

# Looking after your glasses



## How to look after your glasses



Version 1 - Nov 2010

SeeAbility Easy Read Factsheet 5

### Keep your glasses clean.

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

Your supporter can help you keep your glasses clean.



### If your glasses get very dirty.

Wash them carefully in warm soapy water.

Then dry them with a kitchen towel.



### You can have a strap for your glasses.

Some people have a strap on their glasses.

This stops their glasses falling off, getting lost or damaged.



## Use your glasses case.

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



## Have your name on your glasses.

You can ask your optician if you can have **your name** put on the glasses frame.



## If your glasses don't fit, are broken or uncomfortable.



Your glasses can become loose, slip down your nose, or even fall off your face.

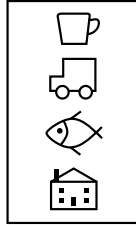
You can take your glasses to an optician if they are uncomfortable or you need to get them fixed.



They often do small repairs for free.

## Your eyesight can change.

If you find it harder to see well with your glasses your eyesight may have changed.



It is important to book a new eye test. It might be time to get new glasses.

---

## Remembering which glasses to wear.

You may have two pairs of glasses.

- glasses for seeing things close to you.
- glasses for seeing things further away.



Even if you only have one pair of glasses it is important to remember what you need to wear them for

---

## Ideas to help you remember what to use your glasses for.

- 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.



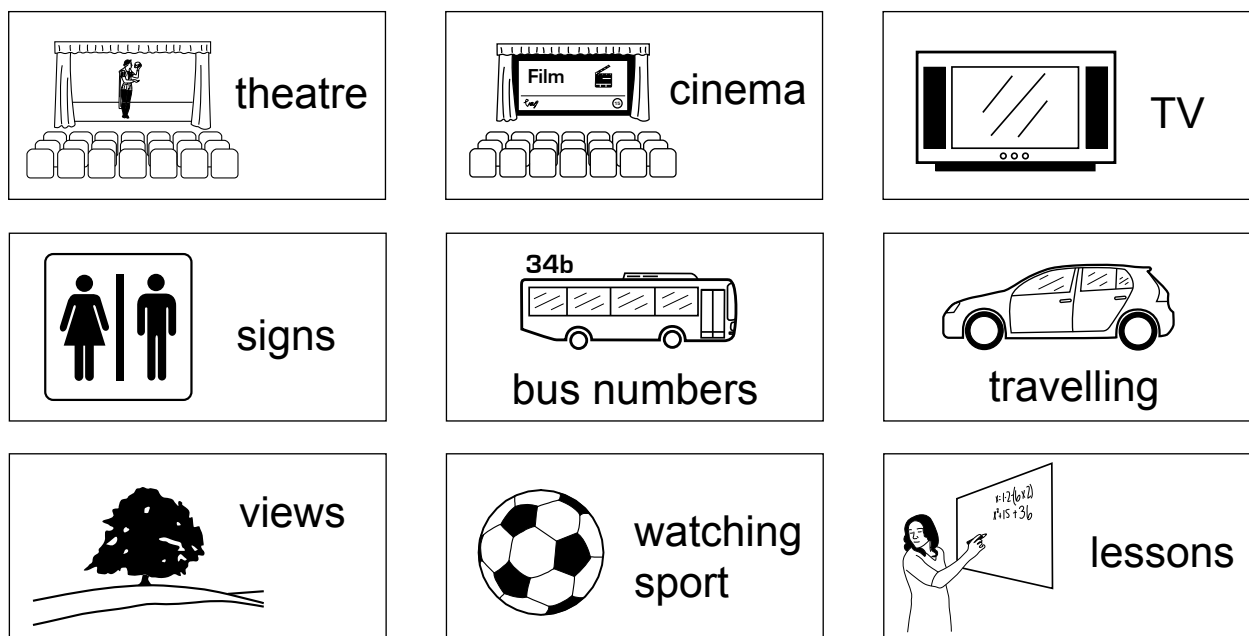
# Stickers for your glasses cases

You can cut out and stick these pictures in your glasses case to help you remember what your glasses are for.

## Glasses for seeing things closely



## Glasses for seeing things in the distance



Designed by The Clear Communication People Ltd, email: [mike@communicationpeople.co.uk](mailto:mike@communicationpeople.co.uk). Some photosymbols used go to [www.photosymbols.com](http://www.photosymbols.com)