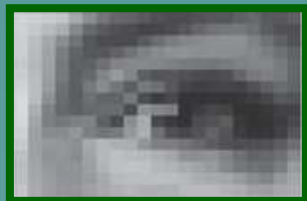


# Sensitivity to Blindness and Low Vision



Presented by  
Malia Powell  
Vision Loss Resources

# Normal 20/20 Vision



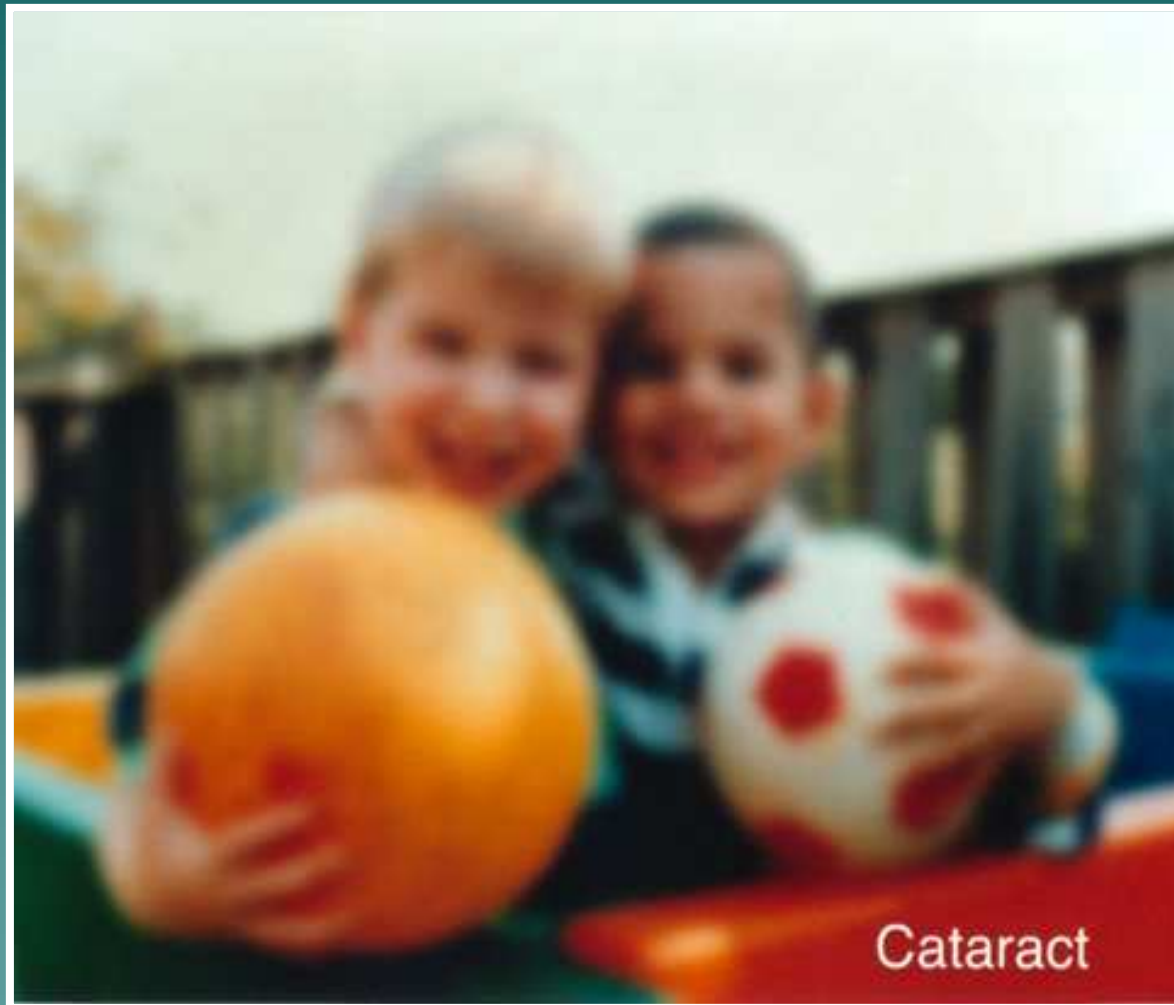
Source: National Eye Institute

# Age-Related Macular Degeneration



Source: National Eye Institute

# Cataract



Cataract

# Diabetic Retinopathy



Source: National Eye Institute

# Retinitis Pigmentosa



Source: National Eye Institute

# Glaucoma



Source: National Eye Institute



# Stroke



Source: National Eye Institute



# Large Print, Font, Contrast

*Wednesday Movie*

*'Singing in the Rain'*

*June 20*

*6:00 PM*

**Wednesday  
Movie**

**'Singing in  
the Rain'**

**June 20**

**6:00 PM**

# Helpful Tips

- Many people with vision loss do not 'look' like they have vision loss.
- Restrooms – helpful to take person into, explain where things are (sink, paper, trash, stall) then let them know you will be waiting outside.
- If a person uses a walker, it is OK to ask to hold on to one side of their walker. Gently guide while explaining surroundings. Guiding the walker can be helpful when a person has difficulty with spatial orientation.

# Sighted Guide Steps

- First, ask person if they would like sighted guide assistance.
- To begin, the visually impaired person gently grasps the guide's arm just above the elbow.
- Walk together at a normal pace, staying half a step ahead. Describe landmarks and things of interest en route. Alert visually impaired person to potential obstacles in the path.
- Stairs and curbs should be approached squarely, never at an angle. Announce whether the steps go up or down and allow person to grab handrail and locate the edge of the first step. On stairs, stay one step ahead. Do not count the steps!
- Once you have reached the destination and described the surroundings, it is time to break contact. Before you break contact, put the person in touch with an object such as a wall or piece of furniture; simply leaving them in space can be extremely disorienting.

# Sighted Guide Exercise

The background is a solid teal color. At the bottom right corner, there is a silhouette of a mountain range in a slightly darker shade of teal.

# Thank you for your time!



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