

## Hints and tips on symbol canes

Symbol Canes are used to tell others that you have a visual impairment. They are not designed to put your weight on or for detecting obstacles on the ground such as kerbs and steps.

- > As the name suggests, it is a way of letting other people know that you are blind or partially sighted.
- > They are particularly useful in busy or crowded places, as other people who see the cane should take a bit more care not to bump into you.
- > You might also find that you get more offers of help from staff and members of the public because they can see that you have sight loss.
- > Bus drivers are made more aware of the need to allow you extra time to get on and off the bus.

Foldable reflective white symbol canes are light weight and are used extended and held diagonally across the body.

- > It is important that the symbol cane is always held with the tip facing towards the ground and NOT held pointing outwards as this presents a hazard to others.

- > As the symbol cane is light weight and foldable, it does not need to be carried at all times and can easily be stored in a bag or jacket pocket until needed.
- > A symbol cane with additional red tape markings on it indicates a dual sensory loss e.g. vision and hearing difficulties.