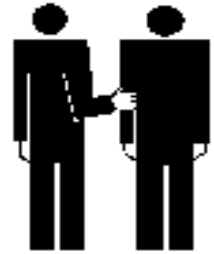


# Sighted Guide Basic Technique



## What is this?

This is the method of guiding a person by them holding onto a Guide. It is more commonly used for children and young people who have severe to profound vision impairment



## Implications for Learning

This is more relaxing for the child or young person with vision impairment (CYPVI) and needs to be taught in a structured way.

The CYPVI can place their free hand on the Guide's shoulder to check that they are well behind the Guide. This procedure can be used in crowded places to stop the CYPVI being jostled.



## How to Help?

The CYPVI holds the Guide's arm a little above the elbow with the thumb on the outside and the fingers curled round the inside of the Guide's arm. Both the Guide and the CYPVI should keep their arms close to their body. The CYPVI should walk a little behind the Guide, their body protected by the Guide. Children often prefer to be led by holding lightly to the adult's wrist rather than the elbow.

Please talk to your young person's Habilitation Specialist regarding more detail on how to guide in the following areas:

- Making Contact
- Speed
- Narrow Space
- Changing Sides
- Doors
- Stairs



## Other Resources:

W: [berkshiresensoryconsortium.co.uk/](http://berkshiresensoryconsortium.co.uk/)

SCS Sheet on Sighted Guide