

# Orientation and Mobility for the blind and visually impaired.

Orientation and Mobility helps those who are blind or visually impaired learn how to safely navigate their environment and travel safely.

Losing your sight is disorienting. Find your way around again – in your neighborhood and in the world. Learn to get around with a white cane, a guide dog, and more.

Our Orientation and Mobility Specialists will work with you one-on-one to help you achieve your goals and overcome challenges.

Discover techniques that will help you navigate narrow spaces and stairs, take a seat, and travel.

## Here are just some of the techniques we can help teach you:

- Following and communicating with a sighted guide.
- Approaching and passing through doors and narrow spaces.
- Taking a seat.
- Traversing up and down stairs.

If you are interested in learning how to become a Human Guide for someone who is blind or visually impaired, visit our website for details: [BrailleInstitute.org/om](http://BrailleInstitute.org/om).

**Learn to navigate  
your world... Or just  
your kitchen.**

Would someone you know benefit from an Orientation and Mobility session? Call **1-800-BRAILLE (272-4553)** to make a **free** appointment with our Low Vision Rehabilitation Specialist who will be able to assess your vision abilities and set you in the right direction to maintaining your independence.



# Human Guide Techniques for those who are sighted.

## Getting from here to there

If you meet a person who is blind or visually impaired who seems to need help crossing a street, offer to give them directions or offer your arm to help them navigate.

## Making contact

When approaching someone who is blind or visually impaired, introduce yourself and ask whether they would like your help. If they accept, verbally offer your arm and brush it against theirs to help them locate it.

## Grasp

The person who is blind or visually impaired will grasp your arm just above the elbow. The grasp must be firm to be maintained while walking, but should not be so tight to cause discomfort.

## Support grasp

Rather than holding your arm above the elbow, a person who is blind or visually impaired may prefer to link their arm with yours. This will decrease the space between the two of you and provide added support. You may need to slow your walking pace to accommodate the person's unsteadiness.

## Stance

Hold your arm relaxed and steady at your side. The person who is blind or visually impaired will have their arm at a 90-degree angle and held close to their side. They will proceed by being one half-step behind you. They will follow your movements, do not try to steer them.

For more tips on being a Human Guide, visit [BrailleInstitute.org/om](https://www.BrailleInstitute.org/om).