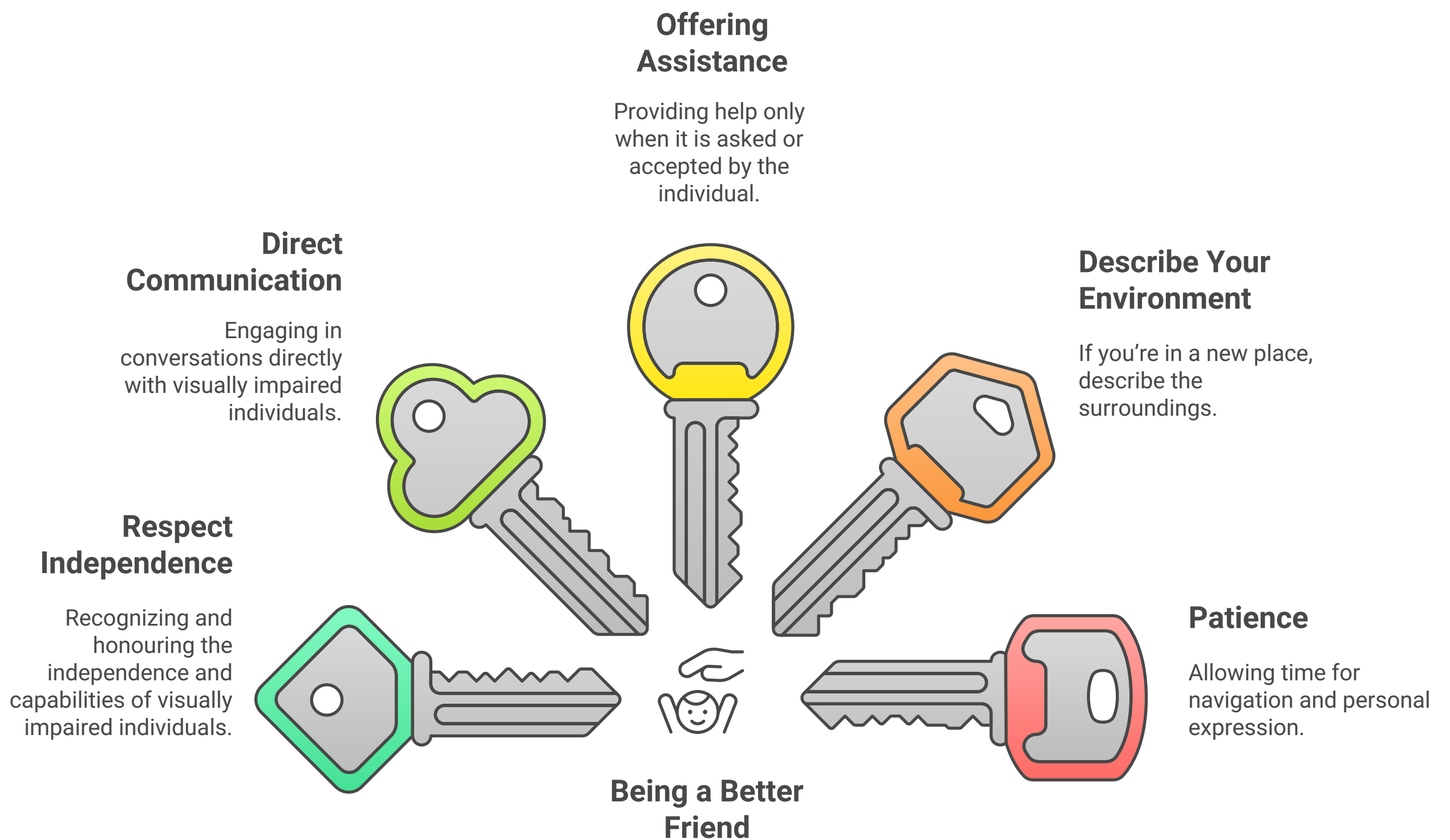


Keys to Be a Better Friend

How to Support Your Friends with Visual Impairments



Infographic on facts about Visual Impairment created using napkin.ai by Sara George M

Don't Assume They Need Help

Some visually impaired people are independent and prefer to do things themselves, like carrying their own books or opening doors. Never assume they need help, or are incapable of a task.

Speak Clearly and Directly to Them

When talking to a visually impaired person, always speak to them directly, not through someone else. Include them in conversations! If you are curious about them, engage in respectful questions and use normal language and tone.

Offer Help When Asked

If your friend uses a cane or guide dog, they may need help with navigation. Always ask, "Would you like help?" before offering help. Never grab, push or pull.

Describe the Environment

If you're in a new place, describe the surroundings. For example, "We're in the school lobby. The cafeteria is on your left and the office on the right."

Be Patient

Allow extra time for your friend to navigate, whether it's crossing the street, finding a seat, or organizing school materials. Allow them to absorb the information and share their thoughts or feelings about what they are experiencing.

Want to know More? Visit to learn more.

- www.afb.org
- www.rnib.org.uk

Resources

Be Natural! 4 Common Courtesies to Offer People Who Are Blind

<https://www.cnib.ca/en/be-natural-4-common-courtesies-offer-people-who-are-blind?region=0>

The Daily [2020, December 14]. *Canadian Health Measures Survey, 2018-2019*. Stat.can.

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<https://www.perkins.org/disabilitytech-making-the-world-more-accessible-for-everyone/>

American Foundation For The Blind [n.d.]. *Facts and Figures on Adults with Vision Loss from the National Health Interview Survey (NHIS)*. afb.org Retrieved February 1, 2025, from