

TIP SHEET #3

Tips for **FRIENDS** of those with Low Vision

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

8. Use everyday language. **Don't avoid words like "see" or "look"** or discussing typical activities like watching television.
9. 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.
10. Be a **good listener** and sounding board. Don't be critical.
11. Speak in a **normal tone of voice** unless the visually-impaired person also has a hearing problem.
12. **Use accurate information** when giving directions. For example, the door is on your left.
13. **Volunteer** to go with them to **doctor's appointments**.
14. **Never leave** the room or your friend **without advising** them – they may be talking.

15. Help your friend to see **humor** in their situation but **never laugh** at them.