

## How to engage with the blind or visually impaired person

1. Speak directly to the person not through others
2. Do not shout
3. Always introduce yourself
4. Announce yourself when you're entering or leaving a room
5. Using words like see or look are not offensive
6. Be specific when providing directions in relations to the person; state left/right, up/down or the hour on a clock (I.e. it is at your "2 o'clock")
7. Pointing, using gestures or saying over there do not provide a reference
8. Always ask before providing assistance, it may not be needed
9. Never push, pull, or grab a blind person, instead, ask to use sighted guide technique
10. Never pet or speak to guide dogs; communicate with the owner.

Most importantly, don't be afraid to make mistakes, just be willing to apologize when they do occur, a friend is only a conversation away.

For additional resources visit: [www.mabsop.org](http://www.mabsop.org)