



information on eye care and vision
for people with learning disabilities



Sight helps us to learn things and move around.



1 in 3 people with a learning disability has a sight problem.



People with learning disabilities may not know they have a sight problem and may not be able to tell others.



No one is too disabled to have his or her eyes tested.



Everyone needs regular eye tests.



Eye tests are health checks, not just about getting glasses.



You need an eye test every two years, or more often if your optometrist says you need it.



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



Lots of people with learning difficulties have to get used to wearing glasses.



Lots of people with learning disabilities have eye operations to make their sight better.



People with learning difficulties need the same help as everybody else with a sight problem.