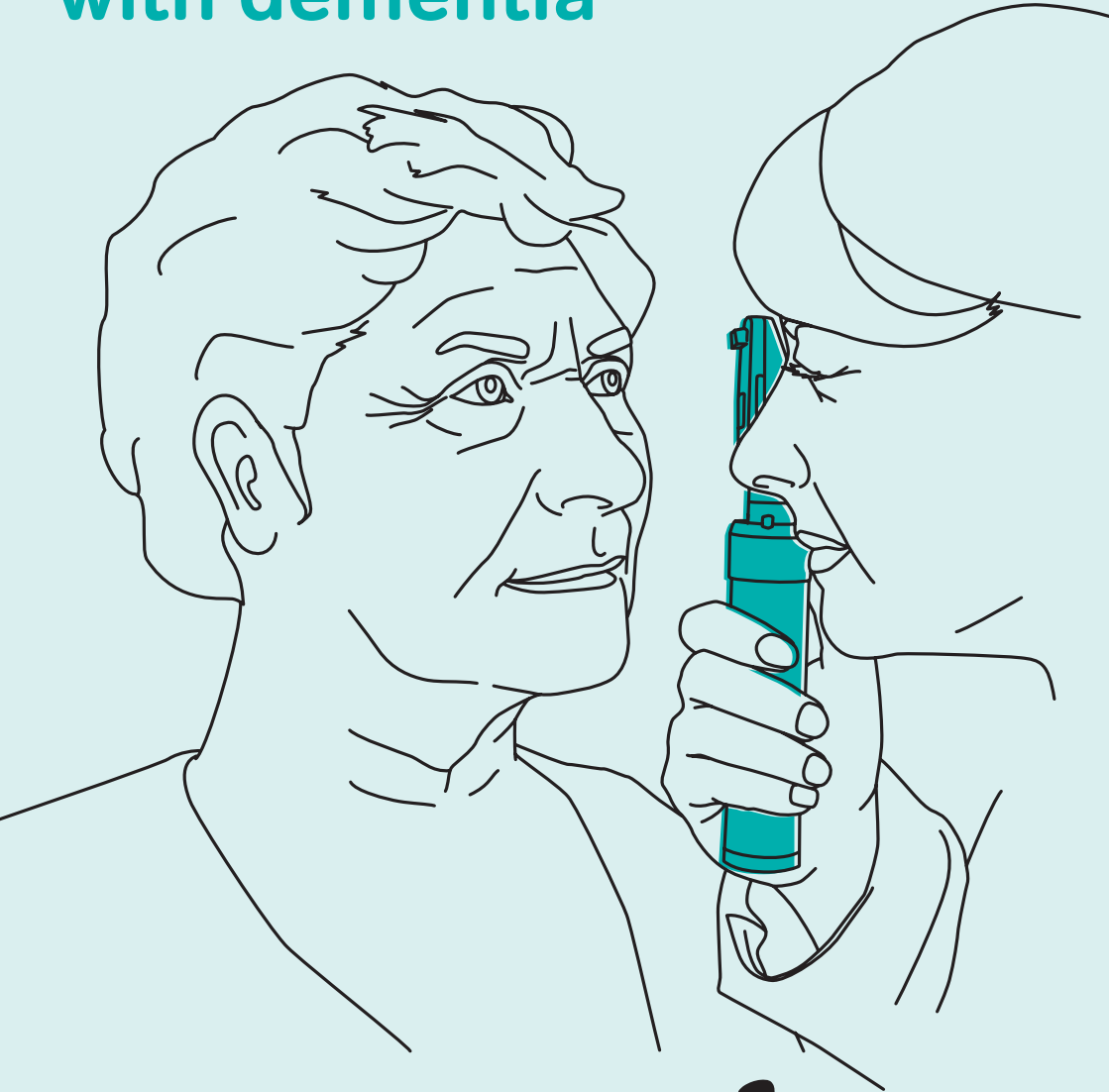


Ten tips to promote eye health for people with dementia



Supporting people with sight loss



Alzheimer Scotland
Action on Dementia

Ten tips to promote eye health for people with dementia

These tips aim to help you and your family/carers feel more confident about accessing 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/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 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 persistently cleaning glasses.
- 7 Ask your optometrist to recommend the most appropriate glasses for you.
- 8 Think about the 3 C's – correct, clean and current glasses.
- 9 Tell your optometrist if 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.

Download further information from our dementia and sight loss leaflet and complete the checklist before your next sight test at:

rnib.org.uk/aboutdementia

RNIB Helpline: 0303 123 9999

rnib.org.uk

Alzheimer Scotland Helpline: 0808 808 3000

[Alzscot.org](https://alzscot.org)