

Orientation & Mobility Travel Training



With little or no vision it can be a challenge navigating stairs, getting around at school or on the job, crossing streets, or using public transportation. Orientation & Mobility (O&M) services address these issues.

- O&M training teaches people who are blind to use their other senses and clues from their surroundings to get around safely at home, at work or school, and from place to place in the community.
- There are three main ways people with vision loss get around – with a sighted guide, a white cane, or a dog guide.

- Individuals with “low vision” use their remaining vision to scan the environment for obstacles in their path; wear protective lenses to reduce glare from the sun; and use optical devices to read street signs or route numbers on buses—maximizing their vision.
- Individuals with impaired vision are taught by the O&M specialist to safely and independently walk up and down stairs and curbs, to cross streets moving in a straight line, maneuver around obstacles, travel on buses, trains, planes, and taxis.
- Don’t assume someone who is visually impaired is lost, but do offer assistance. If accepted, offer your arm (sighted guide) or offer verbal directions. Directions should be specific, “It’s to your right about 25 feet”, or “it’s the first house in the next block.” Pointing or vague phrases like “over here” or “down there” aren’t helpful.

Questions? For more information, please contact the Lighthouse Orientation Specialists at (850) 942-3658 or toll-free: (888) 827-6033; email: info@lighthousebigbend.org, or 3071 Highland Oaks Terrace, Tallahassee, FL 32301