

Offer Assistance

- ✓ Ask the person with vision impairment if they need help.
- ✓ If they do, ask where they would like to go and if they would like you to assist them in getting there.



- ✓ Make contact by touching the back of your hand against the back of theirs. They will then take your arm.

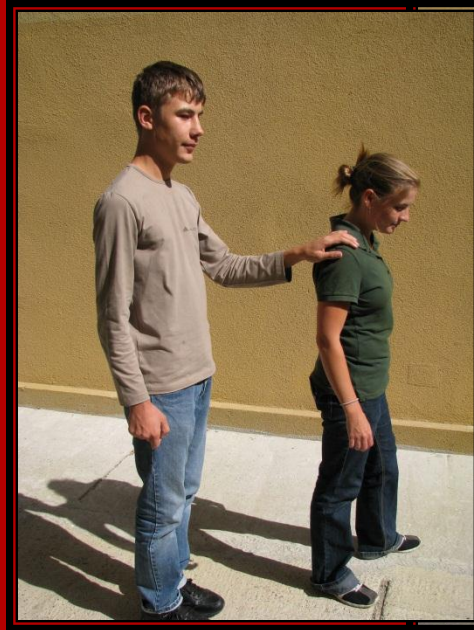
Grip



- ✓ The person with a visual impairment will hold your arm just above the elbow and stand a half step behind and to the side of you.

Alternative

- ✓ If there is a significant height difference, the person who is blind can also hold the guide's shoulder.



- ✓ Gripping the wrist may be more comfortable for a child.



Posture



✓ Keep your arm relaxed and walk naturally.

✓ The person you are guiding will walk about half a step behind you and slightly to your side.



Don't forget to avoid obstacles in their path as well as yours!

Walking

- ✓ While walking together, tell the person with a visual impairment if there are upcoming obstacles such as overhanging branches or other obstacles at head-level.



Narrow Passage



✓ If you come to an area where it would be difficult for two people to walk side by side:



- ✓ simply move the arm that you are guiding with across the middle of your back.
- ✓ This allows the person with a visual impairment to walk behind you.



- ✓ Once through, drop your arm again to your side and the two of you can return to the original position of sighted guide.

Chair

- ✓ If you are leading a person to a chair:
- ✓ place your hand (while the two of you are standing behind the chair) on the back of the chair and let the person know that you have arrived.



- ✓ The person with a visual impairment can then seat themselves.



Completion

- ✓ Once you have arrived to the destination, inform the individual and ask if they need any further assistance.
- ✓ Again, leave them in contact with the entrance door, a chair or other object so that they have a point of reference.



- ✓ If they simply ask for an explanation of their surroundings, remember to use specific phrases such as:

“10 meters straight ahead are the stairs leading up and the director’s door is on your right hand side.”