

Let's Walk Together: Seating at a Table and Seating at a Couch

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>

Seating at a Table

It is important to describe the location of the table and chair and help the individual to locate them.

For some individuals it is safer for the guide to pull out the chair and help the person to sit only when the chair is directly behind him/her.



Other individuals can be guided to the side of the chair so he/she has room to pull out the chair and sit independently.



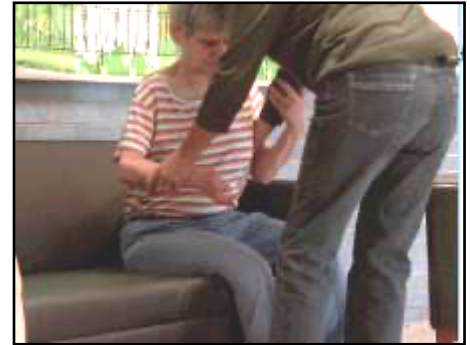
Let's Walk Together: Seating (continued)

Seating at a Couch



When guiding someone to a couch the guide must describe the location of the seat and assist the individual to find it so he/she can turn and seat him/herself.

When an individual is not able to touch the seat and turn before sitting, it is safest to encourage sitting only when the seat is directly behind the individual.



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.

Let's Walk Together: Seating (continued)

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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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- Massachusetts Commission for the Blind
- Emerson College

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