

SETTING

Optometrist's Consulting Room

PATIENT

You are 50 years old and must wear spectacles for reading but not for distance tasks. You would like to know what you can do to throw away your glasses, which you think make you look old. You have heard that it is possible to do exercises to improve your vision so that you will not need glasses. You think that the optometrist should be able to help you.

TASK

- Explain your current condition and ask for alternatives to glasses.
- Ask the optometrist for advice on what eye exercises you can do to be able to read without spectacles. A friend of yours (aged 30) was successful with this method.
- Be hard to persuade when the optometrist explains that exercises will not eliminate the problem. Refuse alternative suggestions – you do not want contact lenses.
- Reluctantly accept the information given by the optometrist.

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OPTOMETRIST

This 50-year-old patient has reading glasses but hates wearing them. The patient does not wear a distance prescription. The patient has heard that there are eye exercises that will make spectacles unnecessary. The patient wants a course of eye exercises to achieve this.

TASK

- Discuss the problem with the patient, finding out the reasons for their opinion, and explain the nature of presbyopia. Suggest contact lenses as a possible alternative to spectacles.
- Try to convince the patient that eye exercises do not eliminate presbyopia and will not enable reading without glasses.
- Try to persuade the patient to accept the fact that almost everybody over 45 needs optical support to read. Insist on using either glasses or contact lenses when reading.
- Check that the patient has understood your advice and insist on the client using either glasses or contact lenses when reading.