

JOSEPH CLARKE SCHOOL
BE SAFE...LIKE THIS...

Ouch! That wasn't nice!

How can we do it better?



Try it this way.....

Introduction

In the next few pages Dennis and his Mum are going to show you how to use Sighted Guide safely.



Dennis does not see very well but that does not stop him from taking an active part when he and his Mum are out together.

His Mum guides him while he uses his hearing to take notice of what is happening around him.

Being a Sighted Guide

Mum makes contact with the back of her hand.

Mum's arm stays straight but relaxed.



Dennis holds the back of her arm at a comfortable height.

Dennis holds tight, but not **too** tight,

“Don't want to hurt Mum, she's keeping me safe.”

Dennis is half a pace behind, so Mum always gets there first. That's **SAFE!**



When the space isn't wide enough, they have to make themselves thinner!

Mum puts her guiding arm behind her back so Dennis knows to follow behind her.

He stretches his arm so that he doesn't BUMP into her – just like a train with a carriage behind.



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Sometimes it's necessary to change sides

- going through doorways
- tired hand/arm
- traffic/noise

Dennis can do this by taking hold of her guiding arm with his free hand and feeling across Mum's back with his other hand until he finds her other arm.



Then it's easy to find the other side of Mum – that's better.

Changing sides is helpful when you're going through doorways.

The important bit for Mum to remember is the hinges.

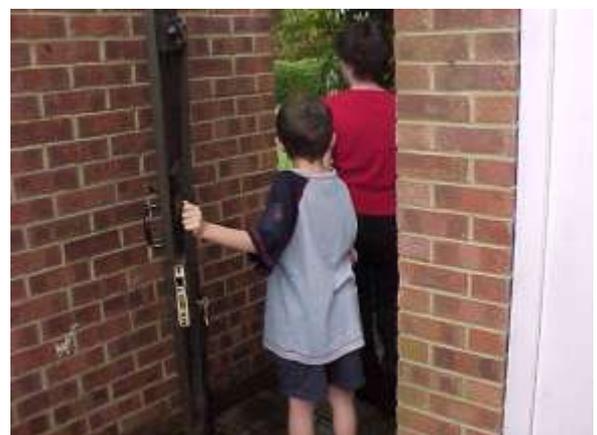
Mum can tell Dennis to change to the side where the hinges are so that Dennis can help with the door.



Mum opens the door with her guiding hand...



and Dennis takes the door with his free hand as he goes through.



Dennis's Mum always stops at stairs and steps. This is so that Dennis can be ready to go up or down the stairs.



Because Dennis is half a step behind, he will also feel his Mum's arm go up or down when she sets off.

It's kind of Mum to remember to tell Dennis whether the stairs are up or down.

