



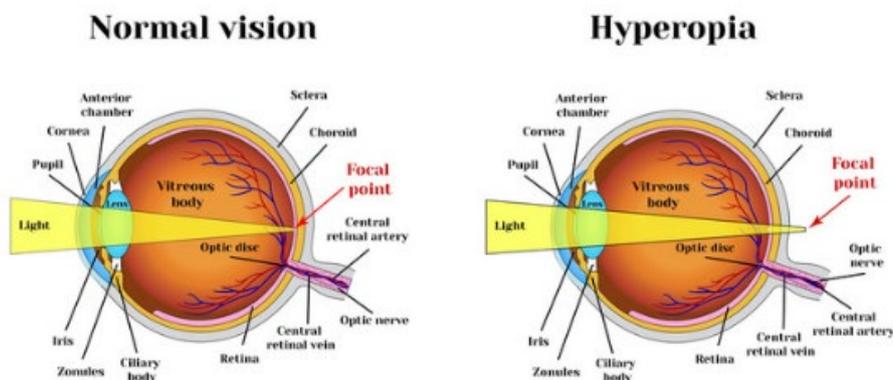
## Vision Support Team

### Team for Children with Vision Loss

# Hypermetropia, Hyperopia or long-sight

## What is Hypermetropia or Hyperopia?

Hypermetropia (also known as Hyperopia) occurs when the shape of the eye or certain parts of the eye, cause the light rays to bend and not fall in the correct part of the back of the eye (retina), causing images to be blurry. The light rays fall 'long of the retina' and this is why Hypermetropia/Hyperopia is also known as long-sight.



## How does this affect the way the child sees?

- ✓ Generally, Hypermetropia/Hyperopia (long-sight) affects the person's near vision, and their distance vision is ok. However, for those people with a significant level of Hypermetropia/Hyperopia in their eye/s they may also experience difficulties with their distance vision too.
- ✓ If a child is diagnosed with hypermetropia/hyperopia then their levels of vision should remain quite stable/similar through their childhood. However, it should be noted this is the most common form of eye-sight changes in adulthood, as the eye muscles begin to weaken with use and when hypermetropia/hyperopia is diagnosed in adulthood, the vision and therefore prescription will continue to change and stronger prescription glasses are required.
- ✓ With glasses on, the person should be able to achieve normal or perfect levels of corrected vision.

## What can be done to help?

- Glasses will be prescribed.
- Glasses will have a 'plus' prescription (next to the number).

## How can parents, family, friends, and teachers make a difference?

- Ensure the child wears his/her glasses for all near vision tasks.
- Ensure the child attends optician appointments regularly as advised by the optician.

Please note the font used in this information leaflet is called Verdana and is used because it is one of the most visually friendly fonts for people with vision difficulties and is also Dyslexia friendly too.

**Further information for support for children and young people with vision loss can be found on the Birmingham Local Offer website:**

**[Sensory Support Vision - Local Offer Birmingham](#)**

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