# 10 tips promoting eye health for people with dementia

Working with

RNIB Scotland

See differently

Alzheimer Scotland
Action on Dementia

24 HOUR
Dementia
Helpline

Alzheimer Scotland
Action on Dementia

Freephone 0808 808 3000
Email helpline@alzscot.org

## These helpful tips should support you, your family and carers to feel more confident about getting access to eye care services.

1. Ensure you have a sight test every two years, unless advised otherwise by an optometrist.
2. If you or your family or carer feel a traditional letter chart is unsuitable, don't worry. Optometrists have alternative ways to examine your vision.
3. When arranging appointments tell the optometrist that you or the person you support has dementia.
4. Some optometrists will visit people in their own home.
5. Take a list of medications to eye appointments as some may affect your vision.
6. Advise your optometrist of any recent changes in behaviour which may indicate undetected sight loss such as a disinterest in hobbies, falls or persistent glasses cleaning.
7. Ask your optometrist to recommend the most appropriate glasses for you.
8. Think about the four C's – Correct, Clean, Current and Comfortable glasses.
9. Tell your optometrist if your glasses are uncomfortable.
10. You may be entitled to financial support towards the cost of glasses or a sight test. All sight tests in Scotland are free.

### We're here for everyone affected by sight loss.

Get in touch with us on **0303 123 9999** or visit **rnib.org.uk/advice**

### You can also contact Alzheimer Scotland

Helpline: **0808 808 3000** Visit: **Alzscot.org**

### RNIB Health and Social Care Training team

We deliver training and professional development opportunities to health and social care professionals. To find out more about the training we offer, contact us at: Email: **HSCTrainingTeam@rnib.org.uk** Phone: **0141 739 3683**

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