

## Devon in Sight Eye Health & Sight Loss Fact Sheet 4

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### Eye Health and Eye Tests

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#### Introduction

**Having an eye test won't just tell you if you need new glasses or a change of prescription it is also an important eye health check.**

This check can often pick up the first signs of an eye condition before you notice any changes in your vision. This can lead to you getting vital treatment at the right time, which could save your sight.

An eye examination can also spot many general health problems such as diabetes.

#### How often should I have an eye test?

Having an eye examination at least once every two years should be part of everyone's health care routine.

#### What should I do if I notice a change in my sight?

Visit your optician or GP if you're concerned about any aspect of your vision at any time.

#### What should I do in an emergency?

You should go to a hospital Accident and Emergency Department as soon as possible if you:

Have a sudden serious change in your vision

Lose all or part of your vision in one eye or both eyes

Have an accident involving your eyes

Suddenly start seeing flashing lights or floaters in your vision.

## What about my child's sight?

Children often don't complain about their sight, but they may show signs of not being able to see properly.

Things to look out for include:

- sitting close to the TV
- holding objects very close to their face
- blinking a lot
- eye rubbing
- one eye turning in or out

If you think your child is having any sort of sight problems, take them to an optician for further investigation.

Children don't have to be able to read letters to have their eyes examined. Like adults, children should have regular eye checks at least every 2 years.

## Useful Links

The NHS Choices website provides an overview of eye health

<https://www.nhs.uk/live-well/healthy-body/look-after-your-eyes/>

Find out if you can get an eye test for free on the NHS

<https://www.nhs.uk/using-the-nhs/help-with-health-costs/free-nhs-eye-tests-and-optical-vouchers/>

## What to do next?

**Find your nearest NHS optician**

<https://www.nhs.uk/service-search/find-an-optician>

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

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

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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.

## Devon in Sight Contact Information



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