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Shaping Lives...
Empowering Communities...

visually handicapped



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Sighted Guide Technique

- **CONTACT and GRAPS**
- **GUIDE** : touch the followers elbow, forearm or hand with the back of your hand.
- **FOLLOWER:-** grasp the guide's arm above the elbow with your fingers on the inside of the arm near the guide's body and your thumb on the outside near you.
- **Use a firm grasp but do not use excessive pressure .**



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TECHNIQUE

ALTERNATIVE GRAPS

- When the follower is:
 - **1. A child .**
- **Follower**: grasp the guide's wrist.



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CONTINUE..

- 2. In need of some physical support.

Guide: Bend your arm at the elbow

- 3. Much taller than the guide.
- **Follower**: Rest your hand on the guide's shoulder.



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STANCE

- **Guide** : stand with your arm relaxed at your side or bent at the elbow.
- **Follower**:- your arm should be bent at the elbow, placind you one half step behind. Keeping the elbow bent for long periods of time can be uncomfortable for the guide.
- Experinced guide and followers can often travel just as well with the guide's hand dropped to a verticle position.



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Continue..

- **NOTE**: Walk at a pace that is comfortable for both people. The guide should not be “dragging or towing” the follower and the follower should not be pushing the guide.



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DOORS

- **GUIDE**: Tell the follower if the door needs to be pushed or pulled and whose side the hinges are on. Begin opening the door. Let follower hold the door if indicated.
- **FOLLOWER**:- If the hinges are on your side, maintain your grasp while supporting the door for yourself.
- If the hinges are on the guide's sides, place your free hand above your original grasp as if you are beginning to change sides.



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Pictures



DOOR GUIDE



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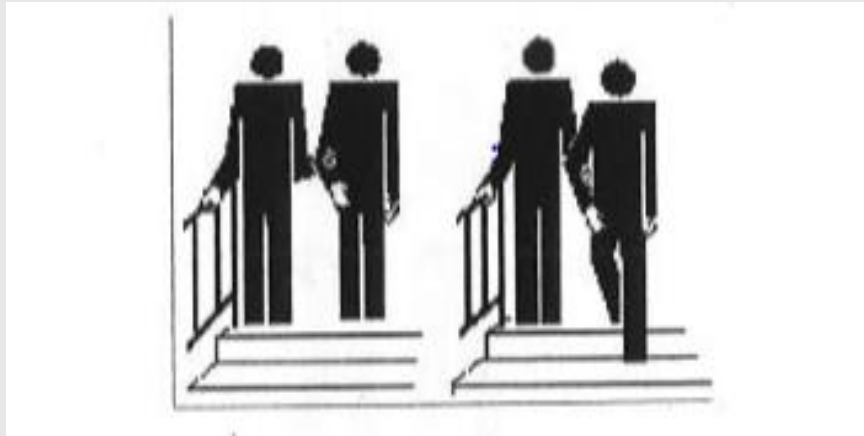
STAIRS

- **GUIDE**:- Stop just before the stairs. Tell the follower if the stairs go up or down. Allow the follower to use handrail if possible, move your arm forward, bringing the follower to the edge of the stairs.
- The follower will be beside you. Step onto the first step ahead of the follower. Stop at the end of the stair.



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FOLLOWER:- Bring your toes to the edge of the stairs .Start a full step after the guide.



STAIRS GUIDE



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Reference

- Essentials of low vision practice ; Richard L. Brilliant.PG 261
- Low vision rehabilitation manual.PG-15 TO 45.
- LOW VISION AIDS BY MONICA CHAUDARY PG NO -25.
- LOW VISION MANUAL BY JONATHAN JACKSON PG-NO-319-336