Hadley

Switching Sides Sample

Once we are comfortable with the basics of walking with someone guiding, learning a few extra moves will make it easier to navigate in more difficult situations, like through a crowd or around an obstacle.

Today, we'll explore switching sides with our guide without letting go of them. To do this, we first place our free hand just above the hand we have gripped on our guide's arm. We straighten our arms out a little to avoid stepping on their heels.

**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?