



information on eye care and vision
for people with learning disabilities

Functional Vision Assessment Top Tips

- 1 in 3 people with a learning disability has an eyesight problem.
- Lots of people with learning disabilities are unable to tell someone if they are worried about their sight and may have unidentified eye conditions.
- Use this simple checklist to find out more about a person's vision.

Name of the person.....

Date of birth.....

Tick all boxes which apply. Does the person -

- Have eyes which are turned in or out?
- Have eyes which look "milky" or "cloudy"?
- Have eyes which constantly move around?
- Poke or rub their eyes?
- Find it difficult to recognise other people?
- Struggle to make eye contact?
- Feel or trail walls when walking?
- Hold an object to the side in order to see it?
- Appear not to see objects in front of them
- Turn or tilt their head when looking at something?
- Bring objects closer when looking at them?
- Bump into people or obstacles when moving around?

- Trip over steps and kerbs?
- Turn their head frequently from side to side?
- Screw up their eyes a lot or frown or blink?
- Shield their eyes from bright light?
- Have difficulties coping with changes in artificial or natural lighting levels?
- Find it hard to see objects against a similar coloured background?
- Often knocks things over like cups and bottles or misjudges the edges of tables to put a cup on?

Form completed by (name/role).....

Date.....

What to do next -

- Your observations should give you a better idea about how much the person can see. You can show this information to the optometrist when the individual has their next eye test.
- Everyone should have an eye test every two years.
- **However, if this checklist has raised any fresh concerns we strongly advise that you seek further eye care advice as soon as possible.**
- If you need any help filling in this form, please phone 01372 755066

Related links on www.lookupinfo.org

[Telling the Optometrist about me](#)

[Feedback from the optometrist about my eye examination](#)

[Feedback from my eye clinic appointment](#)

[Recognising eye problems in people with learning disabilities 1](#)

[Recognising eye problems in people with learning disabilities 2](#)

SeeAbility is the operating name of The Royal School for the Blind founded in 1799. Registered Charity No. 255913