

Understanding the needs of people with sight loss

- DO** introduce yourself by name
- DO** let the person know when you enter or leave the room
- DO** address the person by name, he/she may not realise you are talking to them, especially in a group or crowd
- DO** address the person directly and not through another person
- DO** give specific directions such as “in front of you and to your left”. Avoid vague phrases such as “over there” or “near the chair”
- DO** ask the person if they need help and what sort of help they need
- DO** keep thoroughfares free of obstacles
- DO** warn the person of any obstacles they may be approaching
- DO** ensure there is adequate lighting
- DO** avoid clutter eg bags, rubbish bins

- DON'T** pull or push the person into position
- DON'T** be afraid of using “seeing” words in conversation eg “see you later” or “it’s good to see you”
- DON'T** leave cupboard doors open
- DON'T** leave doors half open