

Feel confident about guiding a person with sight loss by using these tips. When guiding consider social distancing guidelines and guidance on reducing the risk of spreading the virus.

- Always offer assistance first. Not everyone needs help.
- If someone needs guiding, always ask them how they would like to be guided.
- Don't hold the person's arm. Let them hold your arm above, or below the elbow, with your arm by your side.
- Give information and instructions where necessary e.g. what room you are entering, or if there are steps or stairs up or down.
- Be aware of hazards around you at all heights.
- To ensure consistency when guiding, always record the person's wishes in their notes and care plan.

Sight Loss
Advice Service

**We're here for everyone affected
by sight loss.**

Get in touch with us on **0303 123 9999**
or visit **[rnib.org.uk/advice](https://www.rnib.org.uk/advice)**