

## Let's Walk Together: Doorways and Narrow Spaces

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

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

### Doorways

When approaching a doorway, the guide must determine if the individual with vision loss can safely hold and control the door.



If the individual can hold and support the door:

- The guide should make sure the door hinges are on the same side as the individual.

If an individual is unable to hold the door:

- The guide can keep the door hinges on the same side of her body and hold the door open with his/her body and foot.

Always proceed slowly and monitor for safety when walking through the doorway.



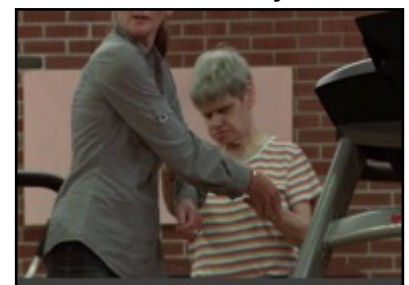
### Walking Through Narrow Spaces



When approaching a narrow area:

The guide can move his/her arm behind his/her body so that the individual with vision loss follows behind single file.

The guide can sidestep in front of the individual and gently hold the individual's free hand for protection.



## Let's Walk Together: Doorways and Narrow Spaces (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
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- Emerson College

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