be more independent.



You may need a new assessment of your needs if your sight has changed.

Talk to your care practitioner (care manager or social worker) if your sight has changed and you need more support or equipment.



Always talk to your doctor about any worries you have about your eye condition.

Your doctor can make sure you get the right care and treatment.



See page 7 for useful websites about eyes and eyesight.

SeeAbility

Have lots of free Easy Read information and films about eye care on their website.



www.seeability.org/myeyecare

Royal National Institute for the Blind

Royal National Institute of Blind People (RNIB) is the leading charity offering information, support and advice to almost two million people with sight loss.



www.rnib.org.uk

Easy Health

Easyhealth is run by an organisation called Generate Opportunities Ltd.

There are videos and Easy Read leaflets about eye problems designed by many different organisations.

Look in the 'Health Leaflets' and 'Health Videos' sections.



www.easyhealth.org.uk

USING THIS CHECKLIST

This checklist is a part of The Health Action Planning toolkit available from www.sunderlandactionforhealth.co.uk

The Health Action Planning toolkit is free to use.

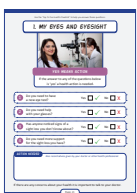


- There are 20 other checklists in the series covering a wide range of health issues.

There is a Health Action Plan template which has two sections.



- In the first section you can record important health information about yourself including your allergies, immunisations, family history, health conditions and medication you take.



- In the second section of the Health Action Plan template you can record your answers to the questions from each of the 21 checklists.



- There are also a series of Easy Read Health Action templates that you can use to record the progress you make on addressing a health action. You can record what the health action is, who will help and what steps need to be taken.


Sunderland
Clinical Commissioning Group

The Health Action Planning Toolkit was originally developed by The Clear Communication People Ltd in partnership with Surrey & Borders Partnership NHS Foundation Trust health professionals and other health professionals in Surrey.

This checklist has been adapted for the Sunderland Clinical Commissioning Group.

The Health Action Planning Toolkit is intended as a aid to support people with learning disabilities to access the support and advice of qualified health professionals. The Clear Communication People Ltd take no responsibility for medical diagnosis, advice and treatment given in conjunction with the use of this checklist.

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