

# 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.