Hadley

Guided Walking Basics Sample

No matter how well you get around on your own, there may be times when asking for help just makes sense. Here are some tips to make walking with someone's help more comfortable for both you and your guide.

Once you've learned these tips yourself, go ahead and share them with anyone who may be helping you out. First off, you'll want to be the one holding on to your guide's arm, not the other way around. That gives you more control and avoids you being pushed around.

**Ed:** Now that you've had a chance to learn a bit with us, we'd like to learn more about you. Your name, email address, how you heard about Hadley, and your relationship to vision loss. Learning more will give us a better understanding of how to personalize Hadley just for you. And don't worry, everything you share with us online will be kept safe and secure. Of course if you'd prefer to talk through these questions, we're just a phone call away, at 800-323-4238.

Taking these few steps saves your preferences so you can continue right where you left off and track your progress every time you log on. Plus, it connects you to the Hadley community and helps sustain our funding to keep Hadley free of charge. And last but not least, it gives you direct access to experts like me. Now, where were we?