

Training programs are flexible and accessible to meet your needs, whether you live in the city or country.



Anyone Can Refer

Anyone is able to refer themselves, referring others will require consent from the individual.

Want To Find Out More?

For more information, contact your local Guide Dogs Office:

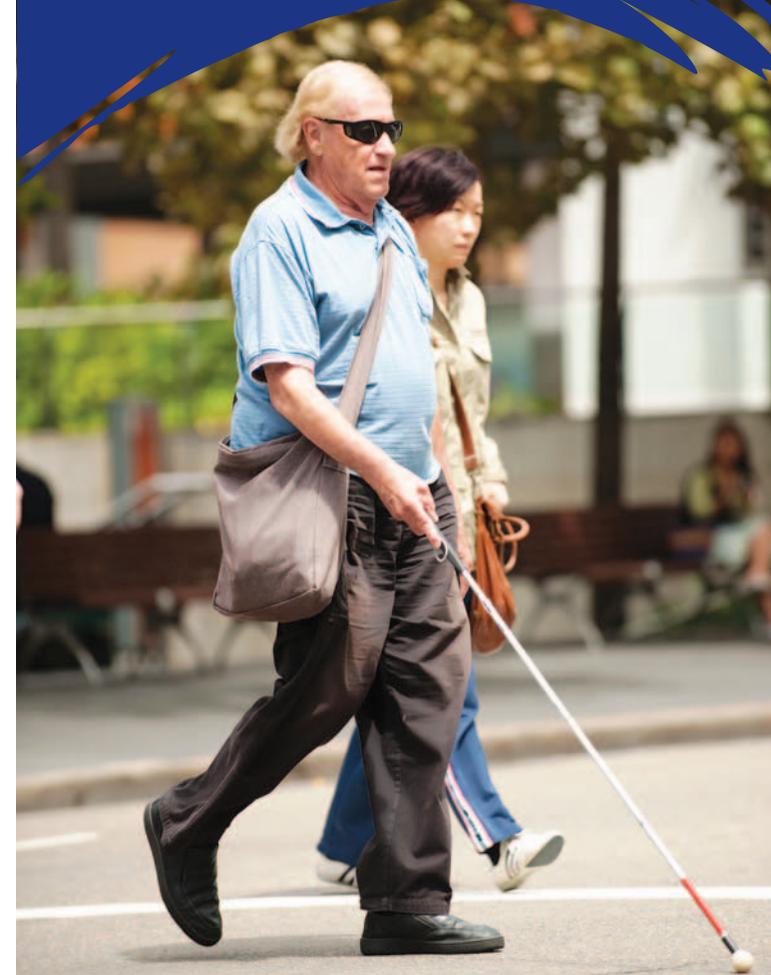
Albury	6041 5201
Chatswood	9412 9300
Coffs Harbour	6652 7424
Deakin (ACT)	6285 2988
Lismore	6621 8475
Newcastle	4925 3066
Orange	6362 6625
Tamworth	6761 3152
Wagga Wagga	6925 3559
Westmead	9891 4914
Wollongong	4225 9247



www.guidedogs.com.au

All Guide Dogs NSW/ACT services and equipment are provided locally and free of charge.

Vision loss and mobility



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The best way to prevent vision loss is to have your eyes checked regularly. Often there are no symptoms to indicate that your vision might be changing. However if you are losing some sight, help is at hand.

Anyone who has a vision loss that is causing them to have

At Guide Dogs NSW/ACT we believe that vision loss shouldn't be a barrier to leading a fulfilling life. Independence and mobility gives you the freedom to enjoy life, embrace new experiences and reach your goals.

difficulty moving around safely and confidently can receive an individually tailored Orientation and Mobility (O&M) program.

Training programs are flexible and accessible to meet your needs. So no matter whether you live in the city or country, our Orientation and Mobility instructors will come to you and offer training and mobility aids completely free of charge.

Programs include:

- Road crossing strategies.
- Use of public transport.
- Mobility aids such as walking sticks and canes.



- Orientation (how to find your way around).
- Minimising falls risks.

Together, you and your O&M instructor decide what type of training is needed. Training continues until you feel confident.

If you:

- Find it difficult to cross roads safely.
- Stay at home because you find moving around too dangerous and confusing.
- Have difficulty judging the depth of steps and gutters.

then Guide Dogs NSW/ACT can help.