

Getting your eyes tested.

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This book was first developed as part of a special visual assessment project that took place in the Everton Centre in 2003-2004.

The book was developed to help prepare adults who have learning disabilities to get their eyes tested.

The book was written in consultation with Jenny Lindsay and Richard Robinson, Optometrists from the Royal Victoria Hospital in Belfast.

Our thanks go to all the members in the Everton Centre who helped create this book.

## **Instructions for using this book.**

- You will need the 'Special Visual Assessment Clinic Preparation Pack' with the resources and forms.
- Go to a quiet room.
- Go through each page of the book and discuss what is going to happen.
- Practice each task using the resources.
- As you go through each task complete the relevant sections of the 'Consent form and summary of communication skills' form B.
- Also note down any observations about their vision, i.e. if they need to hold things close.
- You may need to go through the book in stages or on more than 1 occasion.
- Some people may need to practice some of the tasks e.g. visiting the room where their eyes will be tested and turning the lights out.



## Why do I need an eye test?

It is important to look after your eyes.

You cannot always tell if there is something wrong with your eyes.

It is important to get your eyes tested regularly, once every 2 years.

You need good eyesight to watch T.V, for reading, drawing, sewing, working on the computer, to move around safely and many other activities.

Some people have difficulties seeing things far away, up close or both.



## Referral

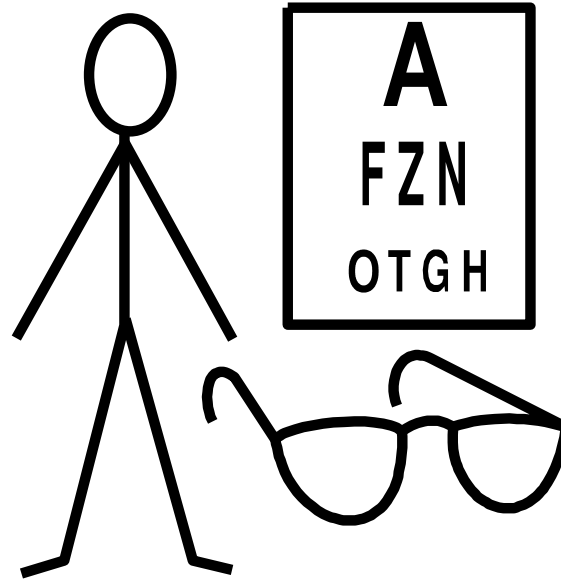
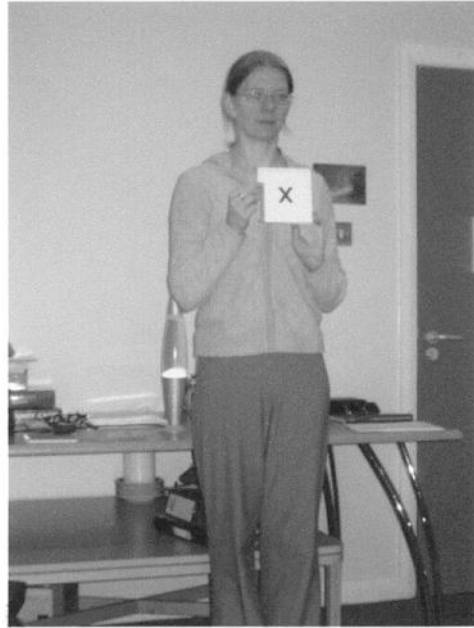
You filled in a referral form.

Or someone who knows you well filled in the referral form.

The referral form asked questions about you and your eyesight.

The optometrist wants to know if you are healthy.

They also need to know if you or anyone in your family has any eye problems.

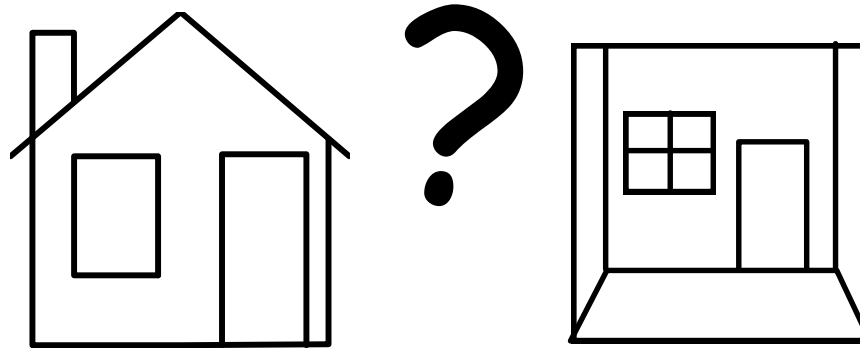


## Who is an optometrist?

An optometrist tests your eyes.

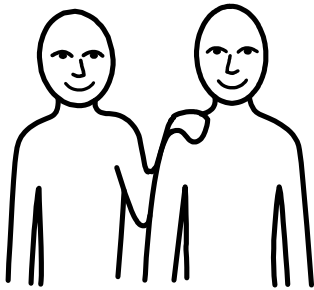
They will find the best way to help you see things better.

They will tell you if you need glasses.

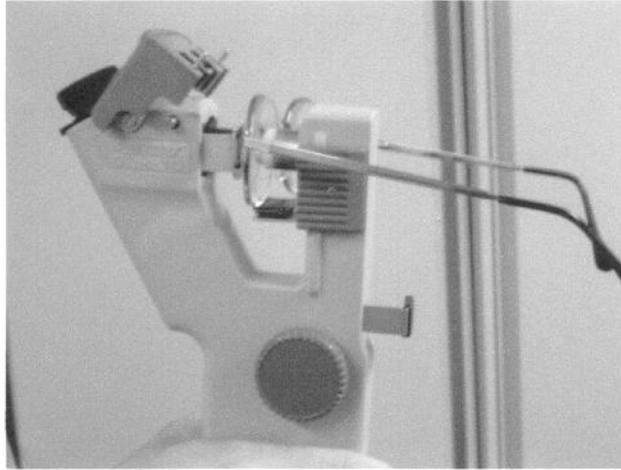
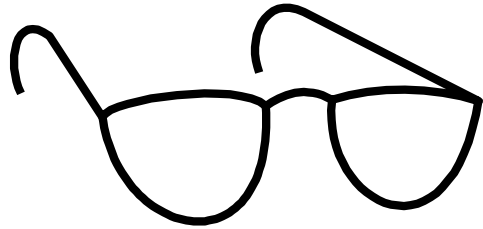


## Where will my eyes be tested?

There is a special project happening to bring an optometrist to your Centre.  
Do you want to see the room where the test will take place?



If you would like someone to stay with you when you are getting your eyes tested this is fine.



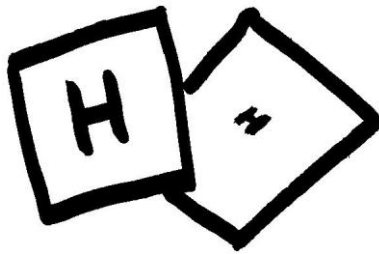
## **Glasses**

If you have glasses bring them with you.

The optometrist will check them with a special piece of equipment.

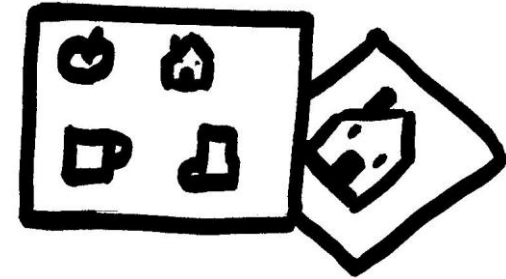
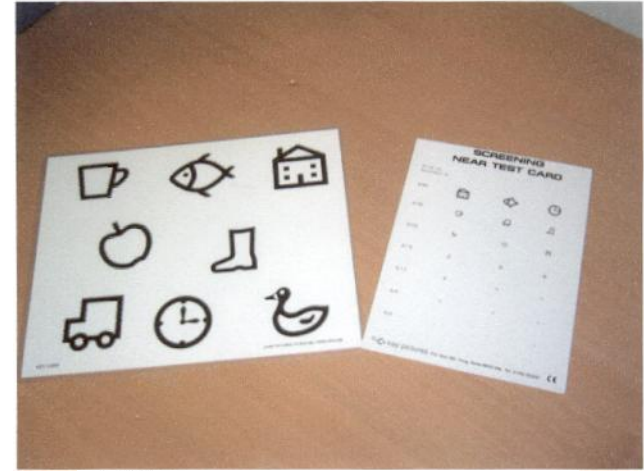
The test will check if they are right for your eyes.





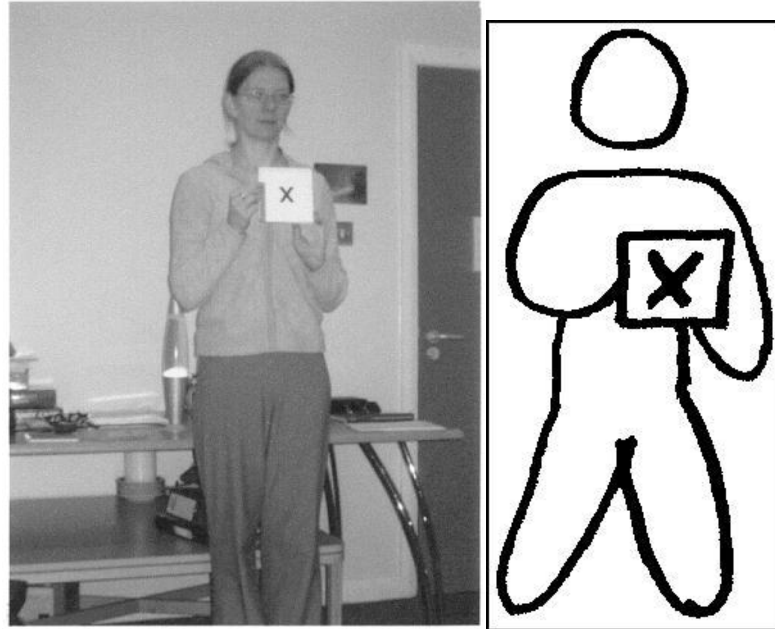
Letters

or



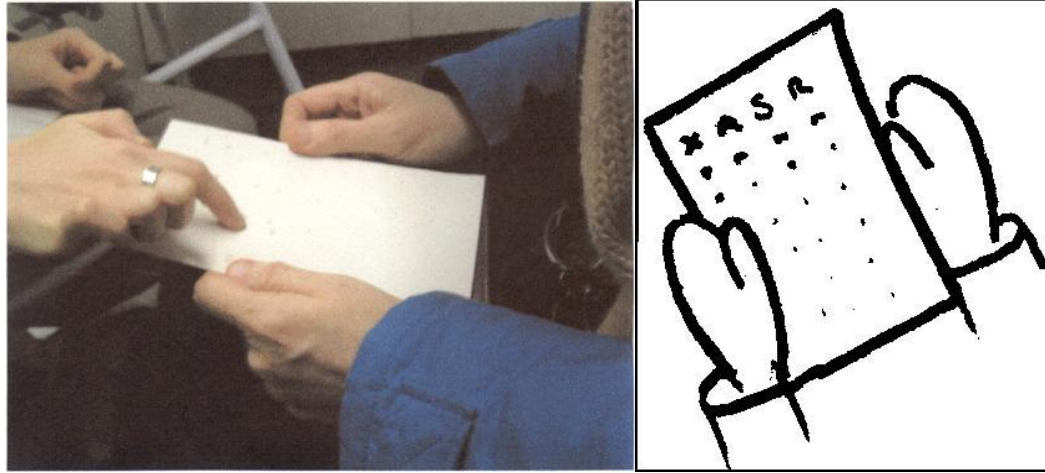
pictures

The optometrist will ask you to look at letters and name them.  
If you find it difficult to name letters you can match them.  
It does not matter if you don't know your letters you can name or match pictures instead.  
If your speech is unclear you can sign.



## Distance

You will be shown big letters or pictures from across a room.  
This is to test how much you can see from a distance.



## Close

You will be given a sheet with small letters or pictures. This will check how much you can see close up.



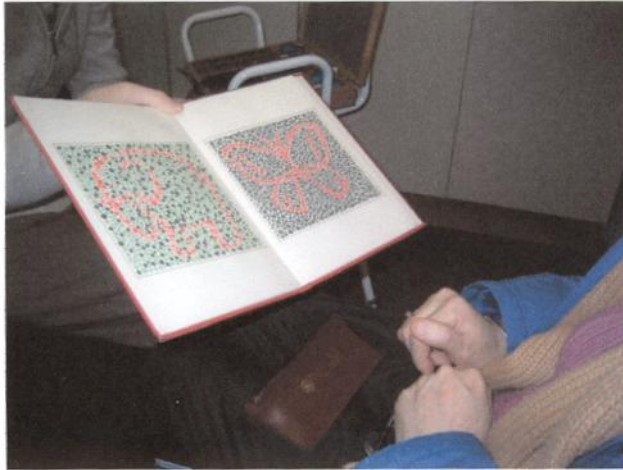
## **Patch or cover your eye**

The optometrist will put a patch over 1 of your eyes.

This will help them look carefully at the other eye.

Sometimes 1 eye can be better than the other.

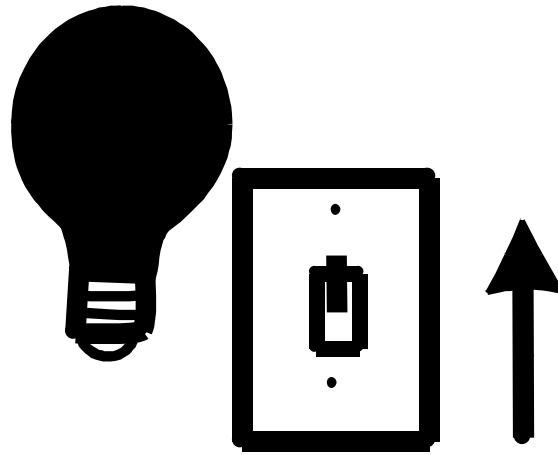
If you do not like the patch you can cover your eye with your hand.



## Colour

You may be asked to name or trace around a hidden picture.  
This is to check you can see different colours.

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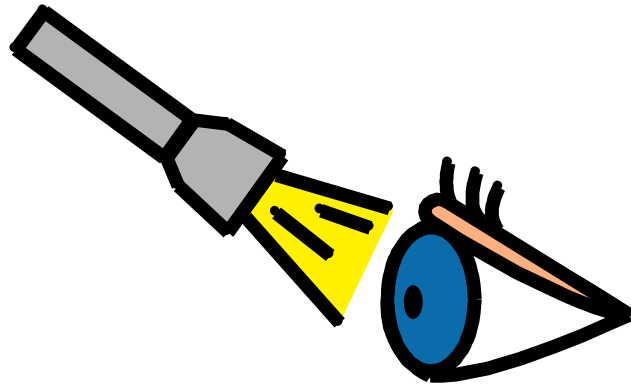
## Light off

Some of the eye test is done in the dark.

The light will be turned off.

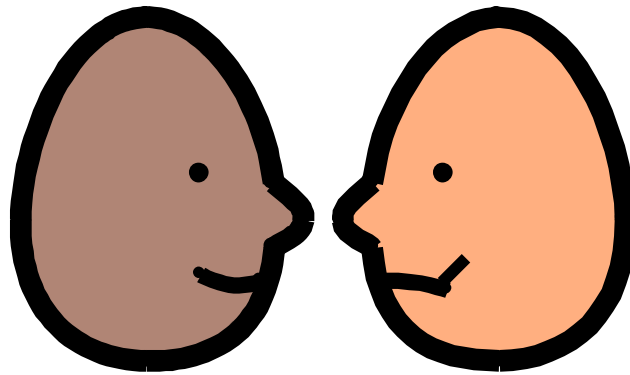
You will be asked to look at something like a lava lamp.

The optometrist will look at your eye with a torch.



## Shine a light in your eye

The optometrist will shine a light in your eye, using special torches. This is to find out if you need glasses and if your eyes are healthy. The light can be quite bright but it doesn't take long.



## Close

The optometrist will need to move very close to you.  
With their face near to your face.  
This is so they can see right into your eyes.





## Special Glasses

You will be asked to wear special glasses.

The glasses are heavy but you don't have to wear them for long.

The optometrist will put different windows in the special glasses.

This will check if the windows improve your eyesight.



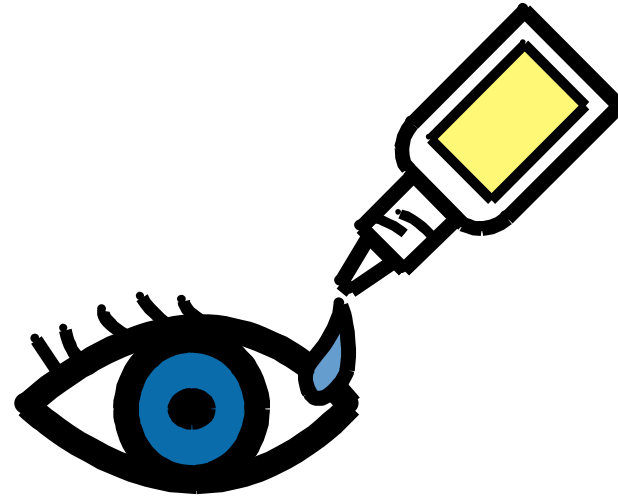
## Follow my light

You may be asked to look at a torch.

And follow it with your eyes as it moves.

It is important to keep your head still.

This will check that you can move your eyes in all directions.



## Eye drops

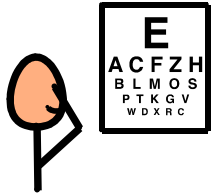
You might have drops put into your eyes.

This will help the optometrist to test your eyes.

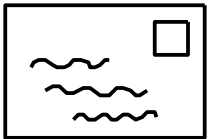
They might sting for a few seconds but your eyes will feel better.

If you get eye drops you will get an information sheet about them.

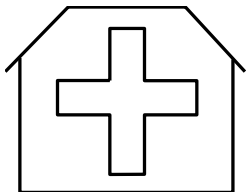
## What happens next?



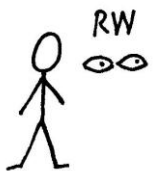
Some people may need to see the optometrist more than once. After the eye test the optometrist will tell you if you need anything to help you see well.



They will write all the information in a letter, which will be sent to your GP and home. You can ask for copies to be sent to other people like your community nurse.



They may refer you to an eye doctor in the hospital for special treatment.



They may refer you to a visual rehabilitation worker to help you cope better.



## **If you need glasses.**

If you need glasses the optometrist will include a prescription.

The prescription is yellow.

Take the prescription to any optician.

Pick out glasses frames.

The optician will then make up your glasses.



**Do you have any questions?**