

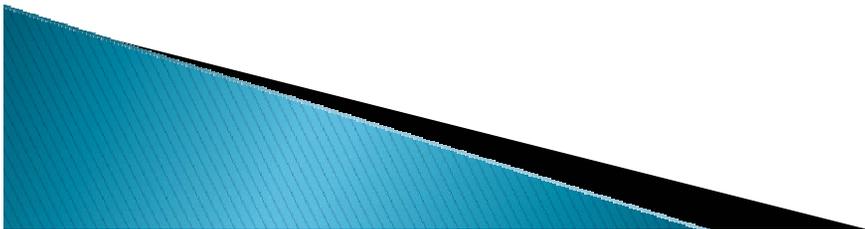


MIAMI  
LIGHTHOUSE

*Providing Hope, Confidence & Independence*

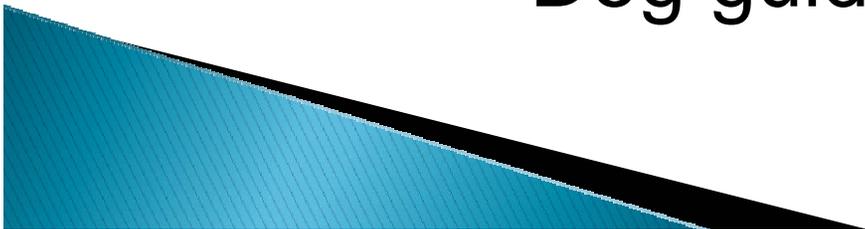
# *Community Mobility for the Visually Impaired*

**Carol Brady-Simmons, COMS®**  
Chief Program Office  
Miami Lighthouse for the Blind and  
Visually Impaired



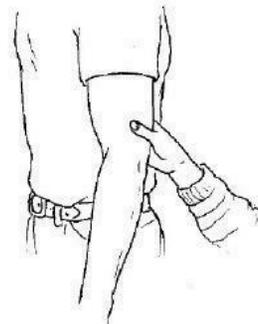
# Means of Transportation:

- Sighted Guide/  
Human Guide
- Cars/vans with family  
and friends
- STS
- Walking independently  
using the long cane
- Dog guides



# Sighted Guide

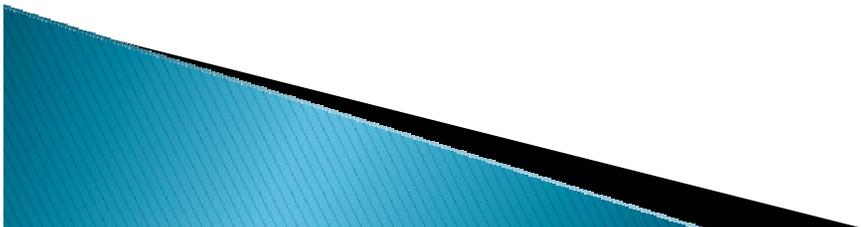
- Communicate
- Grip and Stance
- Approaching
  - Chairs
  - Doorways
  - Cars
  - Stairs



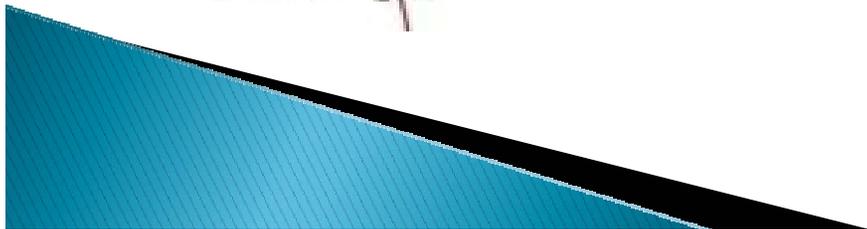
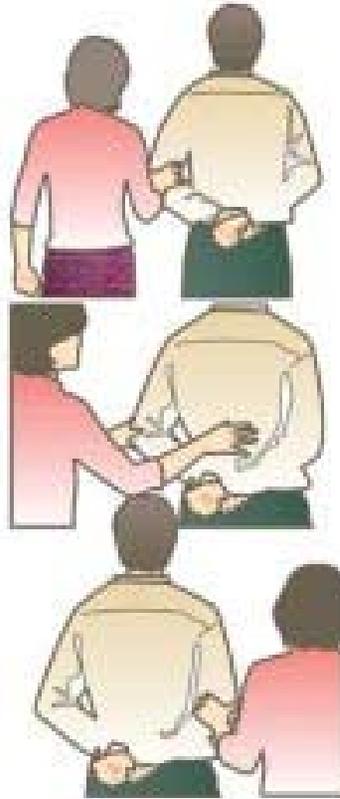
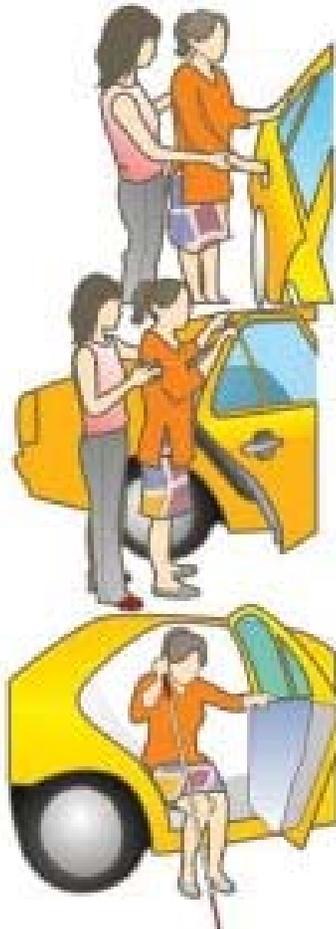
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# Sighted Guide



# Mobility Concepts

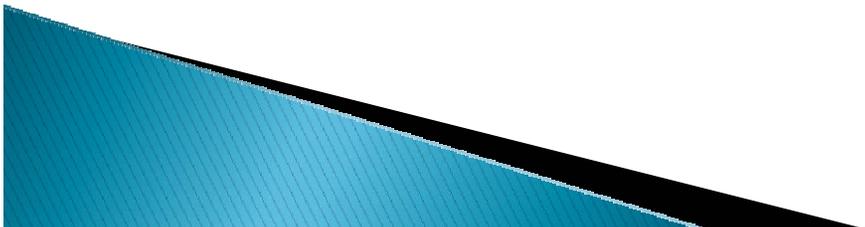
## ➤ Orientation Skills

1.Landmarks

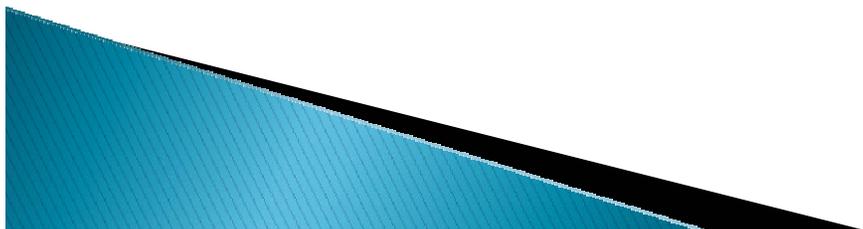
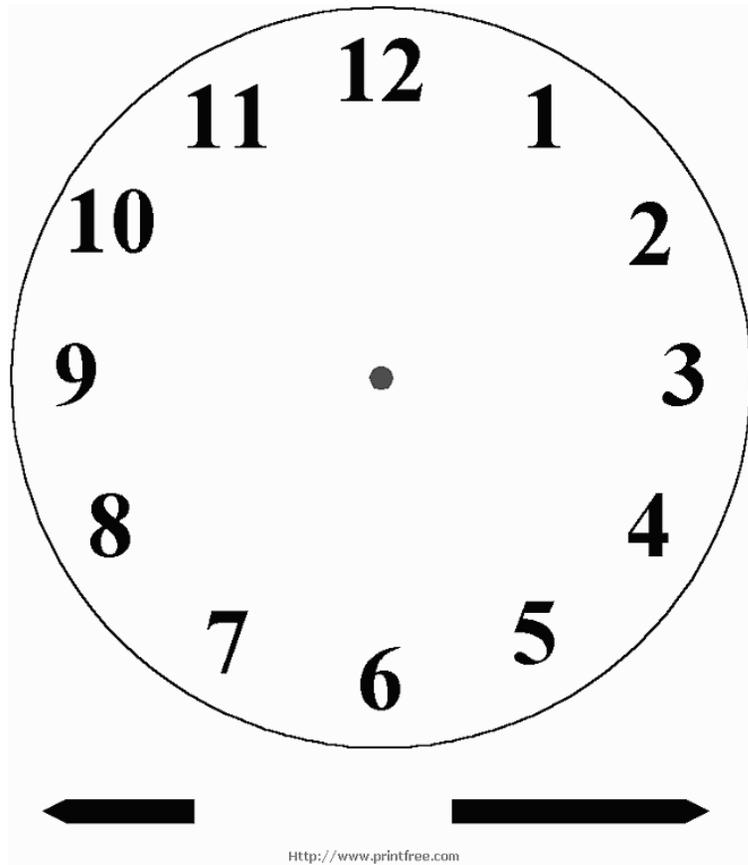
2.Clues

3.Clock concept for orientation in a large area

4.Reference point



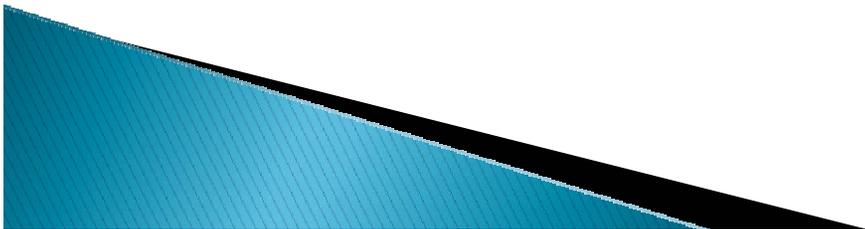
# Clock method for Orientation Skills



# Self Protection Skills

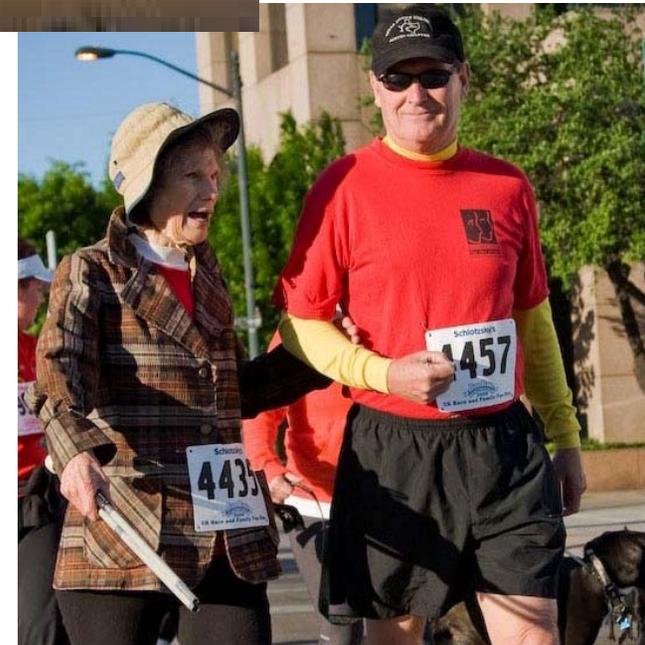
## ➤ Self Protection Skills

1. Upper hand and forearm
2. Lower hand and forearm
3. Trailing
4. Squaring Off



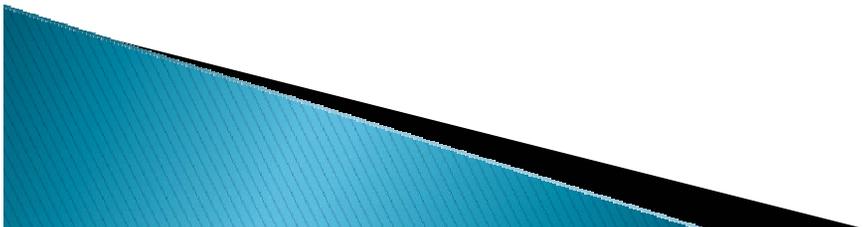
# Navigating the Environment

- White Cane
- Guide Dogs



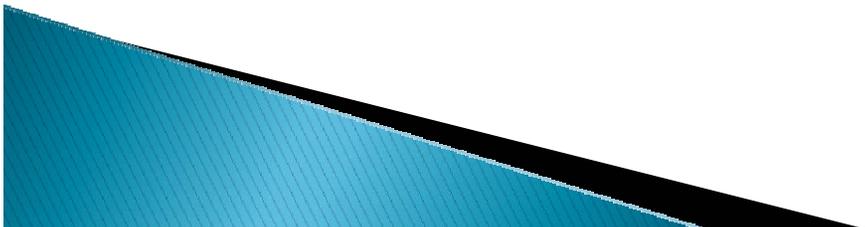
# White Cane

- ▶ Support Cane
- ▶ Collapsible Long Cane
- ▶ Collapsible Long Cane with Roller tip



# Offering Assistance

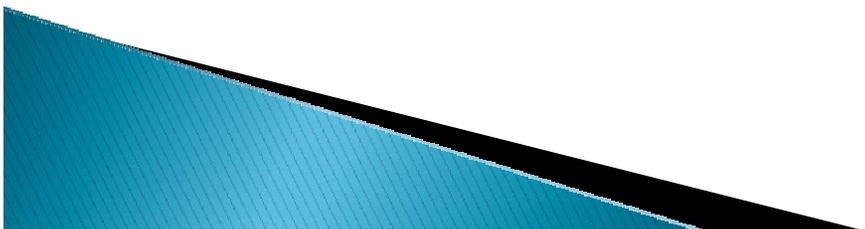
- ▶ Identify yourself
- ▶ Ask if help is needed
- ▶ Describe your actions



# Guide Dog: Service Animal

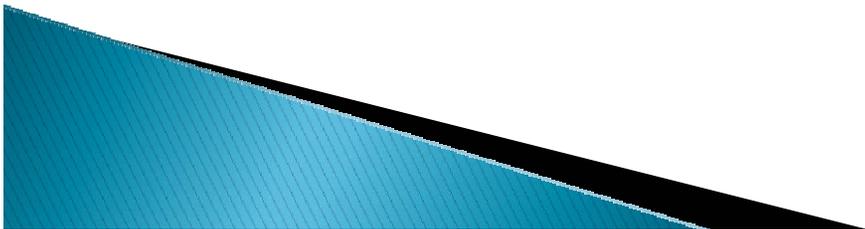
- ▶ Under the Americans with Disabilities Act (ADA), privately owned businesses that serve the public, such as restaurants, hotels, retail stores, taxicabs, theaters, concert halls, and sports facilities, are prohibited from discriminating against individuals with disabilities. The ADA requires these businesses to allow people with disabilities to bring their service animals onto business premises in whatever areas customers are generally allowed.

<http://www.ada.gov/archive/qasrvc.htm>



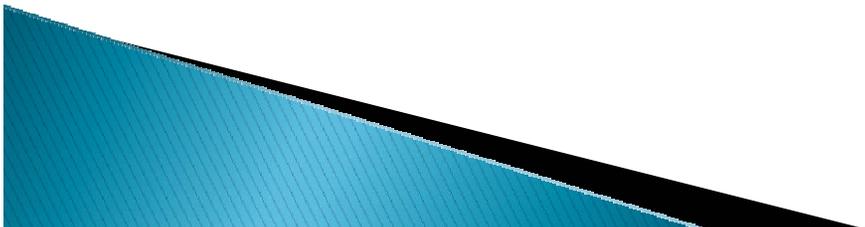
# Guide Dog: Service Animal

- ▶ Definition of a Service Animal
  - The ADA defines a service animal as any guide dog, signal dog, or other animal individually trained to provide assistance to an individual with a disability. If they meet this definition, animals are considered service animals under the ADA regardless of whether they have been licensed or certified by a state or local government.



# Guide Dogs

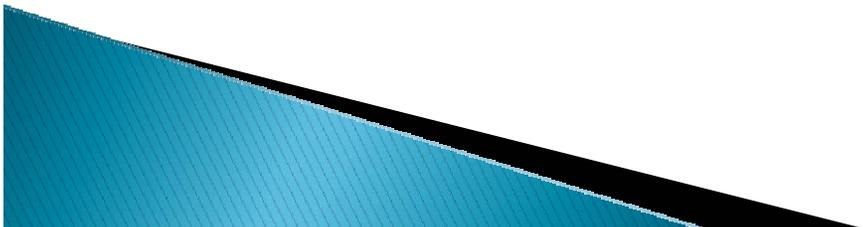
- Guide Dog Schools
- Training to Use a Guide Dog
- Access to Public Places
- Americans with Disability Act



# Guide Dog: Do's and Don'ts

- ▶ Speak to the person, not the dog! Some Guide Dog handlers may allow petting, but always ask first. Many folks enjoy introducing their dogs, but if they decline, please respect their wishes. Blind people have busy lives, too, and they may not have time to stop and chat.
- ▶ Please don't pet, call out (or bark, meow or cluck) to, or otherwise distract a working Guide Dog. Allow the dog to concentrate and perform for the safety of its blind partner. A Guide Dog in harness is "on duty", even when sitting or lying down.

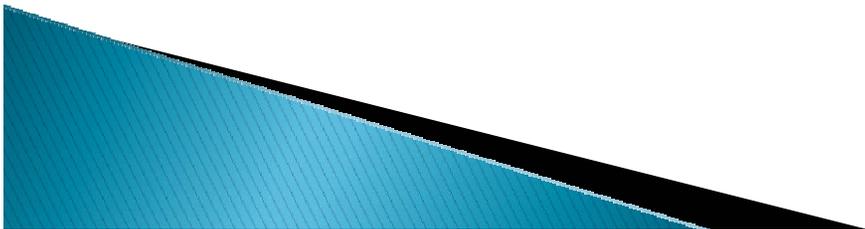
<http://www.guidedogsofamerica.org/1/links-resources/access-etiquette/>



# Guide Dog: Do's and Don'ts

- ▶ Never grab the harness or leash from the handler – you can disorient and confuse the team. If the handler looks like he needs help, offer your assistance and take your cue from his response. If you believe someone is in a dangerous situation voice your concern in a calm manner.
- ▶ Please don't feed a Guide Dog. Diet and feeding times are strictly monitored to maintain good health and reliable relieving schedules.

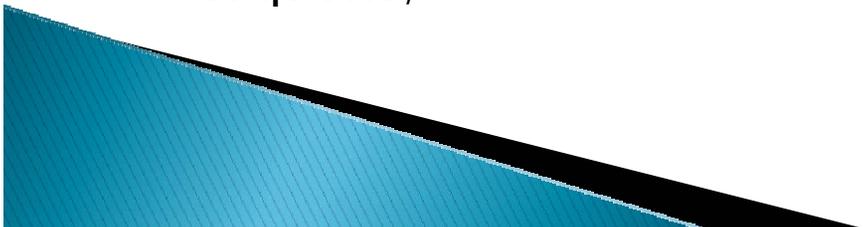
<http://www.guidedogsofamerica.org/1/links-resources/access-etiquette/>



# Guide Dog: Do's and Don'ts

- ▶ Sometimes a Guide Dog will make a mistake, and a correction is necessary to keep up the training. This could be a verbal reprimand or a leash correction. Handlers have been taught the proper and humane training techniques to maintain their dogs' working standards. You may not always hear it, but Guide Dogs get loads of praise when they do the right things.

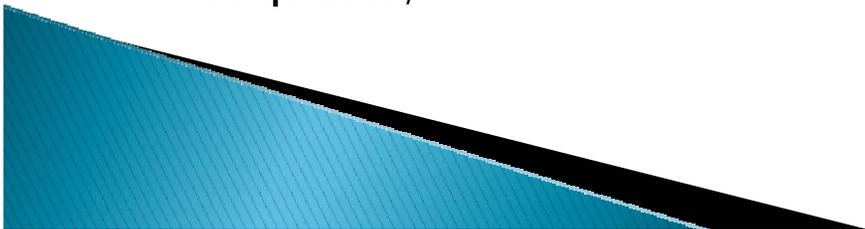
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# Guide Dog: Do's and Don'ts

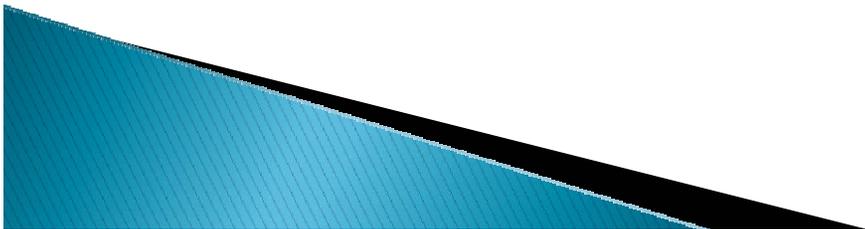
- You can expect to see Guide Dog teams just about anywhere. The Federal Americans with Disabilities Act and State Laws explicitly grant the right of access everywhere the public is allowed. They are allowed into restaurants, offices, churches, hospitals and hotels. They travel on buses, in taxis and airplanes, shop at grocery stores, enjoy amusement parks, movies and concerts.

<http://www.guidedogsofamerica.org/1/links-resources/access-etiquette/>



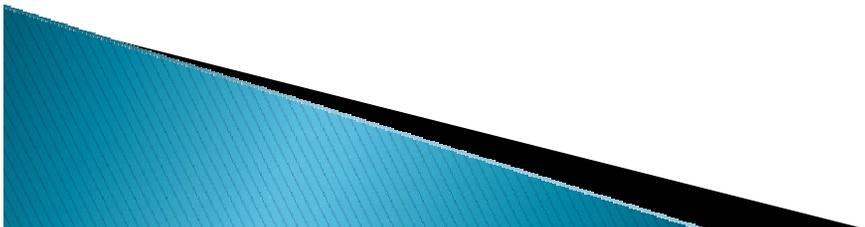
# Equipment

- ▶ support cane
- ▶ long canes
- ▶ good shoes that provide support and protection
- ▶ sunglasses
- ▶ hats / visors to reduce glare
- ▶ walkers



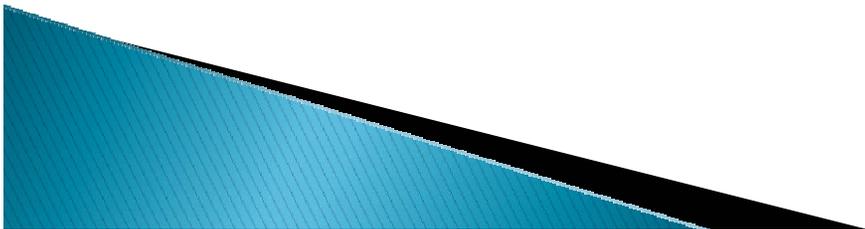
# Areas of Travel:

- ▶ neighborhood
- ▶ park
- ▶ malls
- ▶ grocery stores
- ▶ Church
- ▶ civic centers
- ▶ retirement homes
- ▶ nursing homes



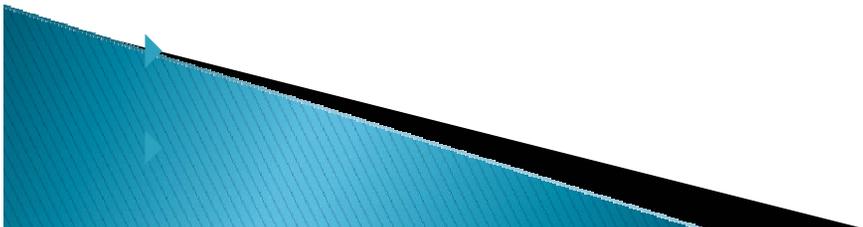
# Hazards Likely to Encounter in Areas of Travel:

- ▶ Neighborhood: broken up sidewalks, unmarked curbs or steps, very busy traffic and very wide streets
- ▶ Church: unmarked edges of steps, poor illumination, low contrasts
- ▶ Parks: unpaved paths, unexpected drop-offs,
- ▶ Malls: unexpected drop-offs, noise, illumination,



# Hazards Likely to Encounter in Areas of Travel continued:

- ▶ Grocery stores: slippery floors or things on the floor, other customers turning around corners unexpectedly.
- ▶ Civic centers: steps and illumination
- ▶ Retirement homes:
- ▶ Nursing homes: being limited to ones room for staff's fears, other unaware patients parked in hallways or other kinds of equipment in the halls.



# Resources

- American Foundation for the Blind: Information on Being a sighted Guide

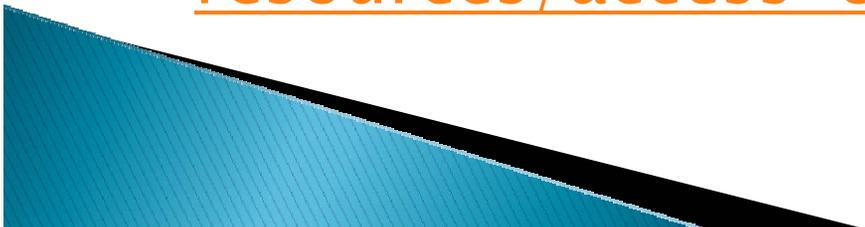
<http://www.afb.org/Section.asp?SectionID=36&TopicID=163&DocumentID=2104>

- American with Disability Act: Information on Service Animals

<http://www.ada.gov/archive/animal.htm>

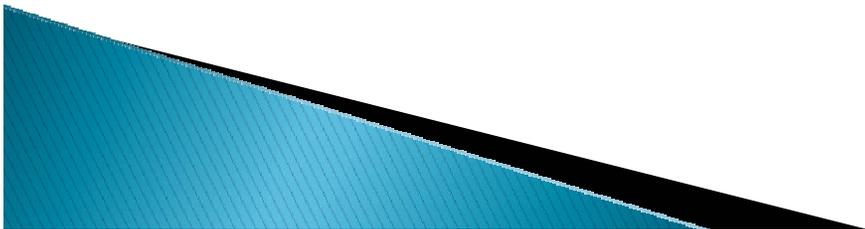
- Guide Dogs of America

<http://www.guidedogsofamerica.org/1/links-resources/access-etiquette/>



# Resources

- National Consortium of Deaf-Blindness  
<http://nationaldb.org/NCDBProducts.php?prodID=36>
- National Foundation for the Blind. Modular Instruction For Independent Travel for Students Who are Blind or Visually Impaired.  
<http://www.nfb.org/images/nfb/Publications/fr/fr19/Issue2/f190208.htm>
- Sighted Guide Techniques  
<http://www.guidedogsvictoria.com.au/sighted-guide-training>



# Questions and Answers

