

Where to get help:

Visit the Society for
Coloured Lens Prescribers, to
find your nearest Coloured
Lens Prescriber:

[www.school-it.co.uk/s4clp/
uk.htm](http://www.school-it.co.uk/s4clp/uk.htm)

In Shropshire:

Shrewsbury Optometry:

01743 233 486

Evernett Optometry:

01746 763330

Overlays are good but
not as good as the
precision tinted lenses



It is really important
to understand that
coloured overlays and
Precision tinted lenses
DO NOT cure dyslexia.

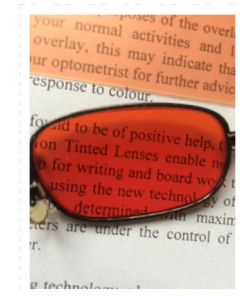
&

Meares Irlen / Visual stress
is **NOT** Dyslexia!

© Elizabeth Wilkinson 2017

www.theddc.org.uk

Meares Irlen Syndrome / Visual Stress



The Dyslexic Dyslexia Consultant

Working with businesses,
education establishments &
the self-employed since 2007

Possible Symptoms

Do your eyes ache or get sore when reading?

Do your eyes get watery or feel sandy when reading?

Does text go blurry or hazy when reading?

Does looking at black text on white paper hurt your eyes?

Does reading make your eyes feel sore, fuzzy or even fizzy!

Do you get tired when reading?

Do words jump, swirl...


More symptoms...

move, wobble, flicker or move around the page when you read or look at text?

Do you prefer to read in dim light?

Do you like reading with sunglasses on?

Do you get headaches from reading?

Above are just examples: It is really important to seek professional advice and guidance. The back page has a  web link to practitioners.

The Process



Stage 1: Overlay testing

Overlays are for temporary use only!

Stage 2: Trail the overlay

You may be asked to trial the overlay for up to two months, to check if you need to continue onto Stage 3.

Stage 3: Colorimeter Test

At Stage 3, you look into a machine called a colourimeter, this is to find out what 'specific' colour you need your lenses to be. These will be your precision tinted lenses.

Stage 4: Tinted Lenses

A pair of lenses are dipped to create your very own precision tinted lenses, using the colour determined in Stage 3. These are then fitted into the frames you choose or provide.



Tinted lenses can be quite a different shade/colour to your overlay.

