

# Having an Eye Test

easy read fact sheet



**You need to have your eyes checked**

**SEE ABILITY**  
Extraordinary every day

## 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 eye problem 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



## Adults 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.

**Telling the optometrist about me** easy read form

**Information about me and my sight** **ABILITY** seeability.org.uk

**Please fill in this form and take it with you to your eye test**

Your supporter can fill in this form with you. It's okay to ask them to write on the form.

**Please also take these things with you to your eye test:**

- Your glasses if you have any
- The prescription from your last eye test
- Evidence of any benefits you get
- Your Health Action Plan if you have one

**If you are filling in this form for someone else please fill in this section**

Your name and role:

Your address:

Phone number:

Email address:

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## 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



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 equipment



This equipment helps 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 a serious eye problem 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

**Feedback from my optometrist** easy read form

**The results of my eye test** **SeeABILITY**  
empowering every eye

**Using this form - There are two ways of filling in this form:**

- It can be printed off and written on
- It is a PDF that can be filled in and saved on computer using Adobe Acrobat reader

To find it online go to: [www.seeability.org](http://www.seeability.org)

**I need my optometrist (optician) to fill in this form**

It will help me and my supporters to understand my eye sight and the health of my eyes

This form includes my prescription (GOS 2)

This form should be kept in my health action plan

**Section 1 - Details of me and my optician**

My Name:

My optician's name and address:

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## 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)



Designed by The Clear Communication People Ltd, email: [mike@communicationpeople.co.uk](mailto:mike@communicationpeople.co.uk). Some photos mbols used go to [www.photosmbols.com](http://www.photosmbols.com)



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