Hadley

White Cane – Techniques Sample

- [Narrator] Once you've decided to get a white cane and you're ready to learn how to use it, your first step is to find an orientation and mobility or O and M instructor to work with.

Your O and M will help you learn the best way to hold your cane, how to travel with it, how to use it to check for obstacles, and much more. If you need help finding an O and M instructor, be sure to contact a Hadley learning expert.

In the meantime, let's take a look at the four basic white cane techniques, the diagonal technique, two-point touch, constant contact, and using an ID cane. The diagonal technique is a way to hold your cane in front of you diagonally to help you avoid bumping into obstacles you might not expect.

**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 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?