

**PLEASE DON'T**

Raise your voice when you talk to me. And you don't need to address me as if I were a child.

Don't distract my dog! My dog's job is to be my eyes.

Never feed my dog. I need to know what goes in so I know when to take the dog out.

Don't grab, pull, or shove me.

Don't just walk into the room and expect I'll know you're there.

Don't grab my hand to shake it.

Don't just walk out of the room without telling me.

Leave me in a strange environment.

Don't assume that I know the layout of your house if I'm your houseguest.

Don't embarrass me in a group of people by pointing out my blindness.

Leave doors partially open. This can be a door to a room, a car, or even a cabinet door.

Don't order for me or ask someone else what I want to eat/drink. Ask ME!

You don't need to remember some politically correct terms like "visually impaired" or "sight challenged."

**PLEASE DO**

Speak to me in a normal tone of voice. I'm blind, not deaf! And if I'm not a child, please speak to me adult to adult.

Just ask me if you'd like to interact with my guide dog.

Unfamiliar food could make my dog sick.

I may use a guide dog to walk independently, or I may ask to take your arm so you can be my guide. I'll keep a half-step behind to anticipate steps and curbs.

Speak when you enter the room with me. I like to know who is in the room with me. Please introduce me to the others in the room, including children. Please tell me if there's a dog or cat in the room too.

Wait for me to extend my hand for our handshake.

Tell me if you're leaving the room so I'm not left talking to the air.

Please orient me to a room that's new to me: tell me where things are. Place my hand on the back of a chair when telling me where it is too, so I can seat myself.

Please show me the bathroom, closet, dresser, window and the light switch too. (I like to know whether the lights are on or off.)

Remember: I'm a person with feelings, just like you.

Please make sure that doors are fully open, or fully closed!

Please read me the menu and prices and let me order my own meal. You don't have to worry-I have no trouble with ordinary table skills.

Keep it simple and honest: just say blind.

