

The 'Eye Know' Project

Sight tests for adults with
learning disabilities in Wokingham

Did you know that
everyone should have
their eyes checked
at least once every
2 years?



The 'Eye Know' Project

What is it about?

Making it easier for adults with learning disabilities to have their eyes checked



Why?

Everyone should be able to get good sight tests when they need them.

It is important to have healthy eyes.

It helps people see well and do things for themselves as much as they can.



Is it for me?



If you are an adult with learning disabilities living in Wokingham.



If you have not had a sight test in the last 2 years or you are looking for an optician.



Here is what to do:



- 1. Pick one of the opticians from the list on the back page**
They have had special training in working with people with learning disabilities.



- 2. Get in touch with the optician to book an appointment**
Make sure you say it is for a person with a learning disability



- 3. Fill in the form 'Telling the optometrist about me'**
Optometrist is another word For optician.



You can get this form from:

www.lookupinfo.org



Or you can telephone Shiela Koh
To ask for a copy:

0118 974 6832

The list of opticians:

Stephen Abery and Partners



46 Gipsy Lane
Earley
Reading
RG6 7HD



0118 935 1975

Scrivens Opticians



22 Market Place
Wokingham
RG40 1AP



0118 978 9311

Please note:

You can choose to go to a different optician, but this will not be part of the 'Eye Know' project.



Some people will be able to have a free NHS sight test.



Ask your optician to find out more.

If you have any questions about the 'Eye Know' project, please get in touch with Mary Codling. Call her on:

0118 949 2932

