

O & M Training


Sonoma Developmental Center
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What Does O & M stand for ?


Orientation and Mobility

Orientation is knowing where you are

Mobility is traveling from one place to another




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Upon completion of class the learner will have:

- ⌚ Reviewed the adaptive considerations and special attention for the blind
- ⌚ Gained knowledge of facility O & M support
- ⌚ Knowledge of the signs of vision changes
- ⌚ Practiced Trailing Technique
- ⌚ Performed Sighted Guide techniques
- ⌚ 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

Purpose of Orientation & Mobility

Q Assist blind clients at SDC with their environments

- ✓ Home
- ✓ Yards
- ✓ Dining
- ✓ Pedestrian
- ✓ Use of transportation
- ✓ Increase their safety

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

Who sets the Pace?

- ❖ When guiding or training, the blind person always sets the pace.

Basic Courtesies

- ❖ How do the blind see? (with their fingers)
- ❖ How do you approach a blind person?
Verbal Cue (if they can hear) before,
gentle touch
- ❖ Signal where items are
- ❖ Give an anchor
- ❖ Can you use words like "look" or "see"?
- ❖ Shape of tables
- ❖ Door positions
- ❖ Environment changes
- ❖ Environmental safety

Personal Space

- ⌚ Individual preferences serve a purpose
- ⌚ Watch for the cues a client gives
- ⌚ Time of day cues
- ⌚ Changes made in a room create difficulty

Mealtime Techniques

- ⌚ Set the table using a 1300 model
- ⌚ Present on contained environment
- ⌚ Be aware of auditory cues
- ⌚ Low vision aids - contrasting color, no pattern, no glare, passing food, train on pouring drinks

Classroom Techniques

- ⌚ Squared off environment
- ⌚ Consistency
- ⌚ Routes
- ⌚ Auditory cues
- ⌚ Scheduling
- ⌚ Chair Safety
- ⌚ Stair Safety

Trailing Technique

- ⌚ Textbook style and adaptations
- ⌚ Cautions
- ⌚ Steps
- ⌚ Crossing open space
- ⌚ Locating a wall

Other Than When Going up Stairs.....

**When is it OK to guide
Someone from behind ?**

**What O&M technique should be
used in familiar and routine
environments?**

Ω Trailing

Ω Exercise - With
partner....

Practiced Trailing Technique



Practiced Trailing Rear View



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).
- Ⓑ 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

- Ⓒ 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 hyper-extended, 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 is 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 Technique Continued

Ⓞ *G.* The sighted guide is responsible for the safety of the blind person at all times, regardless of the errors on the blind person's part. The guide must be especially careful to monitor obstacles at various levels from head to toe, and hip to hip. These obstacles not only include furniture, fixtures and people, but also overhanging head-high obstacles as well as slight irregularities in the walking surface, such as carpets, doorway moldings and changes of texture in the walking surface. If the blind person trips, it is the guide's responsibility to support the blind person. The guide should choose or adjust walking pace to accommodate the needs of the blind person.

What O&M techniques should be used in open spaces? Sighted Guide Practice Sighted Guiding



Sighted Guide rear view



Sighted Guide.....

- Q When using the sighted guide technique
- Q You are holding the blind persons elbow
- Q True? ***False?***
- Q When assisting a blind person down stairs you will walk and guide from behind.
- Q True? ***False?***

Steps / Stairways

- Q When guiding a blind person **DOWN** steps always do so by being in **FRONT** of them
- Q When guiding a blind person **UP** stairs always do so by being in behind them

Outdoor Orientation and Mobility

- Q Curbs
- Q Steps
- Q Sidewalks
- Q Narrow passageways
- Q Reserving directions
- Q Guide ropes

- * *Providing safe opportunities*

Client O & M Objectives:

- Q Knowledge of IDT accepted training objectives
This is listed in the client record, in Section One under training
- Q Knowledge of training plan steps
- Q Know how this training will increase their independence
- Q Do you think their mobility could be improved?

Blindfold Experience

With a partner and blindfolded...

Indoor Do an activity, sighted guide, & trailing

Outdoor.... Steps, curb & guide ropes

Note time of day, weather, traffic

Written Evaluation

Complete and return to trainer
