

## Living with Vision Loss:

# Meeting a Person With Vision Loss

[www.VisionAware.org](http://www.VisionAware.org)



Guiding a Person  
Indoors



Guiding a Person  
Across the Street

**Friends, family, and others are often uncomfortable with people with vision loss simply because they are unsure of what to do. Share these tips and find more at [visionaware.org/GSfamilyhelp](http://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](http://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.
- When guiding, don't try to push or pull. Let him take your arm just above the elbow. Get more tips: [visionaware.org/GShumanguide](http://visionaware.org/GShumanguide).



# Meeting a Person With Vision Loss



Two Women Talking



Guiding a Person  
Outdoors

- Speak directly to the person with vision loss, not through another person.
- Speak naturally. 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."
- 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](http://visionaware.org/gettingstarted)**

