

# In the Community

Everyone over the age of 60 is entitled to a free NHS sight test. NHS domiciliary sight tests are available free of charge to those unable to get to an optometric practice because of disability.

In a group setting you may want to inform the older adults that you will be vision screening on a certain day each month, taking the opportunity to highlight the link between good vision with improved balance and falls prevention.

## Step 1: Identify your VISIBLE Lead

### Order the most suitable vision screening tool and resources

- 'Eyes Right Toolkit' (ERT) - Thomas Pocklington Trust
- 'Look out! Bedside vision check' - Royal College of Physicians
- Staying Steady guide - Age UK
- Vision and Falls leaflet - College of Optometrists

### Contact the local falls prevention service to determine existing self-referral pathway (or preferred local method of referral).

### Build up a directory of local strength and balance exercise classes.

### Determine who will be responsible for carrying out the vision screening assessment. Introduce the chosen vision screening tool and the NICE falls questions

- Have you fallen in the past year?
- Do you have a fear of falling?

### Record which staff have completed the training.

## Step 2: Vision screening

### Conduct the vision screening with the individual.

#### Ask NICE falls questions.

- a. Have you fallen in the past year?
- b. Do you have a fear of falling?  
If the answer is 'yes' to one or both, guide the person through self-referral to local falls prevention service.

### Provide the Thomas Pocklington Trust letter to individuals who have not passed the vision screening test to give to their community optician.

### Refer individuals who are housebound/hospital-based to local low vision services for a NHS domiciliary sight test.

### Provide Age UK's Staying Steady leaflet and information on strength and balance exercise classes.