

# Communicating effectively

## Tips for talking to someone who is blind or has low vision

### What to do

Identify yourself - don't assume the person will recognise you by your voice.

Speak naturally and clearly. Loss of eyesight does not mean loss of hearing.

Keep using body language. This will affect the tone of your voice and give a lot of extra information to the person with vision loss.

In a group situation like a meeting, do a roll call and introduce the other people present.

### What not to do

Never channel conversation through a third person.

It's fine to use everyday language. Don't avoid words like "see" or "look" or talking about everyday activities such as watching TV or videos.

Avoid situations where there is competing noise.

Don't assume someone needs help. Always ask first.

### Tips

Offer your elbow. This is a good way to guide someone who is blind or has low vision.



When speaking with a person who is blind or has low vision, be yourself and act naturally.

Learn from the experts on how to better communicate with people who are blind or have low vision. Vision Australia offers training for individuals, groups and workplaces.