

The cane explained



Symbol cane

To say you have low but useful vision

You hold the symbol cane in front of you to let people around you know that you're partially sighted. It's particularly useful in busy places.



Guide cane

To find obstacles before they find you!

You hold a guide cane diagonally across your body and then use it to find obstacles in front of you such as kerbs or steps.



Long cane

To avoid obstacles if you have extremely restricted or no vision

Once you've been trained to use a long cane, you roll or tap it from side to side as you walk, to find your way and avoid obstacles.



Red and white banded canes

To show you have low hearing and vision

Red and white banded canes of all types show that you have a hearing impairment as well as sight loss.