



TIP SHEET #3

TIPS FOR FRIENDS OF THOSE WITH LOW VISION

- Encourage **independence** and self-confidence in whatever they attempt.
- **Offer to drive** or go with them to **complete their errands** once a week. Be dependable.
- **Identify yourself.** Don't assume the person will recognize you by your voice.
- Continue to **use your body language.** This will affect the tone of your voice and give your vision-impaired friend extra information.
- In a group situation, **introduce** all the **other people present.**
- It's always helpful when directing conversation in a group to **name the person** to whom you are talking.
- **Never channel conversation** through a third person.



- Use everyday language. **Don't avoid words like "see" or "look"** or discussing typical activities like watching television.
- Become familiar with role of **"sighted guide."** Offer your arm or gently take their just above the elbow. Never grab their wrists, shoulder, or any part of their cane.
- Be a **good listener** and sounding board. Don't be critical.
- Speak in a **normal tone of voice** unless the visually-impaired person also has a hearing problem.
- **Use accurate information** when giving directions. For example, the door is on your left.
- **Volunteer** to go with them to **doctor's appointments.**
- Never leave the room or your friend **without advising** them - they may be talking.
- Help your friend to see **humor** in their situation but **never laugh** at them.