

# Mobility and guiding tips to support a person with a learning disability and sight loss

- Always offer assistance first, don't assume everyone will need help
- Use the person's preferred communication method eg speech, signalong, objects of reference etc
- Introduce yourself, ask the person where they want to go and how they wish to be guided
- Match your pace to the person you are guiding
- Give simple instructions where necessary
- Use consistent prompts to support confidence and safety eg stairs up or stairs down
- Be aware of hazards at ground level and also at head height
- Let the person know who is there and what is around them
- Remember to allow extra space around obstacles
- Always indicate when you are leaving and ensure the person knows where they are, who is present and how to seek assistance

For information: **0303 123 9999**  
or visit [rnib.org.uk/learningdisability](https://www.rnib.org.uk/learningdisability)

working together

---

**RNIB** Supporting people  
with sight loss

 **Action** for blind people

Action for Blind People reg charity no. 205913  
RNIB reg charity nos. 226227 and SC039316