

Easy Eye Tests

Eye tests for people with learning disabilities



Why is eye care important?



People with learning disabilities are 10 times more likely to have serious sight problems than other people.



It is very important that everyone should have an eye test every two years or more often.



An eye test helps someone to have healthy eyes and to see well.



To use the Easy Eye Tests service in Sutton, your GP (doctor) must be in Sutton. You can use the service if you are aged 14 or over.



Why do we need Easy Eye Tests?

Easy Eye Tests will help people with learning disabilities to get good eye care.



Sometimes people with learning disabilities can find it difficult to communicate during an eye test.



Some people need extra time for testing and to share information and results.



People have the right to have Reasonable Adjustments in place like using pictures instead of letters.



How do Easy Eye Tests help?

1. The opticians are trained to work with people with learning disabilities.



2. You can go back more than once if you find it hard to have all the tests together.



3. You will be able to have a longer appointment.



4. The optician will give you an easy read report of what happened at your sight test.

A screenshot of an 'Easy Eye Tests' report form. The title is 'The results of my eye test'. It includes a section for 'Feedback from my optician' with a 'Yes Ability' logo. Below that is a section for 'Giving this form' with a list of instructions. There is a section for 'I need my optician (optician) to fill in this form' with a list of instructions. At the bottom, there is a section for 'Section 4 - Contact if the test is unclear' with a form for 'My name' and 'My optician's name'.

What happens after my Easy Eye Test?

You might need glasses to help you see better. You might need to pay some money for your glasses.



If you have an eye problem the optician can refer you to a hospital to see an eye doctor or nurse.



The optician will tell you when to come back for your next eye test.



For more information on eye health please look at the SeeAbility website www.seeability.org

Eye tests at the opticians



You can visit the following opticians for a longer eye test or on more than one occasion. The optician will give you a written report.

Barlindene Ltd

377 Croydon Road
Wallington, SM6 7NY

 **020 8647 8992**

Boots Opticians Sutton

116a High Street
Sutton, SM1 1LU

 **020 8661 9488**

Second Sight

107 Collingwood Road
Sutton, SM1 2QN

 **020 8770 0134**

Eye Contact Vision Clinic

152 Stafford Road
Wallington, SM6 9BS

 **020 8773 3888**

Wallington Opticians

116 Woodcote Road
Wallington, SM6 0LY

 **020 8647 3644**



Eye tests at home



The following opticians can also provide eye tests at home for people who cannot go to the practice because of their disability.

Domiciliary Providers

Eye Matrix



0800 60 50 40

The Outside Clinic



0800 6123 144

Second Sight



020 8770 0134



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5 easy steps to having an eye test:

1. Choose your optician from the list
2. Contact them and tell them the appointment is for a person with a learning disability
3. Ask the opticians about a free NHS eye test
4. Fill in SeeAbility's 'Telling the optometrist about me' form and give this to the optician. You can get this form on the SeeAbility website: www.seeability.org/form or from the optician
5. Have your eye test

The image shows a form titled "Telling the optometrist about me" with the subtitle "Information about me and my sight". It includes a "See Ability" logo and a small photo of a person. The form contains several sections: "Please fill in this form and take it with you to your eye test.", "Your supporter can fill in this form with you if it's okay to ask them to write on the form.", "Please tell me about these things with you at your eye test." followed by a bulleted list: "Your glasses if you have any", "The prescription from your last eye test", "Evidence of any benefits you get", and "Your Health Action Plan if you have one". Below this is a section for contact information: "If you are filling in this form for someone else please fill in this section." with fields for "Your name and role", "Phone number", and "Email address".The image shows a form titled "The results of my eye test" with the subtitle "Feedback from my optometrist". It includes a "See Ability" logo and a small photo of two people. The form contains several sections: "Using this form - Please ask the optician to fill in this form.", "I need my optometrist (optician) to fill in this form.", "It will help me with my optician to understand why my sight will be better if we get it.", "This information is for your optician (GCD 2).", "This form should be kept in my health records.", "Section 2 - Contact of the optician", "My optician's name", "My optician's address", "My optician's phone number", and "My optician's email address".

! Don't forget to take the 'Feedback about my eye test' form with you. Your optician will need to fill this in during your appointment. You can find the form on the SeeAbility website: www.seeability.org/feedback

! For more information, please contact:

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