

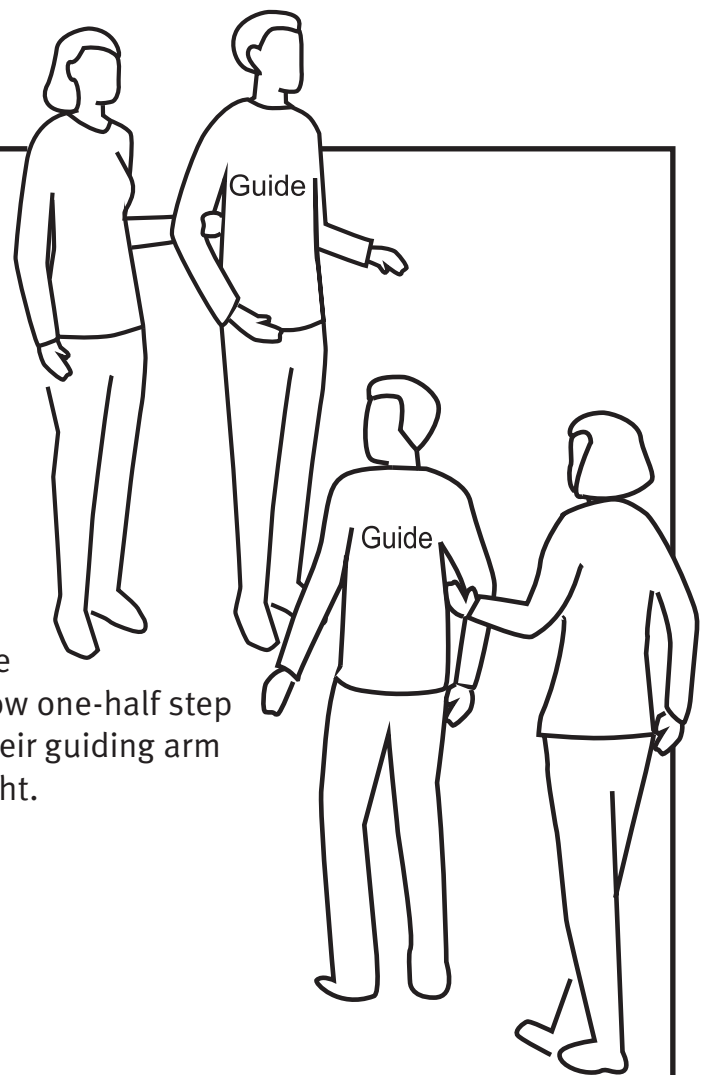
Sighted Guide Technique

ALWAYS ASK FIRST AND WAIT FOR ACCEPTANCE BEFORE ASSISTING.

Basic Technique

The basis of the sighted guide technique is to enable a person who is blind or has low vision to move through an environment safely with the assistance of a guide.

The person being guided will hold the back of the guide's arm lightly above the elbow and will follow one-half step behind. For more support, the guide can bend their guiding arm parallel to the ground to support additional weight.



SITUATIONAL TECHNIQUES



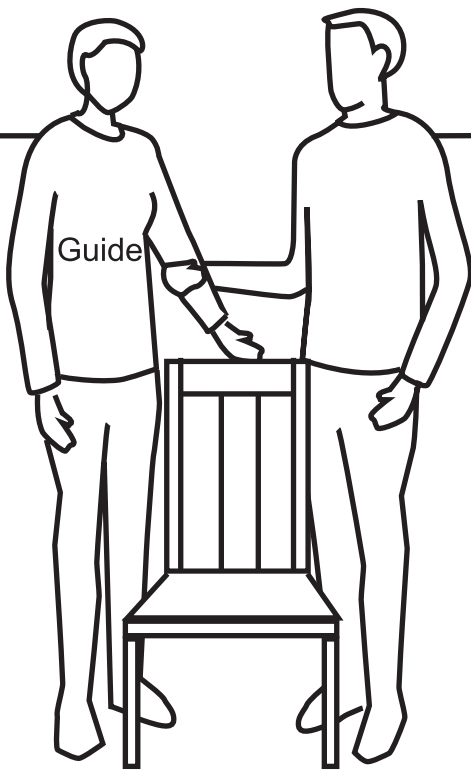
NARROW PASSAGE/DOOR

When going through a narrow passage, the guide will move their forearm and hand to rest against the lower portion of their back, palm facing outward. The person being guided will move directly behind the guide in single file.

When coming to a door, the guide should pause and indicate the direction the door opens. The person being guided can then move to the appropriate side behind the guide.

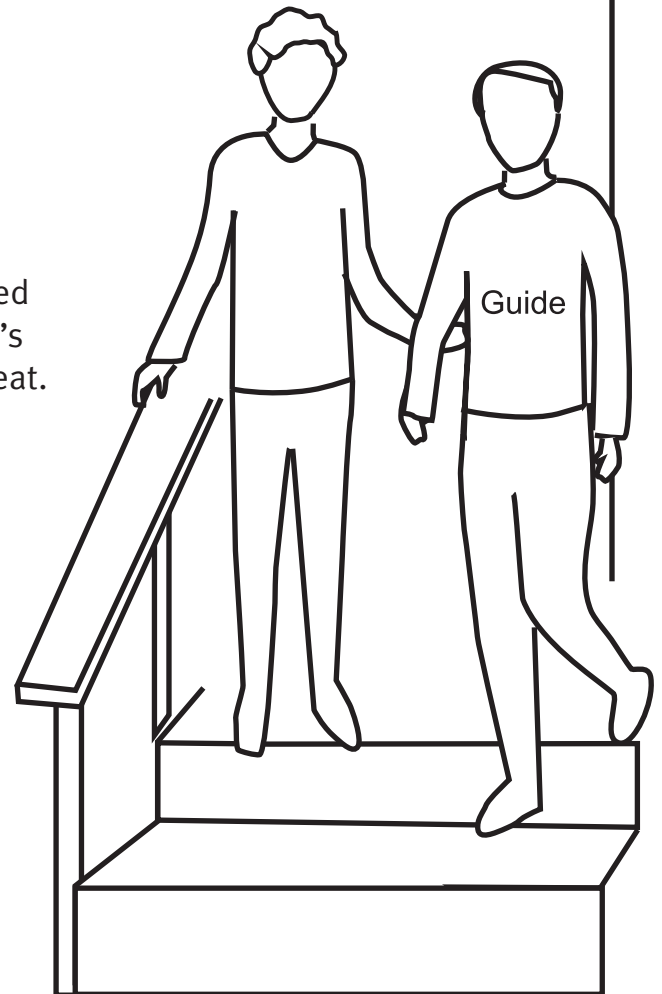
CURB

When approaching a curb, the guide should pause briefly at the edge and indicate whether the curb goes up or down.



CHAIR

The guide should place their guiding arm hand on the chair back or chair arm and allow the person being guided to follow the guide's arm down to the seat.



STAIRS

At stairs, the guide should inform the person they are guiding whether the steps go up or down, how many steps there are, and where the railing is located. The guide should state when the final step is approaching and when completed.

TIPS FOR SIGHTED GUIDE TECHNIQUES

- Always refer to specific direction (left/right/down/up).
- Describe the environment, using clock positions as a reference (i.e. the elevator is at 2 o'clock).
- Indicate potential hazards such as low/protruding objects, narrow passageways, and objects on the ground or in the pathway.
- Walk at a comfortable, normal pace. Do not pull or steer.
- Do not leave someone alone in an open space. If there is a need to be separated, make sure the person is in contact with a wall, railing or some other stable object.