

## Let's Walk Together: Stairs, Steps, Ramps and Uneven Surfaces

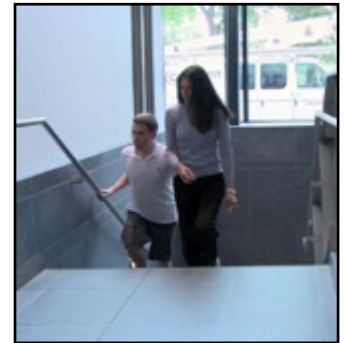
The complete "Let's Walk Together: Safe Guiding Techniques for Individuals with Intellectual Disability and Vision Loss" video can be viewed at:

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

### Stairs

The guide must:

- Identify the direction of the staircase.
- Stop at the edge of the first step, direct the individual to locate the handrail and to align his/her feet as straight as possible to maintain sure footing.

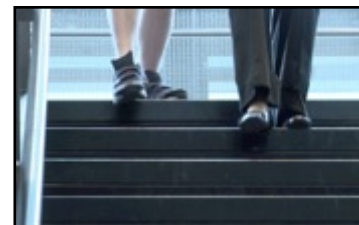


Walking up:

- The guide goes up with the individual one step behind.

Walking down:

- The guide goes down one step ahead of the individual.



### Steps and Ramps



The guide must:

- Describe upcoming elevation and surface changes.
- Choose between the ramp or stairs, considering that a ramp may be the safer option.
- Encourage use of handrails whenever available.

## Let's Walk Together: Stairs, Steps, Ramps, Uneven Surfaces (continued)

### Uneven Surfaces

When approaching a surface change the guide must pause or slow down while describing the change in surface to 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.

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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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