

## Adults needing eye tests

Identifying the warning signs may be difficult as sight loss may be gradual, and many eye diseases haven't got feelings of pain or discomfort.

### An adult may need an eye test if they...

- get tired quickly
- rub eyes a lot
- regularly need longer than others to complete tasks
- find it difficult to read small print or do detailed work
- frequently complain of headaches
- often miss the edge of the table when trying to put things down
- fall over objects in path
- depend too much on others to complete tasks/get around
- blurry or cloudy vision
- dazzled by lights such as car headlamps and sunlight
- experience bright flashes of light and/or showers of dark spots called floaters
- colour vision is washed out and faded
- find it difficult to interpret drawings / pictures in dim light or if the contrast isn't good.
- find it difficult to see things in peripheral vision - vision from the sides and from above and below
- find it difficult to see in the dark

**Make an appointment with an optometrist for an eye test at the earliest opportunity.**



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