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.

- 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.

- 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.
Meeting a Person With Vision Loss

• 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