

# Insert your own eye drops

Medications, like eye drops, are supplied by your pharmacy. In the past, a home carer would visit you to insert eye drops. This will change, as from April 2023. It's now really easy to insert eye drops yourself, thanks to new, easy-to-use tools, such as eye drop glasses. These tools save you time, so you no longer have to wait for a home carer to visit you. You can insert your eye drops when it suits you. This also saves the carer's time, which can now be used to provide care to someone else.

The number of people requiring home care is growing. But the number of care workers is decreasing. So care providers are working together on better ways to organise care. These providers include hospitals, GPs, pharmacists and district nursing, in other words, all the organisations in the care chain.

## If your doctor prescribes eye drops:

The pharmacy will give you easy-to-follow instructions on how to use your eye drops, just as with other medicines. And carers will, of course, continue to help those who cannot insert their own drops, for medical reasons.

