

Choosing the right glasses



**Glasses can help
you see clearly**

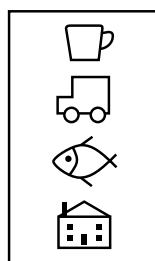


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SeeAbility Easy Read Factsheet 3

Everybody's sight gets worse as they get older.

You should have an eye test at an optician's at least every 2 years.



Most people need glasses at some time in their life.

After your eye test the optician may say you need new glasses.



Why you might need to wear glasses.



You might need glasses to see things close to you:

- Reading a newspaper.



- Looking at photos.



- Writing.



- Eating.



- Cooking.



- Using a computer.



You might need glasses to see things further away:

- Watching TV.



- Looking at signs.



- Watching a football match.



- Watching someone signing.



- Watching a show or film.



- Looking at a nice view.



Wearing the right glasses will help you see clearly.

Some people need to wear glasses all the time.



Your optician will tell you why you need glasses.

They will give you a prescription which tells you about your eyesight.

You can go to any optician to buy your glasses. You need to take your prescription with you to the optician.

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 _____					

You may get help to pay for your glasses.



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

You can ask the optician to fill this form in. It will explain why you need glasses.

Go to www.lookupinfo.org then click on ‘Essential Forms and Booklets’.



You may need 2 pairs of glasses.

Glasses for seeing things close to you, and glasses for seeing things further away.

To help you remember which glasses are for which activities:

- You could have different colour glasses.



- You could have different colour glasses cases.



- You could use stickers on the case to show what activities they are for.



See our Factsheet called 'Looking after you glasses' which has pictures you can print off to stick onto your glasses cases.

There are different types of glasses to choose from.

Bi-focals or vari-focals are glasses that have special lenses.

The lenses will help you see further away and close to you.



You can get glasses that help you see clearly that are also sunglasses.

Some glasses have lenses that go dark when the sun is out.



There are also special frames that are very strong, very thin or very flexible.



The optician will help you choose the right glasses.

You may need to pay some money for your glasses.

Talk to the optician about the cost of your glasses.



You may be able to get a voucher that makes your glasses cheaper.



The optician will make sure the glasses you choose fit.

They will measure you to check the glasses fit okay and will be comfortable.

It may take a week or more for them to make your new glasses for you.



Designed by The Clear Communication People Ltd, email: mike@communicationpeople.co.uk. Some photosymbols used go to www.photosymbols.com

Look Up ↑ information on eye care and vision for people with learning disabilities



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