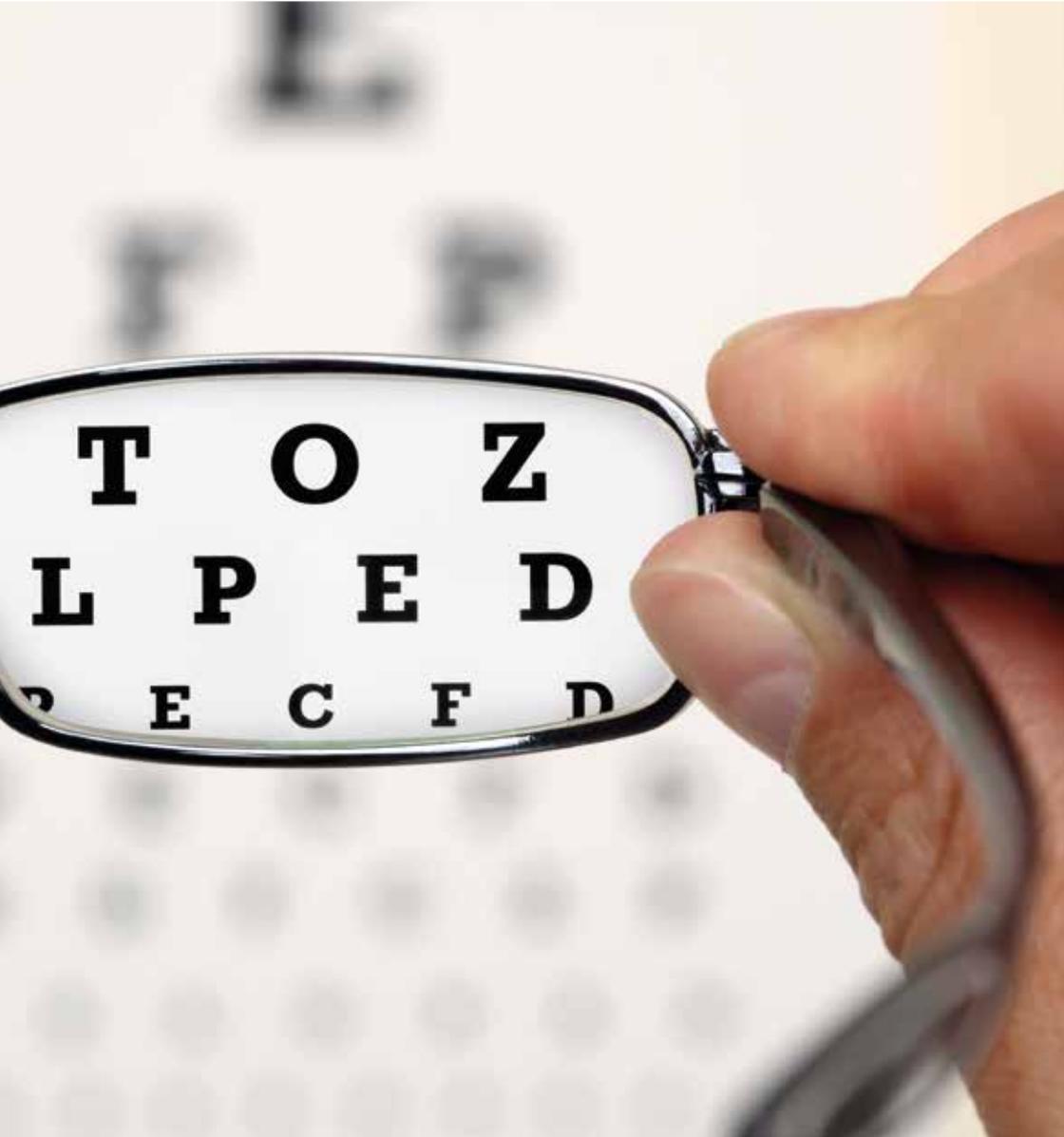


Top tips for
Sight checks
for people with learning disabilities

R N I B

See differently



1. Before the appointment
Tell the practice when you book if you need a longer appointment. Lots of practices are happy to offer this service.

2. Essential Information
Find out before the appointment what information you should take with you. For example, the optician may need to know the name and dose of any medicines you are taking.

3. Environment
When you book tell the practice about the help that you will need to get in and around. Ask if you can visit before your appointment.

4. Welcoming
You should be made to feel welcome and respected; you should not be rushed during the sight test or afterwards if you are for example choosing glasses.

5. Including family members/carers
If you have carers that you think may be able to help you during the appointment, let the practice know this when you book. Lots of practices will welcome the support if it helps you.

6. Make sure the optician explains what they are doing
The optician should be talking to you during the sight check and explaining what they are about to do, **before** they do it. There shouldn't be any big surprises in the test.

7. Be respectful
The optician and the staff in the practice should be speaking and listening to you first and foremost (and not your carers or support staff if they are with you).

8. Try different approaches
If the optician tries one way of testing your vision that you find too difficult to manage, they should offer a different way of carrying out the test that does suit you and how you communicate.

9. What next?
The optician should explain to you if you need glasses or anything else. They should tell you when to wear them, how to clean them and how they will help your vision.

10. Glasses
The staff in the practice should give you as much help as you need to choose glasses and check they fit you properly. They should be comfortable when you wear them.



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