

WHEN YOU MEET SOMEONE WHO IS BLIND OR HAS LOW VISION ...

- **Do:** Identify yourself, even if you think the person knows you already.
- **Don't say:** "Can you guess who this is?" or "Don't you know my voice?"

- **Do:** Speak in a normal and comfortable tone of voice.
- **Don't:** Raise your voice or shout. Most people with vision problems can hear well.

- **Do:** Look at, and speak directly to, the person with vision loss.
- **Don't:** Converse through a third party.
- **Always:** Let the person with vision loss know when you are leaving a conversation.

- **Do:** Use visual words, such as "see" or "look."
- **Don't:** Apologize for using common phrases, such as "See what I mean?" or "Look over there!"

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This publication is a project of Associates for World Action in Rehabilitation & Education (AWARE), a nonprofit organization that provides information and education on vision loss.

This and other vision loss information is also available online at VisionAWARE.org, a "Self-Help for Vision Loss" website. VisionAWARE is a program of AWARE.

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WHEN YOU MEET SOMEONE WHO IS BLIND OR HAS LOW VISION...(cont.)

- **Do:** Ask the person who is walking with a cane, "May I help you?" or "May I walk with you?"
- **Don't:** Assume that a person walking with a cane needs – or wants – your help.
- **Do:** Invite the person with vision loss to take your arm when walking together, rather than trying to push him or her in another direction.
- **Don't:** Pet, feed, or talk to a guide dog unless the owner of the guide dog gives you permission to do so.
- **Do:** Feel free to discuss and attend movies or sporting events with persons who are blind or have low vision.
- **Always:** Extend the same courtesy and respect to people who are blind or have low vision that you would to anyone you meet.
- **Remember:** If you are in doubt about whether – or how – to assist a person with vision loss, just ask. It's that easy!

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