

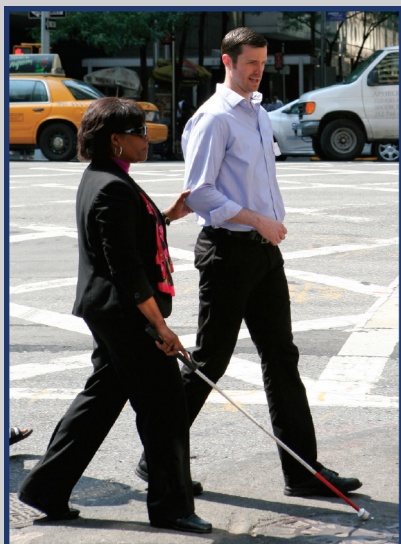
Living with Vision Loss

Meeting a Person With Vision Loss

www.VisionAware.org



Guiding A Person
Indoors



Guiding A Person
Across The Street

Friends, family, and others can be uncomfortable around people with vision loss simply because they are unsure of what to do. Share these tips and find more at visionaware.org/GSfamilyhelp.

- What a person with vision loss sees depends on their eye condition, day-to-day changes in vision, and factors such as poor lighting or glare. Learn more: visionaware.org/GSyoureyecondition.
- When meeting a person with vision loss, identify yourself verbally. Lightly touch her arm or hand to let her know that you are talking to her and don't walk away without telling her.

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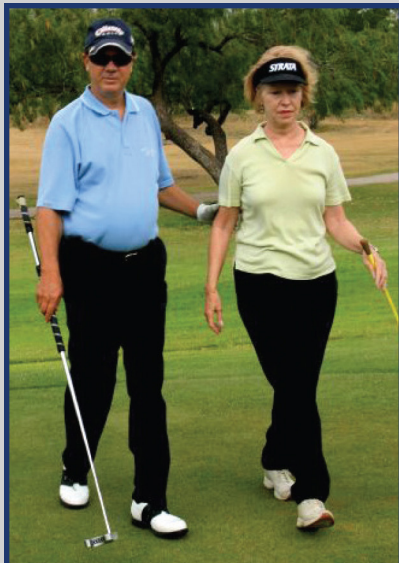
For independent living with vision loss

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Two Women Talking



Guiding Person Outdoors

- When guiding, don't try to push or pull. Let him take your arm just above the elbow. Get more tips: visionaware.org/GShumanguide.
- Speak directly to the person with vision loss, not through another person.
- Speak at a normal volume. Unless she has hearing loss, there's no need to raise your voice.
- Give directions with details. Instead of saying "the bench is over there," say "the bench is to your immediate right, five feet away."
- When visiting someone with vision loss, don't move things without asking; always put things back where you found them.
- Remember, the person with vision loss is the best one to tell you how you can help, so ask.
- Above all, treat a person with vision loss with dignity and respect.

Find more tips at
visionaware.org/gettingstarted

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