

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 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.



f rf lquf lwmsmdmp w r qr

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 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

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



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