

# What is a cataract?



**A cataract stops  
you seeing clearly**



Easy Read Factsheet

Our eyes need to be healthy  
For us to see well

Inside your eye is a lens which  
helps you see



Having a cloudy lens is  
called a cataract

You can have a cataract in  
one eye or both eyes



People often get a cataract when  
they get older

It is not just older people who get  
cataracts. You can get a cataract at  
any age



**It is important to get help for your cataract**

## When you have a cataract:

- Your sight becomes blurred



- It can be hard and uncomfortable to see in bright light



- You might not be able to see colours very well



- You might not be able to see people very well



- You might begin to bump into things or knock things over



- You might worry about falling over or getting lost



- It might be harder to do the things you enjoy

Things like cooking, reading, watching TV, going out and doing activities



## Some people with a learning disability might not be able to say they have a sight problem

It is important that supporters notice changes in you that may be caused by a sight problem

Supporters need to make sure you have regular eye tests



**They need to notice if :**

- You bump into things more
- You worry about going out
- You find it harder to recognise people
- You don't want to do activities you enjoy



If you have problems with your sight go to see your doctor or optician straight away

A doctor or optician can tell you if you have a cataract



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Cataracts do not get better on their own

If you don't do anything about them they will get worse



There is no medicine that stops cataracts



If your cataract is new your doctor may tell you that new glasses or sunglasses will help you see better



If your sight cannot be fixed by new glasses you may need an operation to remove the cataract

## A cataract operation

A cataract operation will help you see well again

See our Easy Read Factsheet called '[Having a cataract operation](#)' for more information about cataract operations



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## Choosing to have an operation or not

You can choose whether to have a cataract operation or not

It is important that people spend time explaining things to you so you make the right decision



We have factsheets on '[Having a cataract operation](#)' which will help you decide, also on '[Consent and Capacity](#)' which explains the law about helping you make big decisions

It also explains what people need to do if you find it hard to make this decision for yourself. Go to [www.seeability.org](http://www.seeability.org) to **see all our [Easy Read Factsheets](#)**

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We would like to thank Epsom and St Helier University Hospitals NHS Trust for their kind support and co-operation in helping us to develop this factsheet

Designed by The Clear Communication People Ltd, email: [mike@communicationpeople.co.uk](mailto:mike@communicationpeople.co.uk). Some photos y mbols used go to [www.photosy mbols.com](http://www.photosy mbols.com)



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Reviewed: July 2016