

GUIDE
DOGS



Friends and Family training



Supporting people
living with sight loss



A life-changing experience



The training has given them more confidence to be open about issues. It gave me a greater sense that people understand what I was going through. Losing your vision is much easier when those around you have the confidence to tackle issues with you.

Rebecca

Rebecca's story

Rebecca was an independent woman with her whole life ahead of her but had been slowly losing her sight due to a condition called Retinitis Pigmentosa. "My vision has recently taken a dip and I have had to start addressing the whole sight loss issue head on. With around five degrees of tunnel vision, I really couldn't ignore it any longer!"

Rebecca had to adapt almost everything she does such as how she crosses the road or locates items. She also needed her family and friends to change and adapt around her. "I need them to stop being so 'sighted' around me. Saying things like, "over there", and pointing or walking off in busy places."

This is where Friends and Family training from Guide Dogs helped Rebecca. Guide Dogs provided special glasses to replicate Rebecca's eye condition alongside approved guiding techniques which gave her family more of an idea of how life is with her sight condition and how to guide her more effectively.



Would you like your friends and family to have a better understanding of your eye condition, and have more confidence guiding you?

OR

Do you have a friend or family member with sight loss? Would you like to have a greater understanding of their eye condition and the techniques to guide them effectively?

If so, our My Guide Friends and Family training can help!

Guide Dogs can provide free training for friends and family members tailored to your needs as part of the My Guide service.

The training provided consists of a basic introduction to sight loss awareness and sighted guiding techniques.

The training will make you more assured that your family understands your eye condition. As friends and family, you can be happy you're providing the best support possible.



Contact us to find out more

Please call **0345 143 0229**
Monday to Friday 9am to 5pm
or email **myguide@guidedogs.org.uk**

[guidedogs.org.uk/myguide](https://www.guidedogs.org.uk/myguide)



This publication is available
in Braille, large print, audio,
electronic and text formats.
Contact **info@guidedogs.org.uk**

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