

# Orientation and Mobility for the blind and visually impaired.

Orientation and Mobility helps those who are blind or visually impaired learn how to safely navigate their environment and travel safely.

Losing your sight is disorienting. Find your way around again – in your neighborhood and in the world. Learn to get around with a white cane, a guide dog, and more.

Our Orientation and Mobility Specialists will work with you one-on-one to help you achieve your goals and overcome challenges.

Discover techniques that will help you navigate narrow spaces and stairs, take a seat, and travel.

## Here are just some of the techniques we can help teach you:

- Following and communicating with a sighted guide.
- Approaching and passing through doors and narrow spaces.
- Taking a seat.
- Traversing up and down stairs.

If you are interested in learning how to become a Human Guide for someone who is blind or visually impaired, visit our website for details: [BrailleInstitute.org/om](http://BrailleInstitute.org/om).

**Learn to navigate  
your world... Or just  
your kitchen.**

Would someone you know benefit from an Orientation and Mobility session? Call **1-800-BRAILLE (272-4553)** to make a **free** appointment with our Low Vision Rehabilitation Specialist who will be able to assess your vision abilities and set you in the right direction to maintaining your independence.

# National White Cane Safety Day

**October 15**

**The white cane is a tool of independence for many people who are blind or visually impaired.**

## **White Cane Safety Tips for people who are sighted:**

**Stop your car at least 5ft from a crosswalk.** Pedestrians who are blind may use the sound of your engine to locate crosswalk boundaries. If any part of your car is in the crosswalk, a blind person may misjudge the safe area.

**Avoid honking at individuals using a white cane.** People who are blind have no idea why you are honking.

**It is okay to ask if assistance is needed.** Ask the blind or visually impaired person permission before trying to assist, unless it is an emergency. If the person asks you to help guide them, offer your arm. They will hold your arm just above your elbow to follow your path.

