This guide is about eye care. Good eye care means having regular checks for your eyes.

If you have any problems with your eyes you may need treatment or glasses.

Being able to see well is important for everyone. People with learning disabilities are much more likely to have a serious sight problem than other people.

An eye test can find out if your eyes are healthy. An eye test also checks for health problems like diabetes.
Some people with learning disabilities are anxious about going for an eye test.

The law says public services should put ‘reasonable adjustments’ in place to help people with learning disabilities use services. Reasonable adjustments are changes to services so they are easier to use.

Everyone can have their eyes tested. You don’t have to be able to read or speak to have an eye test.

Some people need support to help them have eye tests. This might be things like extra time or a home visit.
There are special eye services that people can use if they need a lot of extra help. Some of these are in hospitals.

This report has examples of easy-read information and films. These can be used to help make sure people with learning disabilities get good eye care.

This report has examples of reasonable adjustments in local services so that people with learning disabilities find eye care services easier to use.

The pictures in this report are from Photosymbols:
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