

# Devon in Sight Eye Condition Fact Sheet 18

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## Long Sightedness Hyperopia

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### Introduction

Normally, light is focussed by the cornea and lens to form a sharp image on the retina. Long-sightedness occurs when the eyeball is slightly too short so that the focus point is behind the retina at the back of the eye. If you are long-sighted, you find it more difficult to see clearly objects that are close to you. For example, words on a page or your phone screen may seem blurred.

### Who is affected by long-sightedness?

Long-sightedness affects people of all ages.

### What are the symptoms of long-sightedness?

People who are long-sighted may:

- see distant objects clearly, but nearby objects look blurred or fuzzy
- need to screw up their eyes to see clearly
- have tired eyes or headaches after reading and writing, working on the computer or other close up activities.

Children who are long-sighted may not experience these problems, but you may notice one eye turning inwards (towards their nose) as the child tries to focus. This is called a squint and may be more noticeable when the child is tired or unwell. If this happens they may develop a lazy eye, so you should take them to an optometrist without delay.

### How do you treat long-sightedness?

Long-sightedness can be corrected by glasses or contact lenses.

## Long-sightedness information, advice and support

College of Optometrists “Through my eyes video” shows what your vision can be like with Long-sightedness (Hyperopia)

<https://lookafteryoureyes.org/eye-conditions/long-sight/>

### What to do next?

If you are experiencing any of the above symptoms or your sight loss deteriorates, please contact your GP/Optician/Accident & Emergency Department at your local Hospital.

**If you need any further advice call our Helpline: 01392 876 666**

**Devon in Sight** is a member of the **Helpline Partnership Community**.

### Credit

We would like to thank the **Royal College of Optometrists** for their kind permission to reproduce this information.

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## Further Support Available from Devon in Sight

- **Information, Advice and Guidance**
- **Demonstrations of Low Vision Aids & Daily Living Equipment**
- **Assistive Technology Solutions**
- **Our holistic needs assessment (Sight Loss MOT)**
- **Training for people with central vision loss (Skills for Seeing)**

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## Information Disclaimer

**Devon in Sight** is committed to producing Information, Advice & Guidance Resources that are clear, accurate, evidence-based, up-to-date and easy to use. We have a robust information production process based on best practice to ensure that information we produce meets

the needs of people who are blind or partially sighted and their family and friends.

**Devon in Sight** is not a medical organisation; therefore we can only provide general information that is not intended to be a substitute for a proper medical assessment. Our information is not intended to be used for individual cases. If you have a specific question about your eye condition, we recommend that you consult an eye care professional.

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Our Information, Advice & Guidance Resources were correct at the time of writing. However, due to research and medical advances, the content may not be completely up to date.

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## Devon in Sight Contact Information



**Helpline 01392 876 666**  
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