Hadley

White Cane – Techniques Sample

Larry Carlson - My retina detached and tore in multiple places. I've had issues with my eyes ever since. When they broached an ID cane initially and I said, no, I don't need a cane.

Those are for blind people. I'm not blind, I'm just legally blind. I waffled a lot on that cane thing for a long time before I finally just said I'm tired of falling. You know, I would use it, but I wouldn't fall. I wouldn't use it, you know, on a five mile walk. And I'd come back and my pants are ripped and the knees are bleeding scrapes on the hands, and my wife would be, what happened? You know, you really should consider that cane. And I was like, I'm not ready for it, because I didn't want to carry the cane with me and use it. It was obvious that I've got a problem and you know I probably need some help.

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 ONM instructor to work with. In the meantime, let's take a look at the four basic white cane techniques, the diagonal technique.

Narrator - Now that you've had a chance to learn a bit with us, we'd like to learn more about you, your email address name, 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 are 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. And last but not least, it gives you direct access to the Hadley team. So now is your chance to sign up and join us.