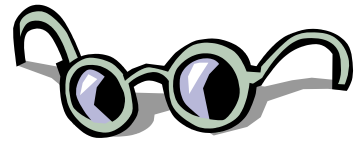


MCB/DDS Partnership

Orientation & Mobility/Low Vision Services
www.mass.gov/dds/visionloss



Let's Walk Together: Getting into and Out of a Car and Van

The complete "Let's Walk Together: Safe Guiding Techniques for Individuals with Intellectual Disability and Vision Loss" video can be viewed at:

<http://www.focusonvisionandvisionloss.org/lets-walk-together.html>

or

<http://carroll.org/video-tutorials/lets-walk-together>

Additional resources available at: <http://www.mass.gov/dds/visionloss/>

Getting into a Car

When guiding someone into a car providing information about the roof, door, handle, and seat is important so that the individual can be as independent as possible.



Getting Out of a Car

When getting out of a car the guide should be ready at the individual's door to describe the car's location, including the presence of any curbs, and to provide assistance as needed.



Let's Walk Together (continued)

Getting into a Van

Because van doorways and steps are often narrow, human guide can not be easily used. Having two guides is necessary for safety. One can assist from outside the van and one from inside as the individual walks on the stairs.



Providing directional information about the steps and handrails and helping the individual to reach for the handrail is important for safety and balance.

If there are not two handrails present, or if an individual cannot hold onto two handrails, assistance can be offered to the person's free hand when going up the stairs.



Getting Out of a Van

Guide position and communication regarding step direction and location of handrails are critical for safe transition out of a van. The guide inside the van must wait for the guide outside to be in a protective stance before leading the individual to the steps.

If an individual is not able to hold onto two handrails, or if there is only one handrail, the guide should support the individual's free hand for safest exit.



Let's Walk Together (continued)

Specialized Training and Instruction

To find a Certified Orientation and Mobility Specialist* who can provide training on additional safety and travel techniques, please contact your local or state agency that offers services to individuals with vision impairment or blindness.

* **Certified Orientation and Mobility Specialist (COMS):** provides instruction to individuals with visual impairment in the use of their remaining senses to determine their position within the environment and in techniques for safe movement from one place to another.

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The video was made possible by collaboration among the following organizations:

Shriver Clinical Services

The Carroll Center for the Blind

Massachusetts Department of Developmental Services

Massachusetts Commission for the Blind

Emerson College

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