

## Are you entitled to free NHS eye tests?

You may be entitled to FREE NHS eye tests if you are:

- ✓ 60 years or over
- ✓ Under 16, or under 19 and in full-time education
- ✓ You or your partner receive benefits and are entitled to or named on a valid NHS tax credit exemption certificate, or are named on a valid HC2 certificate
- ✓ Have diabetes or glaucoma, are aged 40 or over and have a close relative with glaucoma
- ✓ Registered blind or partially sighted
- ✓ Entitled to vouchers for complex lenses

NHS rules may change. Speak to an optician before booking an appointment

## Home visits

If you can't leave home unaccompanied because

of a physical or mental illness or disability, you may be entitled to a home visit where an optician comes to your home, residential care home, or day centre.

Ask your optician for advice

## Minor eye condition service

Many opticians offer a free minor eye condition service for recent or sudden eye problems.

Visit [www.wakefieldccg.nhs.uk/home](http://www.wakefieldccg.nhs.uk/home) to find your nearest.

In addition to normal working hours, some offer weekend appointments too. The optician will assess and treat the condition, or make a referral where appropriate.

## Minor conditions include:

- Dry, gritty and uncomfortable eye
- Something in the eye
- Irritation and inflammation of the eye
- Significant recent sticky discharge from the eye or watery eye
- Recently occurring flashes or floaters
- Painful eye
- In-growing eyelashes



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IT IS IMPORTANT

FOR PEOPLE OF ALL AGES

TO HAVE REGULAR

EYE CHECKS



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Read this leaflet to find out why



## Why do 1 in 5 people not have regular eye tests?

### My vision is fine

Good vision does not indicate healthy eyes. Everyone should have their eyes checked regularly, even if there is no change in vision. An eye test can pick up the first signs of an eye condition before you notice any changes in vision, leading to you getting treatment quickly which could save your sight.

### Too expensive

You may be entitled to free eye tests and a voucher towards the cost of glasses. Speak to your optician if you are worried about the cost. Most offer budget glasses. There are plenty of opticians in the Wakefield district. Choose one which suits your needs. You can find a list of them by visiting:

[www.nhs.uk/using-the-nhs/help-with-health-costs/free-nhs-eye-tests-and-optical-vouchers/](http://www.nhs.uk/using-the-nhs/help-with-health-costs/free-nhs-eye-tests-and-optical-vouchers/)

### Not a priority

Sight loss can affect you whatever your age or circumstances. Every day 250 people start to lose their sight in the UK. One in five people will start to live with sight loss in their lifetime.



Good vision does not indicate healthy eyes

## Do you know how to keep your eyes healthy?



### What's good for the heart is generally good for the eyes

There are several simple things that you can do to keep your eyes healthy.

- ✓ Regular eye tests
- ✓ Don't smoke
- ✓ Have a healthy diet
- ✓ Maintain a healthy weight
- ✓ Have an active lifestyle
- ✓ Keeping eyes covered in the sun (even in cloudy weather)
- ✓ Drink alcohol in moderation

## Do children have eye tests at school?

Children do not routinely have their eyes tested at school. Eye tests for children are free and the NHS provides vouchers towards the cost of their glasses. Most opticians in Wakefield will provide free glasses for children.

Ask your optician for advice (before booking your appointment). 80% of learning in the classroom is visual.

If children can't see well, they can't learn well!

