



Upon completion of class the learner will have:

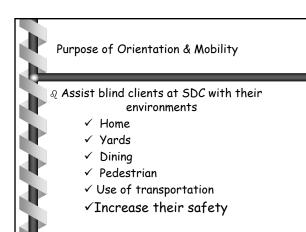
- ${\it Q}$ Reviewed the adaptive considerations and special attention for the blind
- ${\it Q}$ Gained knowledge of facility O & M support
- ${\it Q}$ Knowledge of the signs of vision changes
- ${\it \textit{n}}$ Practiced Trailing Technique
- ${\scriptscriptstyle \mathfrak{Q}}$ Performed Sighted Guide techniques
- ${\mathfrak A}$ Use of stationary ropes

Who are we and how do we support the facility for Orientation & Mobility?

How can you assist your clients with Orientation & Mobility?

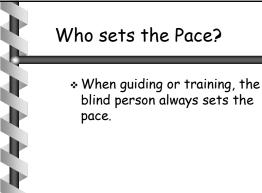
When will we use these techniques ?

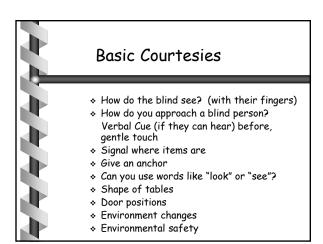
All of the time

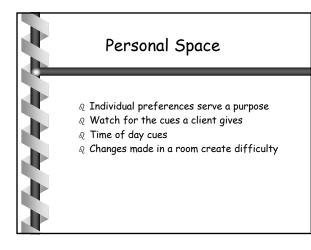


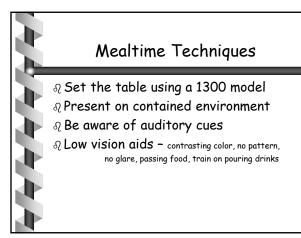
Changes in Vision Possible signs to observe

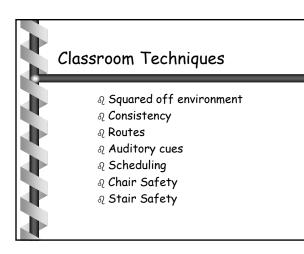
- 1. Over or under stepping
- 2. Over or under reaching
- 3. Tilting of head
- 4. Getting eyes close to item of interest
 - 5. Startling
- 6. Increased noise making
- 7. Consistently touching the same things
- 8. Sitting down during transitions





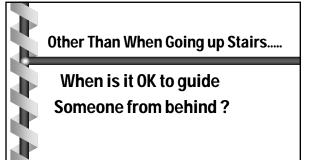


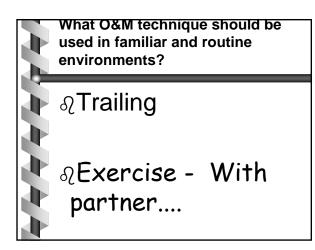




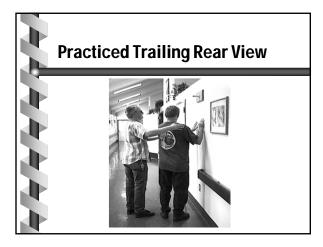
Trailing Technique

- ${\scriptstyle \it Q}$ Textbook style and adaptations
- ର Cautions
- ର Steps
- ${\scriptstyle \mathrm{d}}$ Crossing open space
- ର Locating a wall











Sighted Guide Technique - Basic Position and Alignment

 A. The sighted guide gives verbal cue ("take my arm/wrist") and/or nonverbal cue (touching the back of the blind person's hand with the back of the guide's hand).

 Q B. The blind person should stand next to and slightly behind sighted guide, facing in the same direction as the guide. Therefore, the blind person is always at least a half step *behind* the guide.

Sighted Guide Technique Continued

Q C. The blind person's upper arm remains close to his or her body, with forearm and upper arm making a right angle at the elbow, with the forearm, wrist and fingertips aiming directly forward. The wrist is neither flexed nor hyperextended, and the forearm neither angles toward the midline of the body nor away from the body, but aims straight ahead. The blind person grasps the guide's arm or wrist with the fingers toward the inside and the thumb toward the outside of the guide's arm.

Sighted Guide Technique Continued

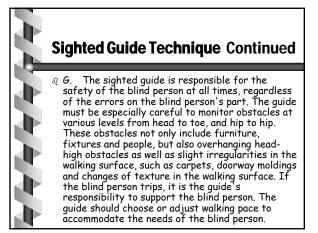
D. The guide's arm is grasped at a location such that the blind person's upper arm and forearm form a right angle. The height difference determines this. A preschooler may grip an adult's wrist, whereas a tall blind person may need to grip a short guide's arm just under the armpit. The right angle allows for movement up or down for steps or curbs, etc.

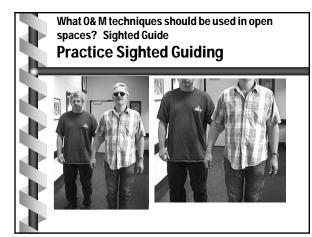
Sighted Guide Technique Continued

E. The blind person's shoulder is directly behind guide's opposite shoulder, so that the pair are approximately one and one-half persons wide, except when traversing narrow passageways in which only one person can safely pass at a time

Sighted Guide Technique Continued

F. The blind person should be responsible for maintaining orientations as well as the proper grip and alignment with the guide, but if he or she in incapable of doing so, the sighted guide is responsible for monitoring this. The blind person's non-grip hand can be used to confirm proper alignment by touching the guide's shoulders and aligning him/herself accordingly. The blind person can also assist with doors when appropriate, and the guide is responsible for the decision to transfer sides as needed to traverse doorways based upon the capabilities of the blind person







Sighted Guide.....

 ϑ When using the sighted guide technique ϑ You are holding the blind persons elbow

ରTrue? <u>False?</u>

 ${\it Q}$ When assisting a blind person down stairs you will walk and guide from behind.

ର୍**True? <u>False?</u>**

Steps / Stairways

ର୍ When guiding a blind person <u>DOWN</u> steps always do so by being in <u>FRONT</u> of them

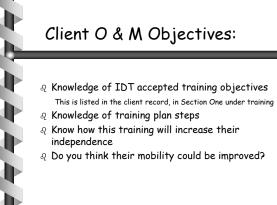
A When guiding a blind person <u>UP</u> stairs always do so by being in behind them

Outdoor Orientation and Mobility

ର Curbs

- ର Steps
- ର Sidewalks
- ର Narrow passageways
- ${\scriptstyle \it O}$ Reserving directions
- ର Guide ropes

* Providing safe opportunities





Written Evaluation

Complete and return to trainer