

Factsheet

Wearing spectacles with dementia

This factsheet will be useful for people with dementia, their families, carers and professionals. There is another factsheet about eye examinations for people with dementia.

Lots of people need to wear spectacles to make their sight better. When you have dementia it is important to wear any spectacles (specs) you need.

Wearing spectacles

Many everyday tasks are easier when you are wearing your specs:

- Reading
- Watching television
- Getting out and about
- Preparing food
- Eating
- Socialising
- Taking medication

If you have dementia and need to wear specs you, and anyone that cares for you, need to know when you should wear your specs. This could be your friends and family or your carers. If you have a care plan then it should include when you need to wear your specs and which specs should be worn for different tasks.

Taking photographs of you wearing your spectacles can help remind you and your carers that you should be wearing them. These photographs could be in your room, or in your care plan or on your specs case. If you need different specs for different activities then the pictures could be of you in your different specs doing the activity you need them for.

Take your spectacles with you if you go into hospital or stay with a friend to make sure you can see properly while you are away from home.

Why you may need to wear spectacles

Having an eye examination with an optometrist will make sure that you have the correct specs. Most people should have their eyes tested once every two years and an optometrist will be able to tell you how often you need to have your eyes tested. If you have dementia it is possible for the optometrist to adjust the eye examination so they can prescribe and update any specs you may need.

Choosing your spectacles

Wearing the right spectacles for the right task is important. If you mix up your specs you will not see so well. The dispensing optician will advise on the right frames and lenses for you and will fit them properly for you when you collect them. He or she will also advise when you should wear them. Some specs should be worn all the time, others are used for long distance or close up. The dispensing optician will also advise you about:

- labelling your spectacles and case with your name and when to use them, for example 'Alan's TV specs';
- matching the colours of the specs and the case;
- attaching a chain or cord to your specs so you can wear them around your neck and do not lose them;
- keeping your specs clean, dirty lenses can make it harder to see well;
- checking your specs regularly to make sure they are fitting comfortably and are not scratched or damaged. Your optician will be able to adjust and repair them for you.

Useful contacts

Association of British Dispensing Opticians
199 Gloucester Terrace
London W2 6LD
Tel: 020 7298 5100
general@abdo.org.uk
www.abdo.org.uk

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