

SAFE OUTDOOR TRAVEL: WALKING WITH A GUIDE

There may be times when you find that it is faster and easier to get somewhere by walking with another person who will act as a "guide." The following tips can be helpful if you use a guide to help you walk to your mailbox, visit a neighbor, or shop in a mall or grocery store:

- Take the guide's arm and hold it gently but firmly just above the elbow, with the same grasp you would use to hold a glass of water (thumb on one side of the guide's arm, and fingers on the other side).
- This grip will allow you to receive the greatest amount of feedback from the guide's movements.
- If you use a cane, take the guide's arm with your free hand.
- Tell the guide if his or her pace is too fast for you. It's important that you walk at a pace that is comfortable for both of you.

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AWARE
P.O. Box 96
Mohegan Lake, NY 10547
914-528-5120

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SAFE OUTDOOR TRAVEL: WALKING WITH A GUIDE *(cont.)*

- Follow the guide's movements and stay half a step behind the guide when you walk together.
- A good way to do this is to keep your elbow close to your body. If you walk in this position, instead of side-by-side, you will have time to react to hazards or obstacles in your path.
- Instruct your guide to approach curbs and steps head-on, rather than at an oblique angle, so that you know where to expect the edge of the curb or step in relation to your guide's – and your own – body.
- Ask your guide to always leave you in contact with a landmark, such as a chair, table, or wall, and not leave you alone in an "open" space.
- An orientation and mobility (O&M) specialist can teach you additional techniques and signals that you and your guide can use to go through doorways and walk single file through narrow spaces.

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