Younger People and Lifestyle Needs Contact Lenses and Recreational Spectacles

Lifestyle Needs

Whatever your age, the choice of vision correction should be dictated by your quality of life and lifestyle needs. These are the primary considerations.

Consideration of Needs

Children and young people need the same consideration we give adults. Time should be taken to find out what each person requires to fulfil their lifestyle needs, and, simply as a courtesy, all options need to be mentioned. Regardless of age, active people can find spectacles inconvenient for sports. Some young people may have worries about wearing spectacles - no matter how trendy glasses have become.

So what options are available for active young people?
Conventional spectacles certainly are problematic for many activities and sports.

Contact Lenses Recreational Spectacles

Contact Lenses & Recreational Spectacles

Contact Lenses

I have heard optometrists say 'contact lenses are too expensive and hygiene can be a problem'. Certainly they will cost more than spectacles, (which can be completely free at Aarons), and we do need to ensure each patient, whether 10 or 35 years of age, can look after the lenses properly. However, we have no right to make assumptions about what people can or cannot afford. It is our duty to inform our patients of the options, without any pressure. It is up to each family to decide what is best for their child.

What Type of Contact Lens?

Carrying virtually no risk, daily disposable lenses are fantastic for children. Extremely convenient and comfortable; there is no need for cleaning or solutions. BUT, we will advise on what is best after we discuss your needs.

Recreational Spectacles ‘Rec Specs’

Another option is ‘Rec Specs’. For some activities such as cycling, swimming or skiing, these may actually be preferable to contact lenses. ‘Off the Shelf’ swimming goggles, for instance, are available and since most swimmers wear goggles anyway it seems sensible to simply make them to your prescription. Our Sports Eyewear section has a huge selection.