

Lesson 1: Introduction

- Reading glasses are used by people who have presbyopia. They are not just for reading. They help a person with presbyopia carry out any 'close' activity (within arms-reach).
- Reading glasses work by making text or objects look larger (magnified). The strength of the lens determines how much bigger text or objects will look.
- This module covers only standard reading glasses that have:
 - A magnification range between +1.00 (weakest) to +3.00 (stronger).
 - The same power in the right and left lens.

Lesson 2: Providing reading glasses



Select

- First complete the TAP simple vision screen (or a similar vision screen).
- If the vision screen shows that reading glasses may help, assess the person for reading glasses.
- To find the right strength of lens for a person, ask them to hold the reading glasses E-Chart approximately 40cm from their eyes.
- If the person cannot see the N8 row ask them to try with the lowest strength reading glasses (+1.00). Keep increasing the strength of reading glasses (up to +3.00) until the person can see the N8 row clearly
- Ask the person to check if they can still see the N8 if they move the vision chart back and forth within a range of around 20cm.
- If it is not possible to find the right strength of reading glasses, refer the person to an eye health professional for further assessment.



Fit

- Reading glasses should fit comfortably on a person's face.
- To get the best fit, select the most appropriate size of frame for the person.
- A good fit is:
 - Frame width: No wider than the overall width of the person's face.
 - Bridge and nose pads: Glasses should fit snugly on the bridge of the person's nose.
 - Level: The frame should sit level on the person's face.



Use

- Reading glasses can be worn when the person needs to see something up close.
- As well as wearing reading glasses, encourage people to use good light directed at what they are looking.
- Teach people how to handle their glasses, how to clean their glasses and to check the screws regularly.
- Store reading glasses folded and in a case.



Follow-up

- If at follow up a person cannot see as they did before, carry out a TAP vision screen to check the person's eye health, distance and near vision. If the vision screen suggests reading glasses are still appropriate, re-check the best strength for the person.
- During follow up, check the condition and fit of the glasses.
- Carry out basic maintenance and repair if required.