

HUMAN GUIDE TECHNIQUE

Human Guide Technique (HGT) is designed to make traveling with a guide as smooth and efficient as possible. The traveler, who is working with a guide, may also choose to hold a cane in the free hand. The duo works together as a team.

Note: It's important to ask if someone would like assistance instead of assuming they do.

BASIC HUMAN GUIDE TECHNIQUE

1. Make contact with the traveler by gently touching the back of their hand or forearm with yours.
2. The traveler should follow the guide's arm up to the elbow and grasp above the elbow with a "C" grip. Either arm can be used but ask if the traveler has a preference. (photo 1)
3. The traveler's arm should be at about a 90-degree angle to ensure effective feedback.
4. The guide should always be a step ahead of the traveler, with his/her shoulder directly in front of the traveler's shoulder. (photo 2)

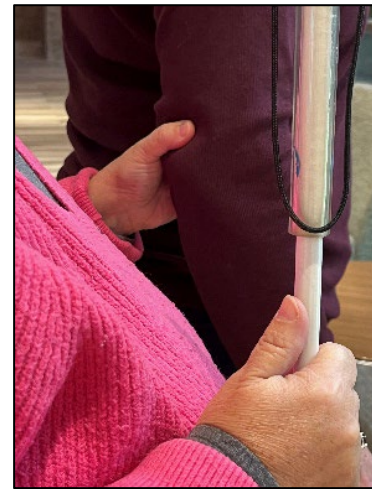


Photo 1



Photo 2

ADJUSTING FOR TALLER OR SHORTER GUIDE

1. The traveler should try to keep their arm at a 90-degree angle, if possible. This may require adjusting the hand down the guide's arm (photo 3) or higher above the elbow if the guide is shorter.



Photo 3

NARROW PASSAGEWAYS

1. When going through a narrow passageway, the guide should let the traveler know a narrow passageway is ahead.
2. The guide puts arm behind back as a cue for the traveler to get directly behind the guide. (photo 4)
3. The guide lets the traveler know when to resume basic human guide technique.



Photo 4

DOORWAYS

1. The guide lets the traveler know a doorway is approaching, and which way it opens (to the left or to the right).
2. The traveler needs to have a free hand on whatever side the door hinge is found. He/she moves to the left side of the guide's body so that the left hand is free, or to the right side of the guide's body so that the right hand is free.
3. If holding a cane, the traveler can incorporate the cane into the "C" grip to free up the opposite hand. (photo 5)
4. The guide moves his or her hand behind them, preparing for a narrow passageway, with the traveler moving behind in a single-file formation (photo 6). The guide opens the door and passes it off to the traveler who reaches for the door and closes it upon going through. (photo 7)

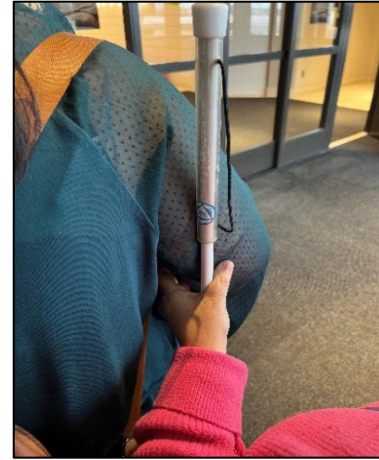


Photo 5



Photo 6



Photo 7

STAIRS

1. The guide comes to the edge of the step and pauses to indicate a change ahead.
2. The guide lets the traveler know if the stairs are ascending or descending.
3. The traveler stands side by side with the guide and locates the railing, if applicable.
4. The guide takes one step down and pauses, waiting for the traveler to move.
5. When the traveler steps (up or down), the guide does the same, so that each step is taken in rhythm, with the traveler one step behind. (photo 8).
6. The guide should pause at the top or bottom of the stairs to indicate the end of the steps.



Photo 8