Hadley

Taking the Stairs with a Support Cane Sample

Adding a few changes to your approach can help you keep going wherever you'd like to no matter your level of vision. Here are a few tips that can help you use a support cane to go up and down stairs.

Always stand straight and upright. Don't look down at the stairs or try to count them 'cause that may distract you or throw you off balance. When going up a set of stairs, find the handrail first. If possible, hold the handrail with one hand and your cane in the opposite hand.

**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?