

Guided Walking

When you're guiding someone with vision loss, keep these tips in mind:

- **Offer your arm, don't take theirs.** Hold your arm relaxed at your side and let your partner take it just above your elbow. This gives them control and avoids pushing or pulling.
- **Adjust for height differences.** If you're much shorter, offer your shoulder. If taller, extend your wrist instead.
- **Stay slightly ahead:** Walk half a step in front so your partner can sense turns, changes in pace, or shifts in terrain.
- **Communicate along the way.** Give simple cues about doorways, steps, curbs, or changes in ground texture, like "here's a step up," "doorway ahead," or "turning left."
- **Keep it natural.** Walk at a steady, comfortable pace for both of you. Avoid pulling, pushing, or rushing.



With practice, guiding can feel smooth and natural.