

Wearing Glasses



Glasses can help you see clearly



SeeAbility Easy Read Factsheet 3

Everybody's sight get worse as they get older

Most people need to wear glasses at some time in their life. You should have an eye test at an opticians at least every 2 years.

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

You may get help to pay for your glasses.

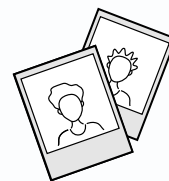
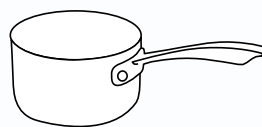


Why you might need to wear glasses



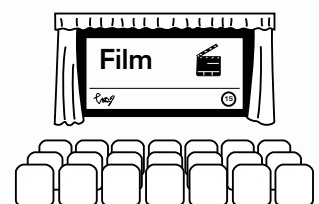
To see things close to you:

- reading and writing
- looking at magazines and photos
- sewing and cooking



To see things further away:

- watching TV, the cinema screen
- a football match, or a show
- roadsigns or the countryside



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 and others about your eyesight.

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

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 _____					

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 the ‘Forms and Booklets’.



You may need 2 pairs of glasses

One pair for seeing things close to you.

One pair for seeing things further away.



You need to remember which glasses are for which activities.



You could have different colour glasses, different colour glasses cases, or use stickers on the case to show what activities they are for.

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.



It is important to wear your glasses

Tell people who support you about your eyesight.

They need to know what you wear glasses for.



Write why you wear glasses in your health action plan or personal records.



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.



If you have a serious sight problem, or have had a cataract operation your glasses may be free.



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.



It can take time to get used to your glasses

You may need to practice wearing them.

People may need to support you to wear them until you are used to them.



Your glasses need to be kept clean and safe

When you take them off keep them safe in your glasses case.



You can clean them gently with the cloth in your glasses case.



You may need to go back to the optician

If your glasses don't fit, are broken or uncomfortable take them back to the optician.

They often do small repairs for free.



If you find it difficult to see through your glasses your eyesight may have changed. It is important to book a new eye test.

For more information see our Easy Read Factsheet number 2 called 'Having an eye test'.

Go to: www.lookupinfo.org/easyread/

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