



Your eyes



You are any age.

You may be a young adult. Like

- 20
- 25.



You may be an adult. Like

- 31
- 45.



You may be more than 55 years old.

Like

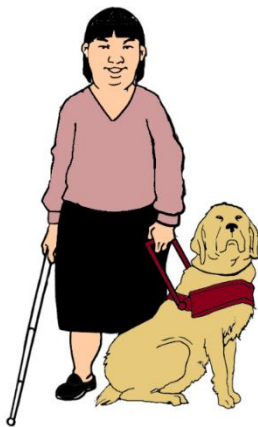
- 58
- 75.



You have cerebral palsy.

It may be hard to see things.

Lots of people with cerebral palsy have this problem.



You may **not** see any thing.

You are blind. You may

- use a cane
- have a guide dog.

Or



You can see a bit.

You may wear glasses.



It may be you do **not** see things

- a long way from you
- close to you.



It may be hard to know what you see.

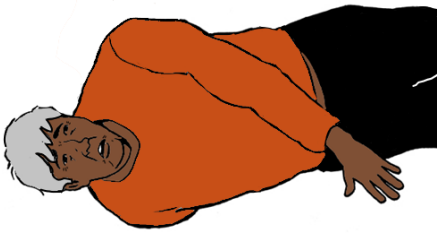
They look fuzzy. Things are **not** clear.



It may be hard to see faces.

You see a person.

You do **not** know who the person is.



You do **not** see well. You can fall.



You do **not** see well.

It can be hard to go out.

You may **not** see your friends.



You get old.

You can have more problems.

It is with your eyes.



This is for

- people with cerebral palsy

and

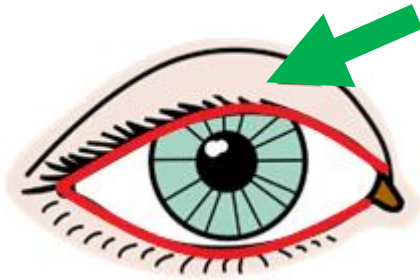


- people who do **not** have cerebral palsy.



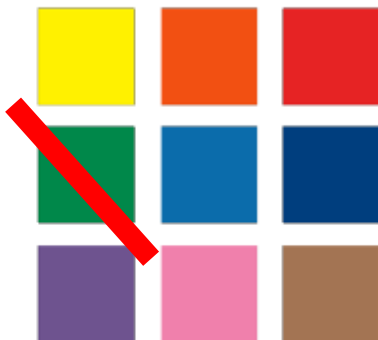
Your eyes may hurt. You may have

- dry eyes
- little spots. They move over your eye.



Your eye lids can be sore. Like

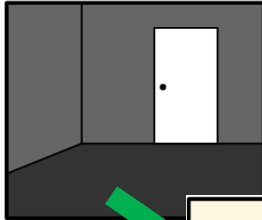
- they are red
- they itch
- your eye lashes stick together.



You may see only some colours.

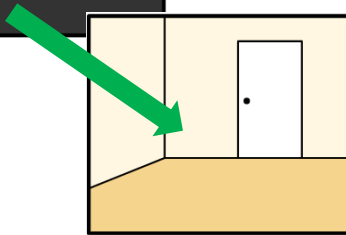
Like you can **not** see green.

Or



You move from a dark room.

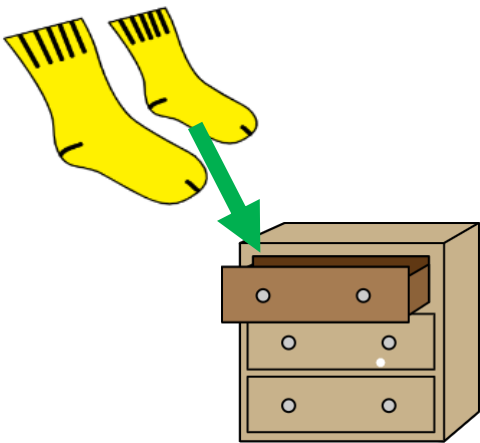
You go to a light room.



Your eyes need more time to see things.



What can you do?



Keep things in the same place.

It helps you find things.

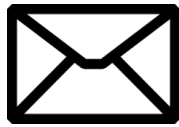
Like put your socks in the top drawer.

You can find your socks.



Use a special glass. It makes things big.

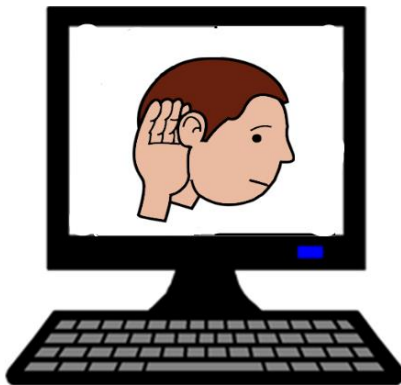
It helps you see things.



Put an alarm on your phone.

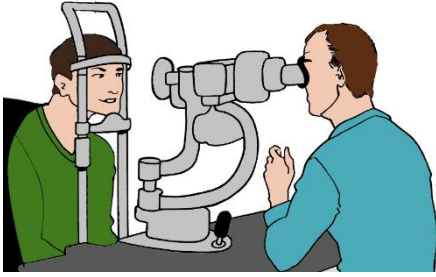
The phone makes a noise.

You know you have a message.



Your computer can read to you.

You listen to the computer.



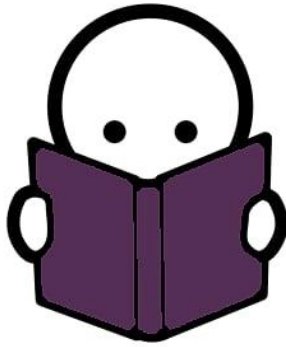
Talk to your eye doctor.

They will check your eyes.

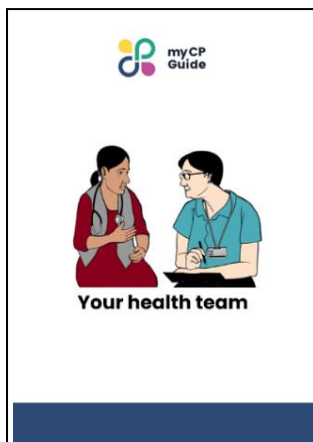


They help you make a plan. You may

- get new glasses.
- put drops in your eyes
- need an operation.



You want to know more



Read

Your health team.



Read

Things to help you.

Or



Things to help you.

You are old.

Things to help you. You are old.