Hadley

Using Stairs with Someone Guiding You Sample

Adding a few changes to your approach can help you keep going wherever you'd like to, no matter your level of vision. Here a few tips for going up and down stairs with confidence, while someone is guiding you.

Going up a set of stairs can be a bit less stressful, so let's start there. Approach the stairs and place one hand on the handrail, and with the other hand holding onto your guide's arm. After a brief pause your guide should start to go up the stairs one step at a time. You are going to stay one full step behind them.

**Ed:** Now that you've had a chance to learn a bit with us, we'd like to learn more about you. Your name, email address, how you heard about Hadley, and your relationship to vision loss. Learning more will give us a better understanding of how to personalize Hadley just for you. And don't worry, everything you share with us online will be kept safe and secure. Of course if you'd prefer to talk through these questions, we're just a phone call away, at 800-323-4238.

Taking these few steps saves your preferences so you can continue right where you left off and track your progress every time you log on. Plus, it connects you to the Hadley community and helps sustain our funding to keep Hadley free of charge. And last but not least, it gives you direct access to experts like me. Now, where were we?