



# Vision Differences

*"Just because a man lacks the use of his eyes doesn't mean he lacks vision."*

*-Stevie Wonder*

*"When I walk with people I have to take their arm. That immediately sets up a relationship most people don't get to have." -Ken Medema*

## **Tips for interacting with the Blind or those with visual impairments:**

1. Identify yourself when you greet the person and let them know when you are going away.
2. Speak in a normal voice, there is no need to yell or speak slowly.
3. Speak to them directly and be clear with your words. Often sighted people use their hands and facial expressions to communicate without ever knowing it. Someone that has vision impairment needs clear communication. You may need to be more descriptive with your words to get the message across.
4. You can use vision-related words. An example would be "did you see that game the other day?" or "nice to see you." These are accepted figures of speech.
5. Don't touch them too much. If you think they may need help, ask, and then offer your arm. Never grab them and point them in the direction they should go.
6. Make sure to involve them like everyone else even if it's a sighted activity.

## **References**

- "How to Interact with the Blind." *Envision*, [letsenvision.com/blog/how-to-interact-with-the-blind](https://letsenvision.com/blog/how-to-interact-with-the-blind)
- "How Do I Talk to a Blind Person?" (video), Center for the Blind, [youtu.be/fh8x7ie96pQ](https://youtu.be/fh8x7ie96pQ) (3 minutes).
- Vision tips, With Ministries: [withministries.org/adapting-the-sessions-to-the-needs-of-your-group/](https://withministries.org/adapting-the-sessions-to-the-needs-of-your-group/)