



### 10 Tips for Interacting with People with Visual Impairments

1. Ask before providing assistance: don't assume help is needed.
2. Never push, pull, or grab a person who is blind: this can be frightening, embarrassing, or even unsafe.
3. Use your normal voice: most people who are blind have normal hearing. If you know the person has a hearing problem, focus on speaking clearly rather than shouting.
4. Introduce yourself each time you encounter a person with vision loss: not everyone recognizes or remembers voices.
5. Identify yourself when entering a room and let the person know when you are leaving.
6. Identify yourself when a person who is blind enters the room or approaches you.
7. Don't leave the person standing alone in an open space.
8. Don't hesitate to use words like "look" and "see".
9. Give explicit directions: "on your left," "five blocks north," "directly behind you". Avoid using hand signals. If you point or gesture, describe verbally what you are indicating.
10. Ask permission before touching someone who is blind, or his or her personal belongings.