

Tips for guiding people with sight loss and learning disabilities.

- Always offer assistance first, don't assume everyone will need support.
- Introduce yourself, ask someone where they want to go and how they wish to be guided, or if they have a support plan, ensure you have read this.
- If you are the guide, ask the person you're guiding to take your arm; preferably with a pincer grip above your elbow.
- You should stand/walk one step ahead of the person you're guiding. Match your pace with theirs.
- Use a person's preferred communication method to provide information about where they are going.
- For doorways, let someone know whether the door opens towards them or away from them. The sighted guide should lead first. The person being guided should be on the hinge side of the door.
- Let a person know what is around them and if anyone else is present.

**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)**

For more information about learning disabilities and training available for professionals visit **[rnib.org.uk/care-professionals](https://www.rnib.org.uk/care-professionals)**