

Getting new glasses - children



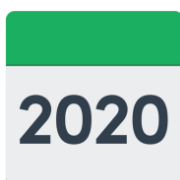
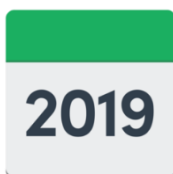
Glasses can help children to see clearly

SEE ABILITY
Extraordinary every day

Easy read factsheet



Every child should have an eye test at least every year



The person who tests your child's eyes is called an optometrist. We will call them an optician in this factsheet



After your child's eye test the optician may say your child will need new glasses

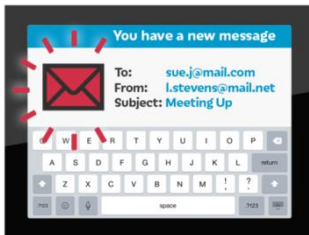


Your child might need glasses to see things close to them:

Reading and writing



Eating



Using a computer, phone or tablet



Your child might need glasses to see things further away:

Watching TV



Watching someone signing



Going to the cinema or theatre



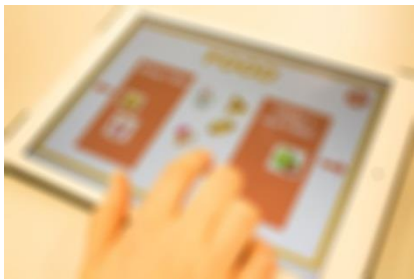
Moving around safely



Wearing the right glasses will help children see clearly



Some children need to wear glasses all the time or just sometimes



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 _____					

Your child's optician will tell you why your child needs glasses

They will give you a prescription which tells you about your child's eyesight



You can go to any optician to choose your child's glasses

You need to take your child's prescription and voucher with you to the optician

SEEABILITY The results of your child's eye test
Essential every day

The information in this form will help everyone to understand your child's eye sight, eye health and their visual strengths and limitations. This form includes your child's glasses prescription, or a copy should be kept with your child's health records and support plan in school.

Section 1 - Details of child	
Child's name and date of birth:	
Section 2 - Dates of the eye test	
Date of this test:	
Recommended date of next test:	
Section 3 - Additional detail about the eye test	
Where did the test take place and who was present?	
What was already known about eyes and vision?	
Did anyone have questions about eyes and vision?	
Section 4 - Assessors	
Whom is this report from?	
Name:	
Role:	
Address: SeeAbility, New Plan House, 41 East Street, Epsom, KT17 1BL	
Who is getting a copy of this report? Parents and school	

We have a form called - 'The results of your child's eye test' You can ask the optician to fill this form in.

Go to www.seeability.org/your-childs-eye-test-results to get a copy



Your child may need 2 pairs of glasses

Glasses for seeing things close to them, and glasses for seeing things further away

To help you and your child remember which glasses are for which activities:

Your child could have different colour glasses

Your child could have different colour glasses cases

Your child could use stickers on the case to show what activities they are for. You could use the pictures at the end of this factsheet



There are different types of glasses to choose from

Bifocals or varifocals are glasses that have special lenses. The lenses will help your child see further away and close to them



Your child can get glasses that help them see clearly that are also sunglasses. Some glasses have lenses that go dark when the sun is out





There are lots of frames that are very strong or very thin or flexible. These frames might fit your child's face better.

The optician will help you choose the right glasses for your child



You may need to pay some money for your child's glasses

Talk to the optician about the cost of your child's glasses



You will be able to get a voucher that makes your child's glasses cheaper or free



The optician will make sure the glasses you have chosen fit your child



They will measure your child's face to check the glasses fit well and will be comfortable



It may take a week or more for them to make your child's new glasses

After the glasses have been made they will need to be fitted

It is important for your child to wear their new glasses



It helps them to see things more clearly. Tell people who support your child about why they need to wear them. They need to know what your child wears glasses for.



Write why your child wears glasses in their health action plan or personal records at home and at school.

Your child's glasses will help them see things more clearly



If your child used to sit close to the TV they may want to sit further back now.



If they used to look at things very closely they may be able to hold things further away now.



It might take time for your child to get used to wearing their new glasses



It is important that your child's glasses feel comfortable. If the glasses do not seem comfortable on your child's face after wearing them for a while, they can be adjusted by the optician



The glasses should rest on your child's nose and fit well over their ears. This means they can look through the middle of the lens



If your child wears a hearing aid their glasses should fit comfortably over their ear and hearing aid



Make sure your child can see through the clear lens of their glasses

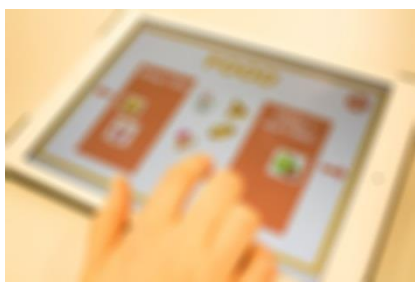
It can be easy to notice when glasses do not fit properly



It might take your child some time to get used to wearing their new glasses



The world might look different too

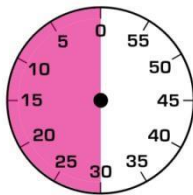


Your child may have got used to things looking blurred or not clear before they got their glasses



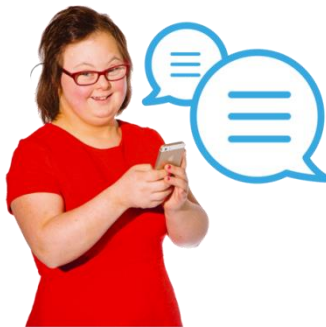
Your child may need to practice wearing their new glasses

Your child can wear their new glasses when they are doing something they enjoy



30 Minutes

Your child can wear their new glasses for a short amount of time at first



Your child can wear their glasses around the house or garden until they are used to how things look when they are wearing them



Your child should take their glasses out with them

They can take their glasses with them when they go out with friends, to school, college, shopping or other places



If your child has 2 pairs of glasses, they can carry the second pair in a glasses case in their bag

If your child uses a wheelchair



If their wheelchair has a head rest make sure that their glasses are comfortable and do not slip out of place as their head settles against their head rest

You should make sure that the person who supports your child does not place them facing into bright sun. This could be very uncomfortable for your child



How to be eye care aware

Eye Care is important for people with learning disabilities

ABILITY
Learning Disability Support

Easy read factsheet

 People with learning disabilities are more likely to have eye sight problems than other people

 Eye tests are the best way of making sure your eyes are okay

 Lots of people with learning disabilities are not having the eye tests they need

 Talk to your supporter if you need more help

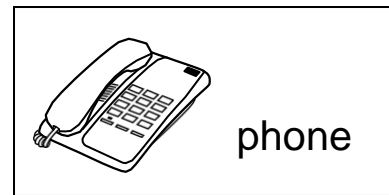
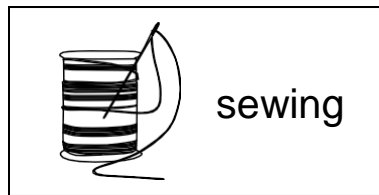
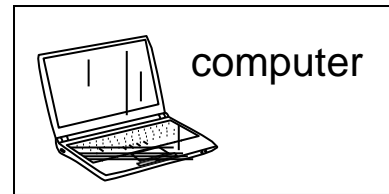
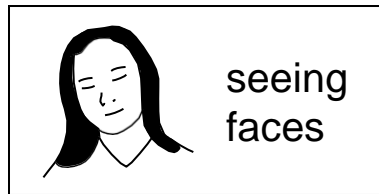
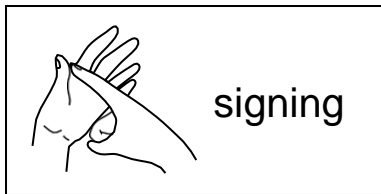
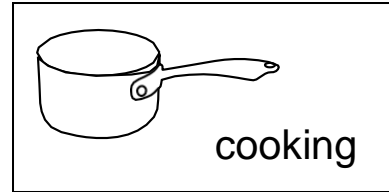
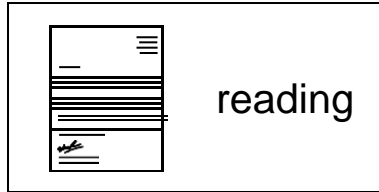
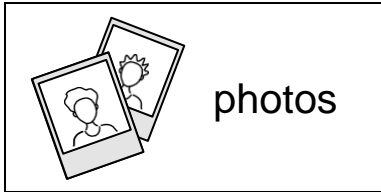
 Have an eye test every 2 years or more often if the optician tells you to

For more easy read information about eye care and glasses go to: www.seeability.org/looking-after-your-eyes

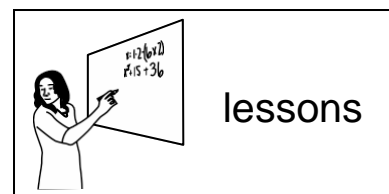
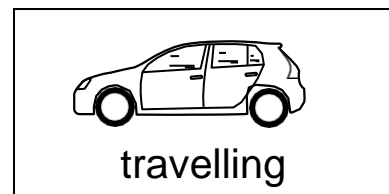
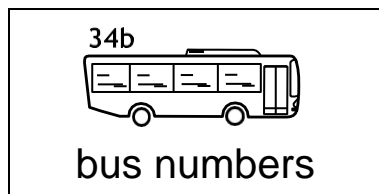
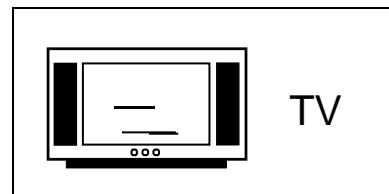
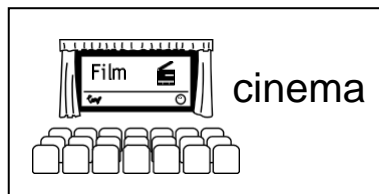
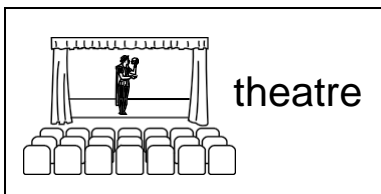
Stickers for our glasses cases

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. Some photosy mbols used go to www.photosy mbols.com

SEE ABILITY



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Twitter: @seeability



Youtube: www.youtube.com/SeeAbilityFilms



eyecare@seeability.org



01372 755000

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