

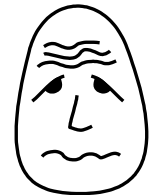
## Where to get your eyes checked?



**Most people go to their local Optometrist  
(Opticians)  
Most people get free eye checks**



**If you are worried about getting your  
eyes checked**



- A nurse can visit you at home to tell you about the test
- Or it may help to visit your Optometrist and have a look around



To contact your local Learning Disability Health Team Ring



Teignbridge 01392 384769

Torbay zones 01803 219700

West Devon 01392 385103

(Ask for Learning Disability Lead Nurse)

If you or your carer need to talk about your eyes

Ring Me



Kathy Diplock  
Eye Clinic  
Torbay Hospital  
Tel: 01803 655337

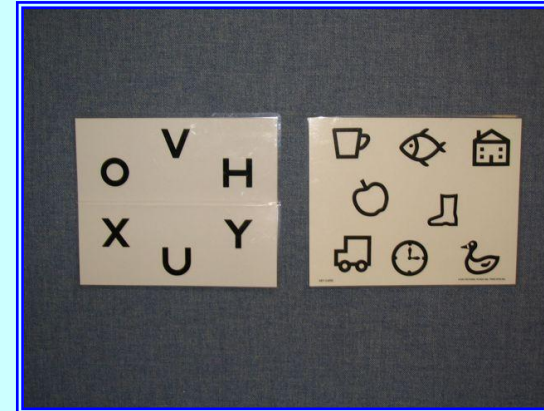


For more information about your eyes



[www.seeability.org/myeyecare](http://www.seeability.org/myeyecare)  
website

# GETTING MY EYES CHECKED



Every 1-2 years everyone needs to get their eyes checked