

Sight Impairment (White Cane Course)

Materials: White cane

Dark glasses, Vaseline-smearred glasses, sleep-aid eye masks or blindfold

Chairs in an open space

Sighted Guide Techniques handouts



Purpose: The students will be able see how difficult it is for a visually impaired person to find their way. With practice, many visually impaired persons may go far beyond this skill level, becoming quite mobile as they try to find clear paths by listening to sound cues around them, and for some, even picking up echoes of their tapping in a type of “sonar” method.

- Activity:**
1. Using the cane, point out to the students that a visually impaired person’s white cane is not only a useful tool to use to navigate without sight, but that the cane is white so that we can know the person is vision impaired. A blind person may also wear dark glasses which serve as an identifier.
 2. Set up some chairs, spread across an open space.
 3. Blindfold a student or have them put on sleep aid eye mask.
 4. Give them the cane and glasses.
 5. Ask them to maneuver through the chairs or other obstacles to get from one end of the space to another.

- Discussion:**
1. How did you feel when you were using the cane?
 2. How did the cane guide you?

