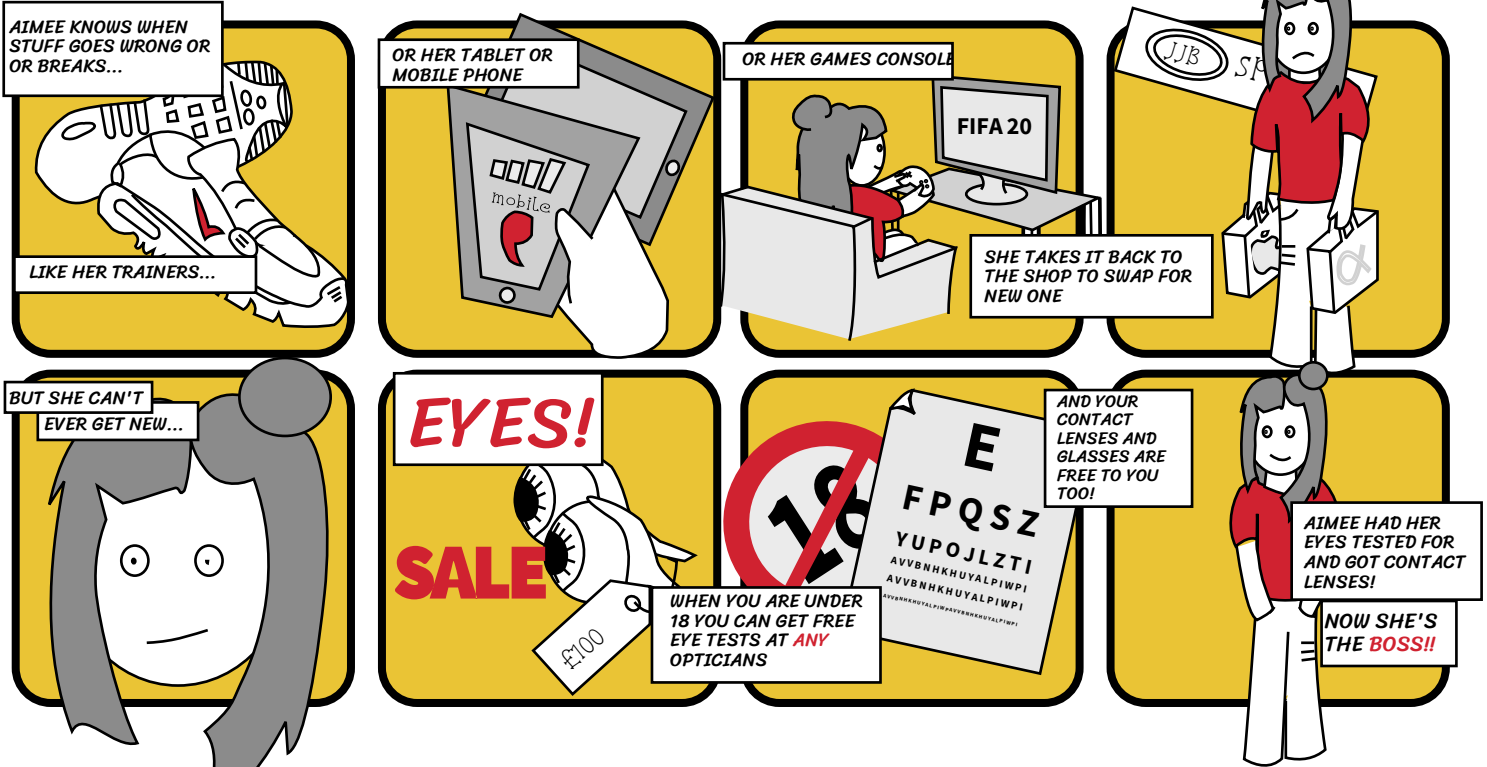


No. 3: REGISTERING AT AN OPTICIAN

FEATURING AIMEE GRABBING CONTROL



HOW AIMEE GRABBED CONTROL

THE OFFICIAL GUIDE FOR YOU TO TAKE CONTROL OF YOUR EYES

KEY MESSAGES

As a looked after child, young person or care leaver, you should be registered with an Optician.

Also, unlike doctors you don't need to go to an optician near to where you live. You can go to any optician you choose. It could be near your home, or school. It could be an optician that a friend says are really good.

WHAT TO DO

Put your post code into the NHS choices website:

<http://bit.ly/NHSOptician>

Find the address and go to the Optician to pick up a registration form

REMEMBER

It's free to register at an Optician!

Do make sure that you attend your appointment- you should be seen by your Optician at least every two years if you don't wear glasses and at least every year if you do wear glasses

Register as a permanent patient so your previous health records are transferred from your previous Optician

Ask to see the same Optician each time so you don't have to share your health history and make some notes of things you want to discuss

Don't be afraid to ask questions about things you find unclear.

Ensure you wear your glasses if you are given them

Avoid using smart phones and electronic devices for prolonged periods.

GRAB CONTROL : GRAB RESPECT : GRAB YOUR OPTICIAN

