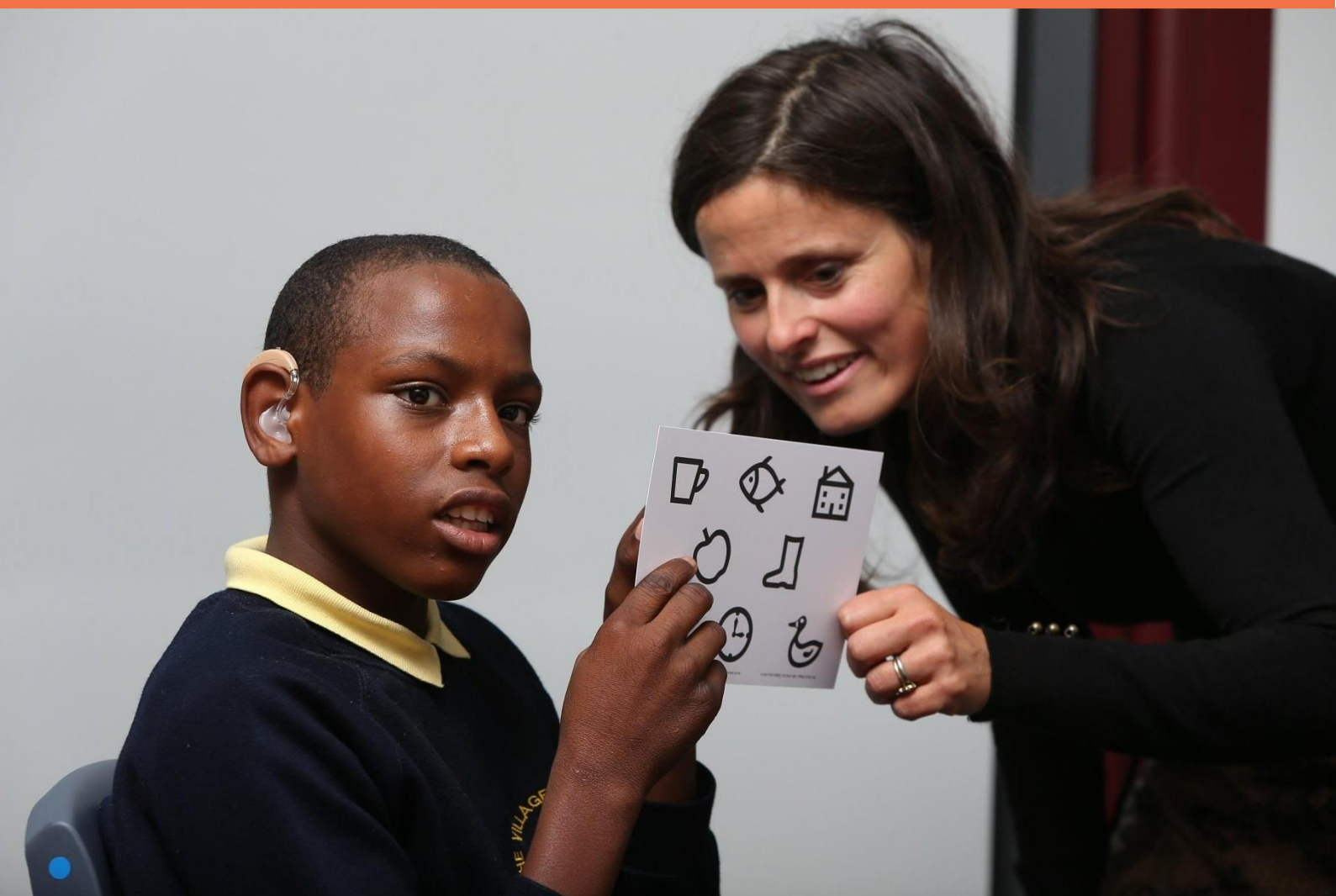


SEEABILITY

Extraordinary every day

Understanding Your Eye Test For Makaton Users

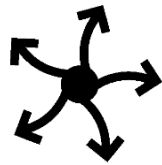




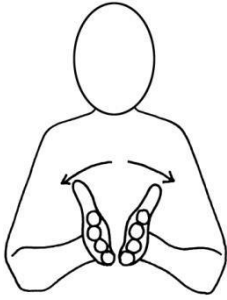
Extraordinary every day

Understanding Your Eye Test for Makaton Users

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The Makaton Charity 2016 (www.makaton.org)**



This booklet is about your eye appointment



Move fist forwards
towards person



Point to appropriate
eye with index finger

This booklet is about your eye



appointment

Index

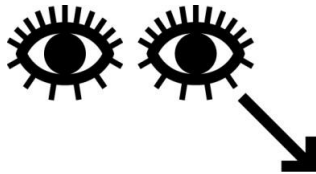
- 1. About your eye test** **Page 8 - 13**
- 2. About your glasses** **Page 14 - 19**
- 3. How your eyes work together** **Page 20 – 25**

- 4. Finding out how well you can see** **Page 26 - 33**

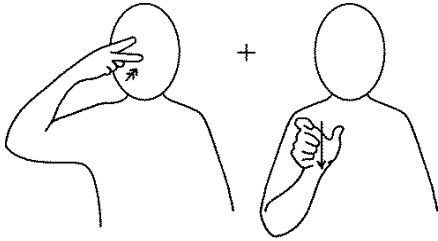
- 5. Finding out how healthy your eyes are** **Page 34 - 37**

- 6. Useful Pictures** **Page 38**

Section 1 – About Your Eye Test



The **optometrist** **looks** at your **eyes**

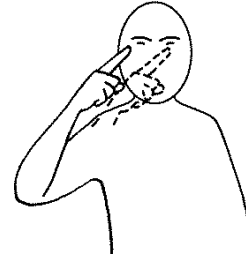


Middle fingertip
taps cheek below
eye

Hand moves
down slightly



Two fingers are
slightly apart



Point to both for 'Eyes'

The **optometrist**

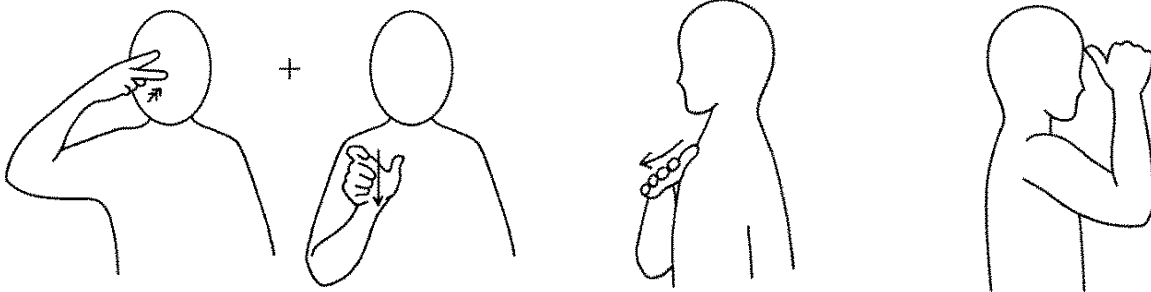
looks at your **eyes**



The **optometrist** **wants** to **know** your **eyes**



are **healthy**

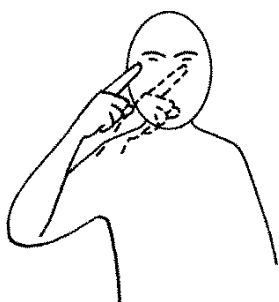


Middle fingertip
taps cheek
below eye

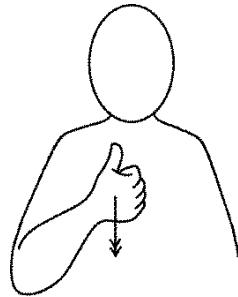
+

Hand moves
down slightly

The **optometrist** wants to know

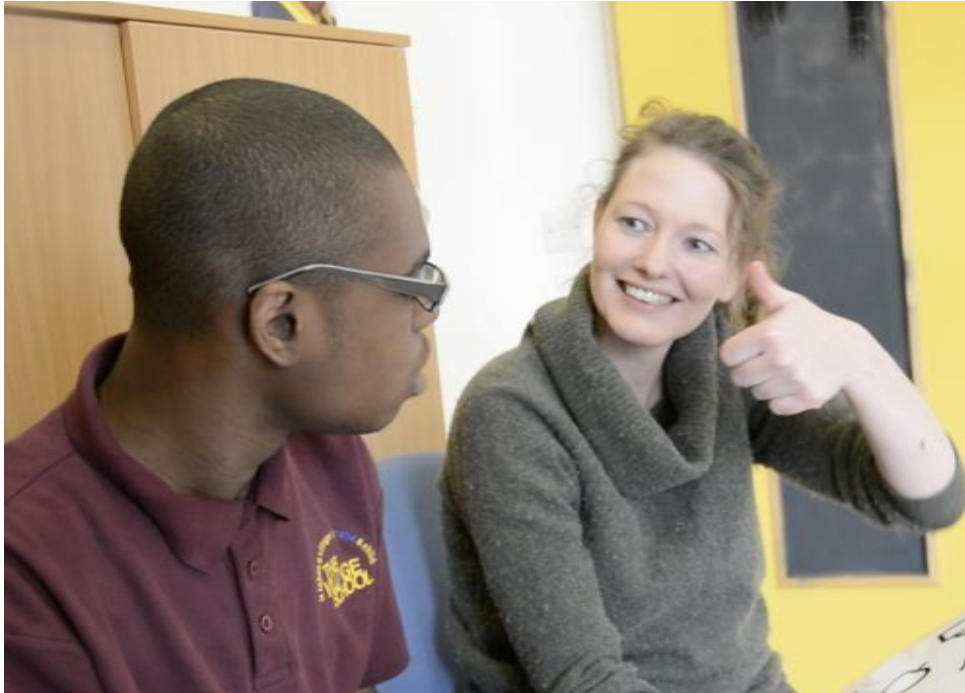


Point to both for '**Eyes**'

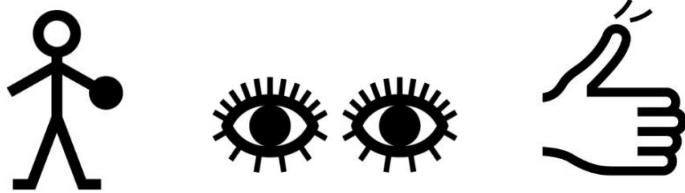


Hand brushes down
chest twice

your **eyes** are **healthy**



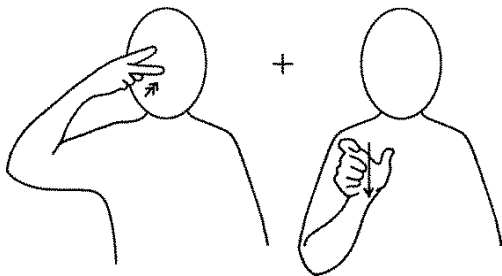
The **optometrist** will **ask**



Are **your**

eyes

OK



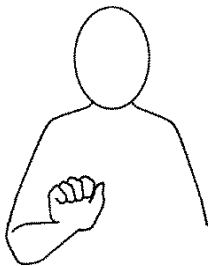
Middle fingertip
taps cheek below
eye

Hand moves
down slightly

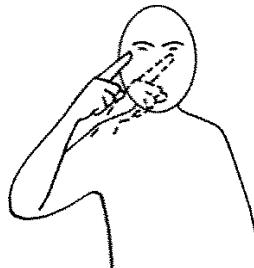


Direct sign towards
person

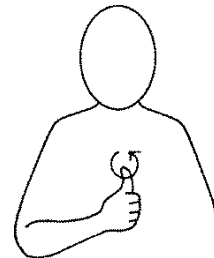
The optometrist will ask



Move fist forwards
towards person



Point to both
for "eyes"



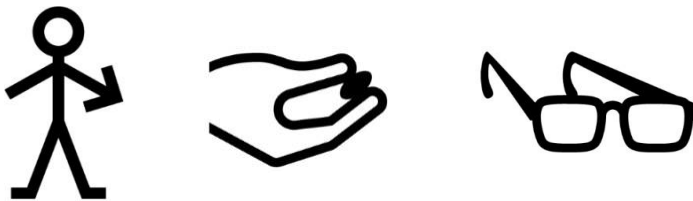
Very small movement

Are your eyes OK

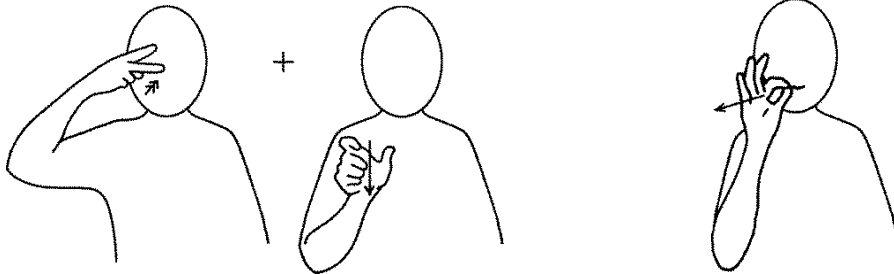
Section 2 – About Your Glasses



The **optometrist** will **ask**



Do **you** **have** **glasses**

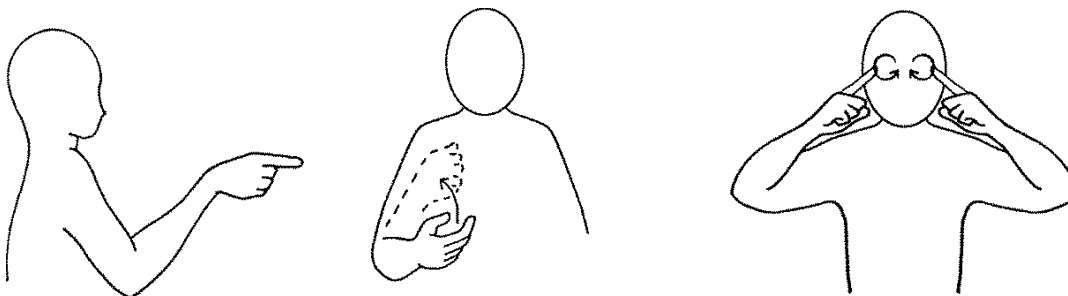


Middle fingertip
taps cheek below
eye

Hand moves
down slightly

Direct sign towards
person

The optometrist will ask



Close hand into a fist and
move towards body. Do
not touch chest

Index fingers draw
around frames of
glasses

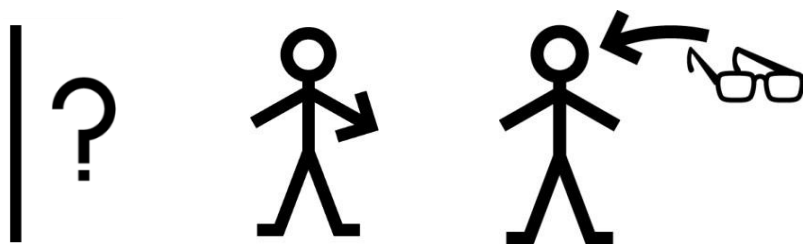
Do you have glasses



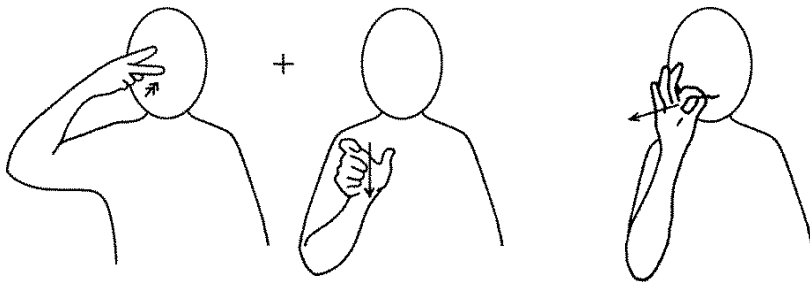
The **optometrist** will **ask**



Are **your** glasses **OK**



When do you wear your glasses

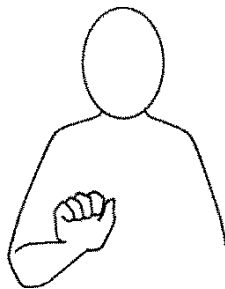


Middle fingertip
taps cheek below
eye

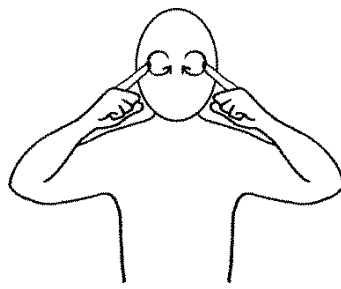
Hand moves
down slightly

Direct sign towards
person

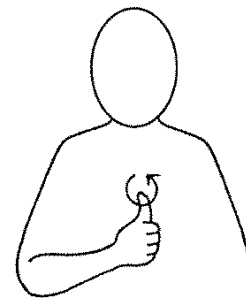
The optometrist will ask



Move fist forwards
towards person

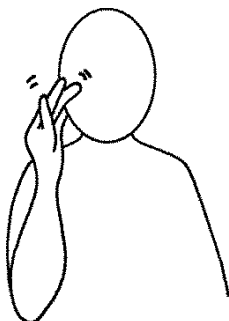


Index fingers draw around
frames of glasses

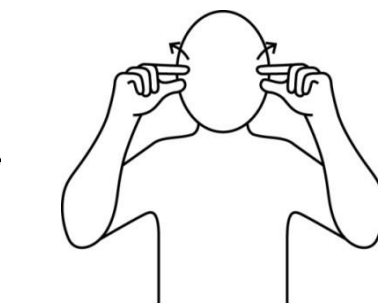
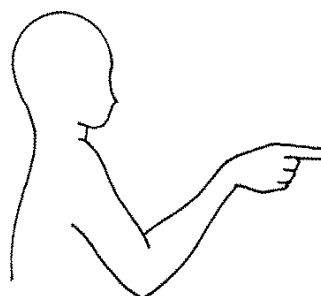


Very small movement

Are your glasses OK

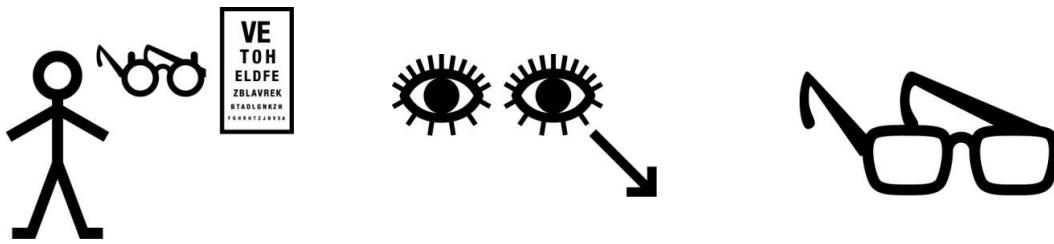


Flutter fingertips against
cheek

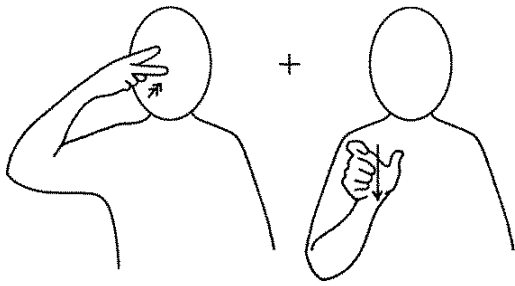


Mime securing glasses in
place

When do you wear your glasses



The **optometrist** will **look** at your **glasses**

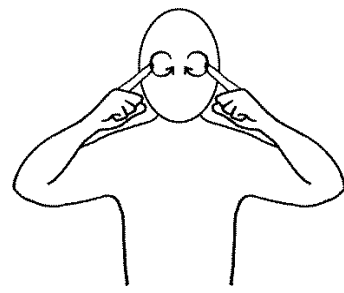


Middle fingertip
taps cheek
below eye

Hand moves
down slightly



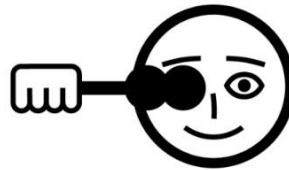
Two fingers are
slightly apart



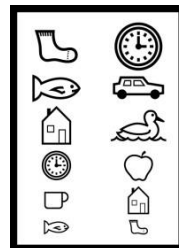
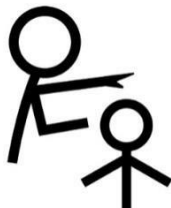
Index fingers draw around
frames of glasses

The **optometrist** will **look** at your **glasses**

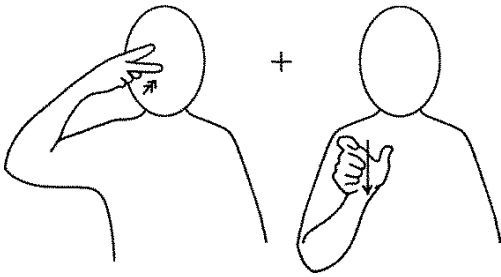
Section 3 – How your eyes work together



The **optometrist** will **cover your eye with a paddle**



The **optometrist** will **show you pictures or letter charts**



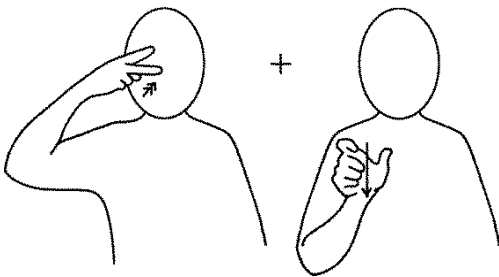
Middle fingertip
taps cheek
below eye

Hand moves
down slightly



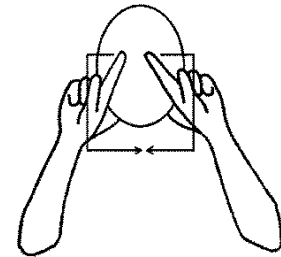
Dominant hand drops
down to cover eye

The optometrist will cover your eye with a paddle

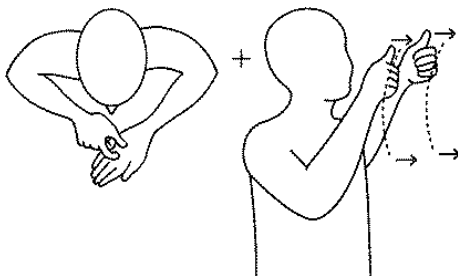


Middle fingertip
taps cheek
below eye

Hand moves
down slightly



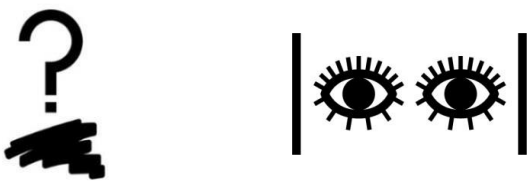
The optometrist will show you pictures



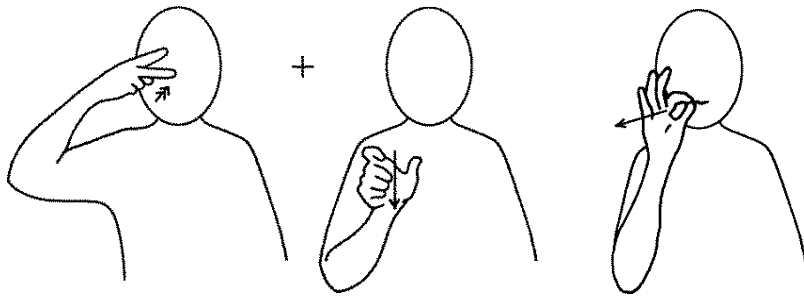
or letter charts



The **optometrist** will **ask**



What can you **see**

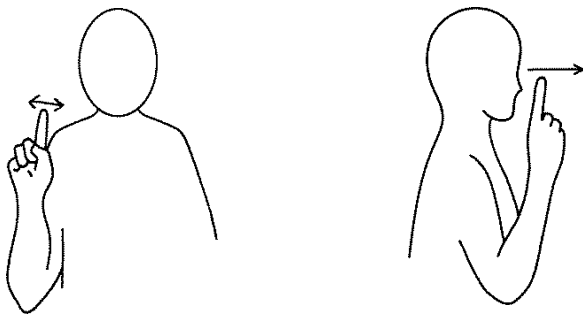


Middle fingertip
taps cheek
below eye

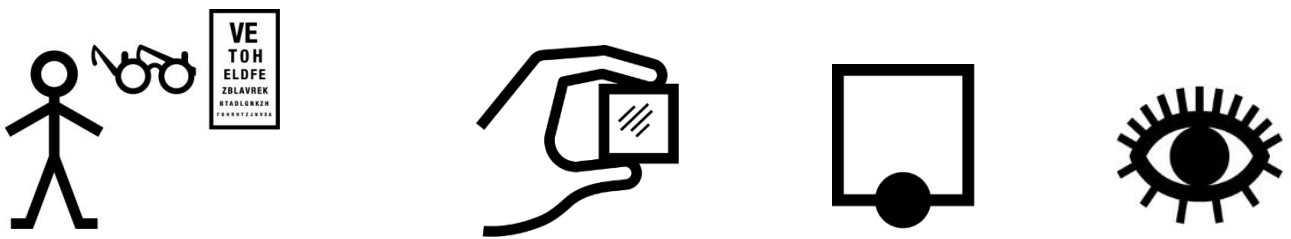
Hand moves
down slightly

Direct sign towards
person.

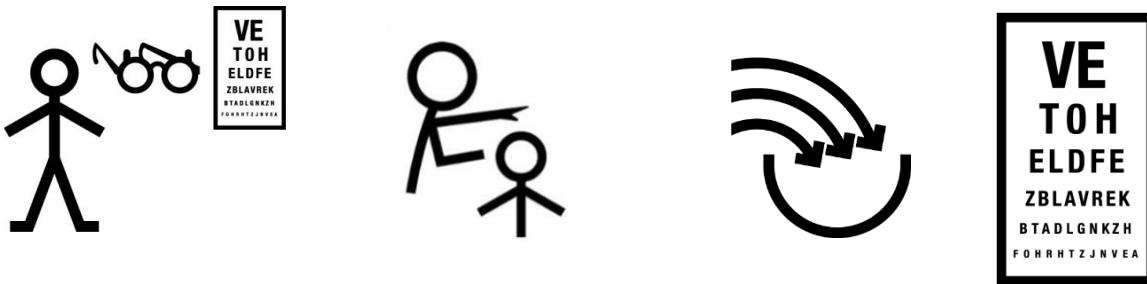
The optometrist will ask



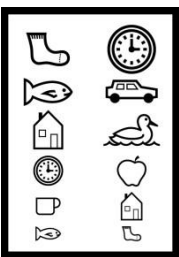
What can you see



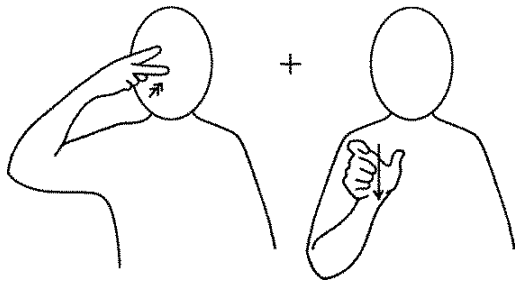
The **optometrist** will hold a **glass block** in front of your **eye**



The **optometrist** will show you some more **letter charts** or

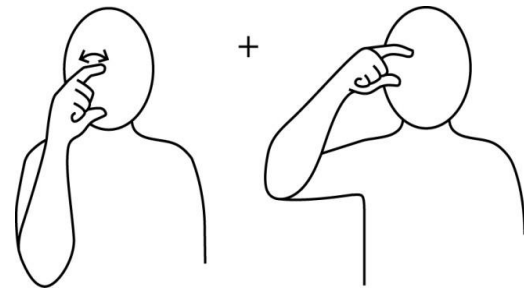


pictures



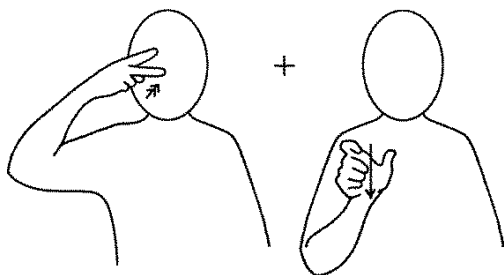
Middle fingertip taps
cheek below eye

Hand moves
down slightly



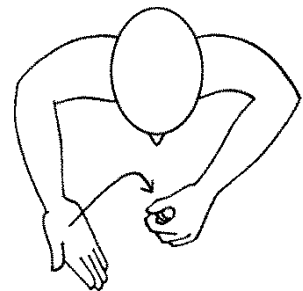
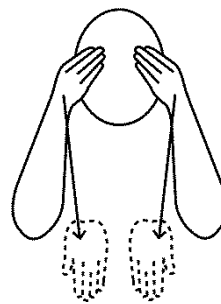
Mime holding glass block in front of eye

The **optometrist** will **hold a glass block in front of your eye**

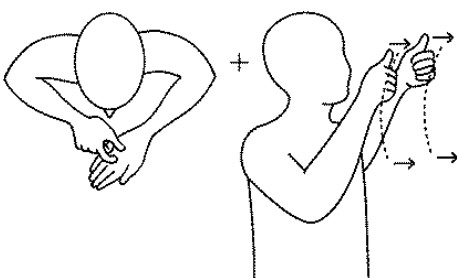


Middle fingertip taps
cheek below eye

Hand moves
down slightly



The **optometrist** will **show some more**

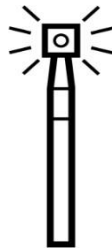


letter charts

or

pictures

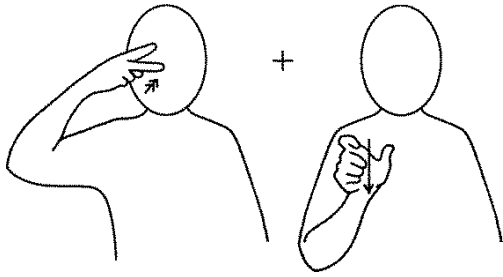
Section 4 – Finding Out How Well You Can See



The **optometrist** will **shine a light** on your **eye**



The **optometrist** will **move the light**

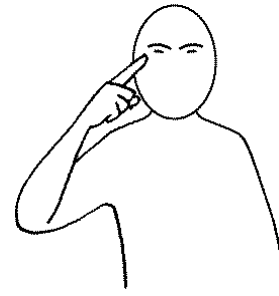


Middle fingertip taps
cheek below eye

Hand moves
down slightly

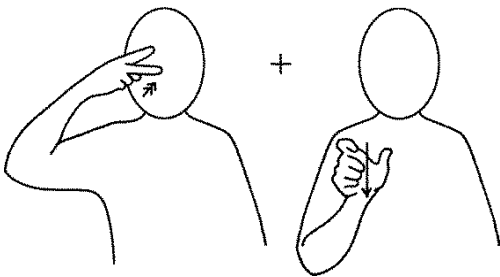


Hand twists slightly
forward



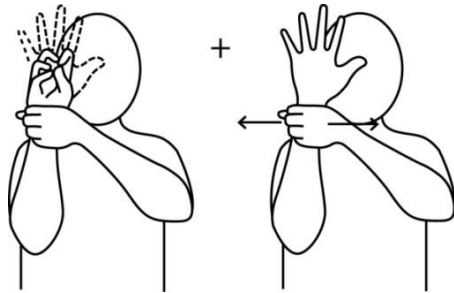
Point to appropriate eye
with index finger

The **optometrist** will **shine a light** on your **eye**



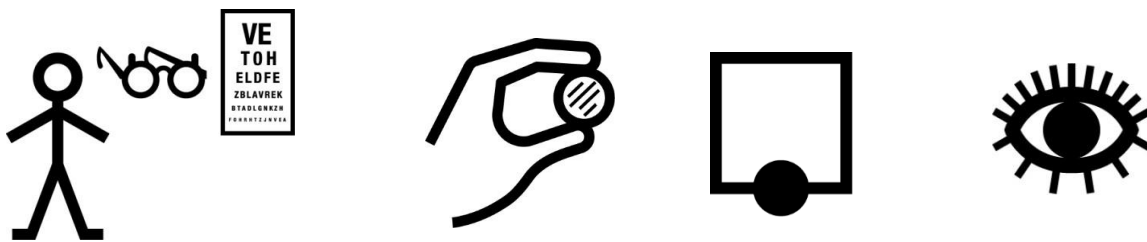
Middle fingertip taps
cheek below eye

Hand moves
down slightly



Non-dominant fist placed at wrist of dominant hand as if
holding light base while dominant hand shows beam

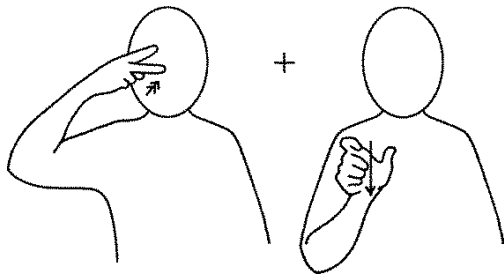
The **optometrist** will **move the light**



The **optometrist** will hold a **lens** in front of your **eye**



and **move the light**

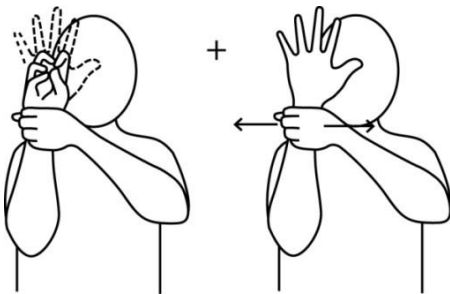


Middle fingertip taps cheek below eye Hand moves down slightly



Mime holding lens in front of eye

The **optometrist** will **hold a lens in front of your eye**



Non-dominant fist placed at wrist of dominant hand as if holding light base while dominant hand shows beam

and **move the light**

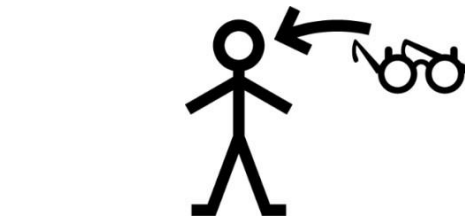


The optometrist

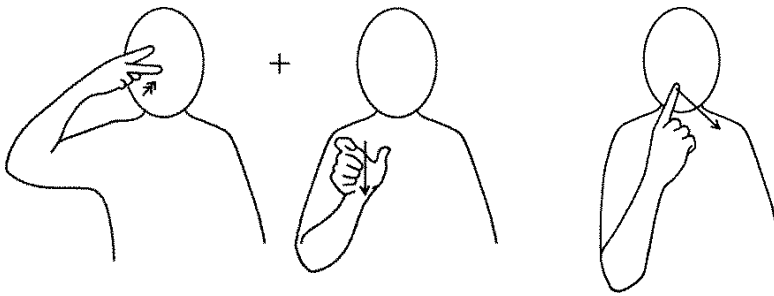
will



say



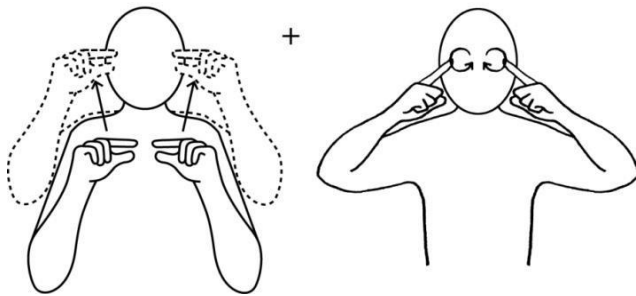
put on special glasses



Middle fingertip taps
cheek below eye

Hand moves
down slightly

The optometrist will say

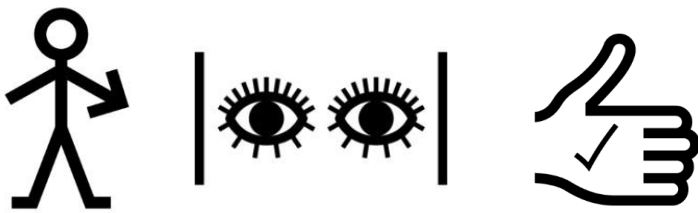


Mime putting
on glasses

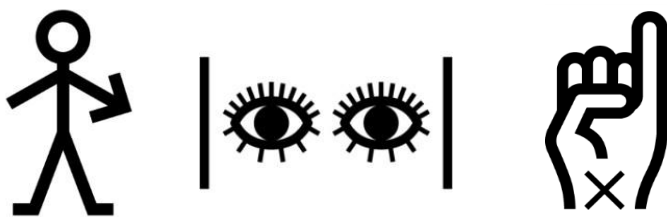
put on special glasses



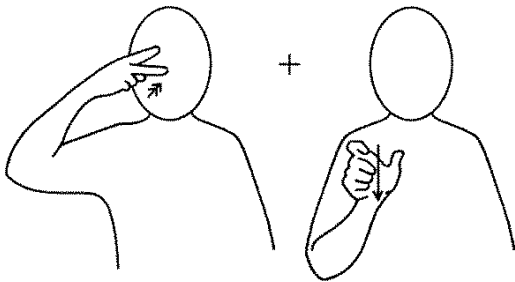
The optometrist will ask



Can you see better

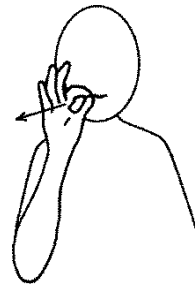


Can you see worse



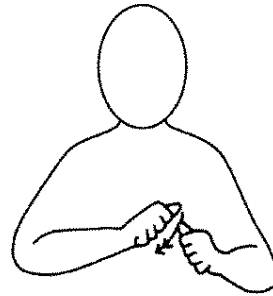
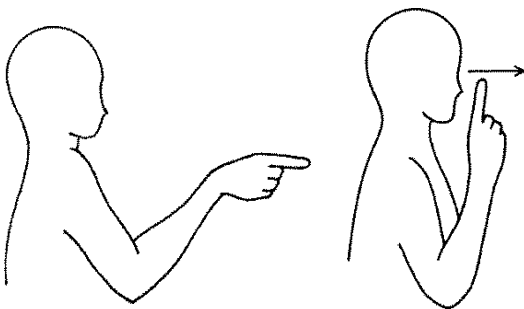
Middle fingertip taps
cheek below eye

Hand moves
down slightly



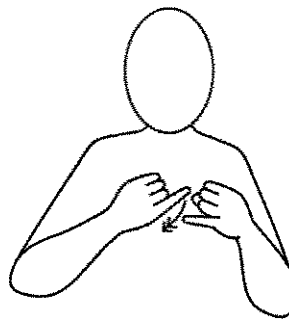
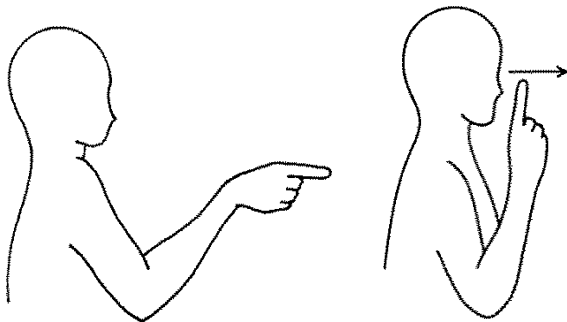
Direct sign towards
person

The optometrist will ask



Right thumb tip brushes
left thumb tip sharply

Can you see better



Right little finger strokes
once or twice along left
little finger

Can you see worse

Section 5 – Finding Out How Healthy Your Eyes Are



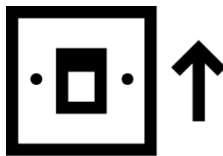
The **optometrist**

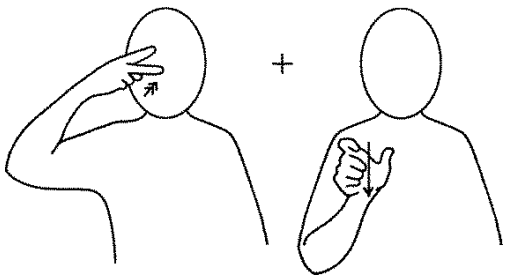


might put **eye drops** in your eyes



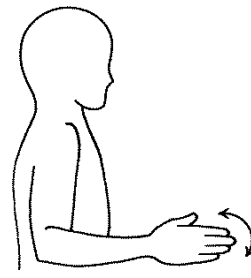
The **optometrist** will **switch off the lights**





Middle fingertip taps
cheek below eye

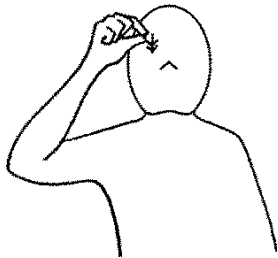
Hand moves
down slightly



Hand twists at
wrist

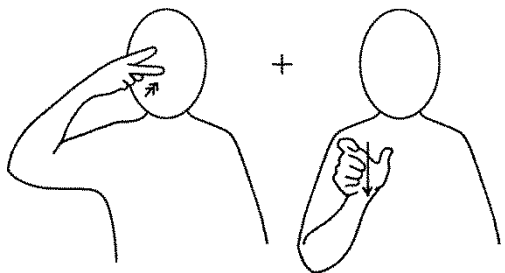
The **optometrist**

might



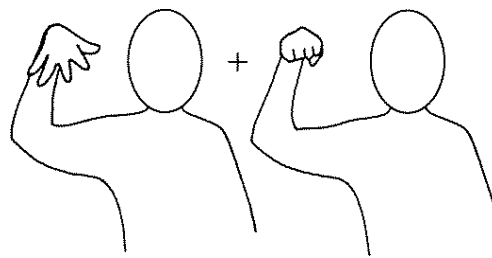
Make sign over
both eyes

put eye drops in your eyes



Middle fingertip taps
cheek below eye

Hand moves
down slightly



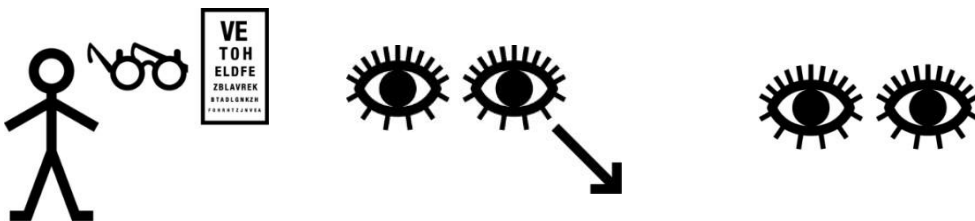
The **optometrist**

will

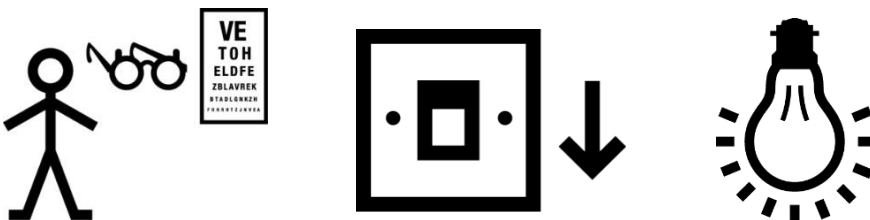
switch off the lights



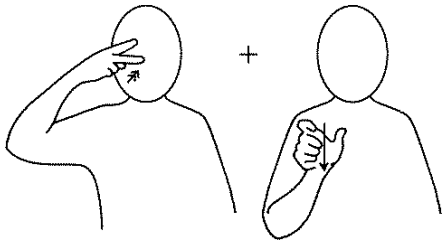
The **optometrist** will **sit** very **close** to you



The **optometrist** will **look** into your **eyes**

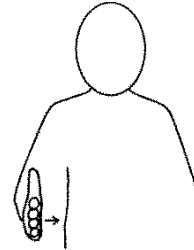
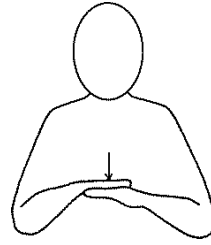


The **optometrist** will **switch on** the **light**

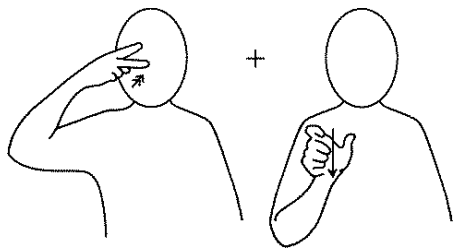


Middle fingertip taps
cheek below eye + Hand moves
down slightly

The optometrist will sit very close to you



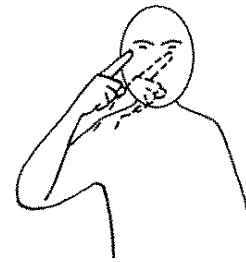
Hand draws in closely to
body



Middle fingertip taps
cheek below eye + Hand moves
down slightly

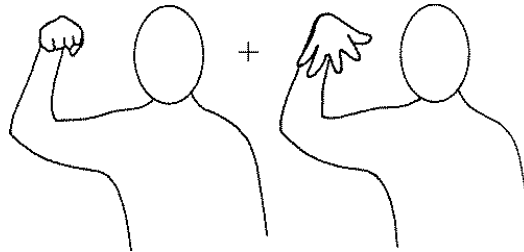
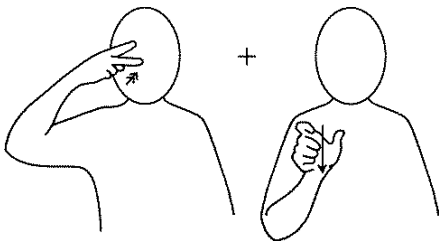


Two fingers are
slightly apart



Point to both for 'Eyes'

The optometrist will look into your eyes



The optometrist will switch on the light

Section 6 – Useful pictures

These are the signs and symbols for the pictures in The Kay Picture Test. More information at www.kaypictures.co.uk



cup



fish



house



apple



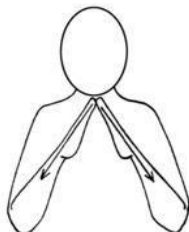
boot



cup



fish

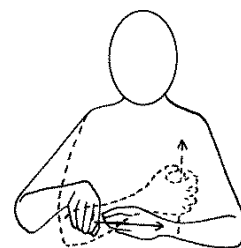


house



Take apple to mouth
and mime biting it

apple



Mime putting foot
in boot

boot



car



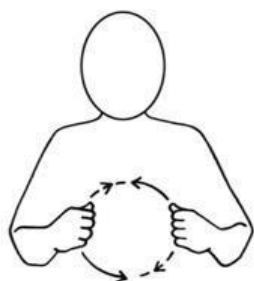
clock



duck



star



car



Right hand moves
from finger to finger as
if Tick Tock

clock



Extended index and
middle fingers open
and close onto thumb

duck



star

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