

Visual impairment

Do not assume that a blind person requires help. First introduce yourself & ask whether he/she requires assistance

1

Do not push or pull a blind person. Rather touch their hand slightly and ask if he/she would like to take your arm.

2

Do not assume that a blind person recognizes your voice. Always introduce yourself.

3

Speak directly to the blind person and not to his/her guide. He can speak for himself.

4

Do not distract a blind person's guide-dog from being his/her active "eyes" as it interferes with their working ability

5

Do not leave a blind person in a strange environment without orientating him/her first.

6

When greeting a blind person, wait for him/her to extend their hand before shaking it to prevent any uncertainty and embarrassment.

7

Don't avoid using words like "See" – as blind people use them too!!
e.g I'm always glad to see you!!

8

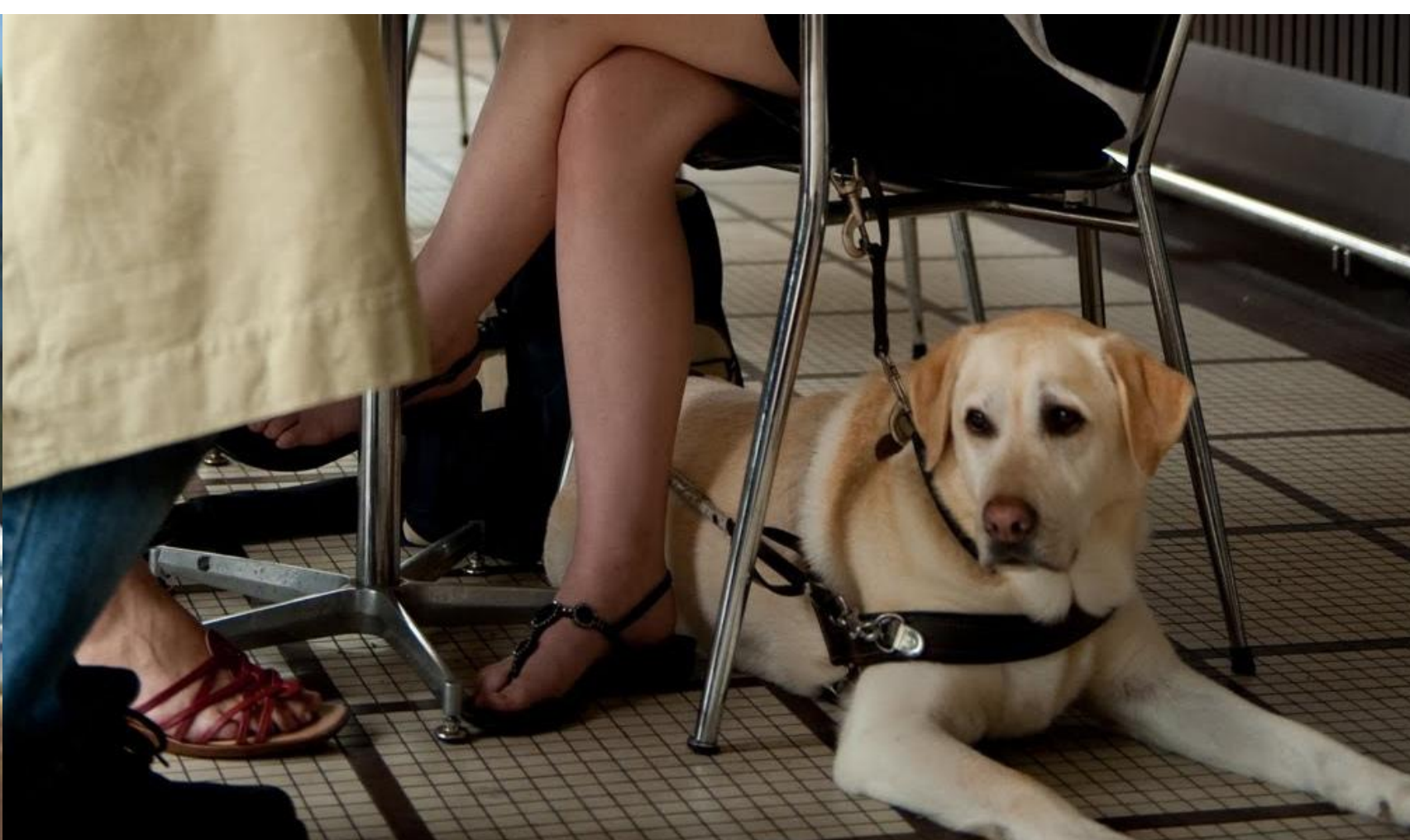
Never walk quietly into a room without saying anything and quietly leave, and think that a blind person was not aware of someone in the room. Tell the person when you leave.

9

When serving food to a blind person, tell them what food is on the plate and where it is on the plate, e.g. meat at 12 o'clock and potato at 3 o'clock or top, bottom, left and right.

10

GOLDEN RULE: ask the person!



Need more information?

Western Cape Association for Persons with Disabilities
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