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| Ten simple straightforward pointers which encourage sighted persons to feel comfortable and at ease with blind persons.It will help both of us if you remember these simple points of courtesy:1. I'm an ordinary person, just blind. You don't need to raise your voice or address me as if I were a child. Don't ask my spouse what I want'"Cream in the coffee?"'ask me.
2. I may use a long white cane or a guide dog to walk independently; or I may ask to take your arm. Let me decide, and please don't grab my arm; let me take yours. I'll keep a half-step behind to anticipate curbs and steps.
3. I want to know who's in the room with me. Speak when you enter. Introduce me to the others. Include children, and tell me if there's a cat or dog.
4. The door to a room or cabinet or to a car left partially open is a hazard to me.
5. At dinner I will not have trouble with ordinary table skills.
6. Don't avoid words like "see." I use them, too. I'm always glad to see you.
7. I don't want pity. But don't talk about the "wonderful compensations" of blindness. My sense of smell, touch, or hearing did not improve when I became blind. I rely on them more and, therefore, may get more information through those senses than you do'that's all.
8. If I'm your houseguest, show me the bathroom, closet, dresser, window'the light switch, too. I like to know whether the lights are on.
9. I'll discuss blindness with you if you're curious, but it's an old story to me. I have as many other interests as you do.
10. Don't think of me as just a blind person. I'm just a person who happens to be blind.

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| [**Lauren Merryfield**](https://www.facebook.com/lauren.merryfield.1) |
| [Lauren Merryfield](https://www.facebook.com/n/?lauren.merryfield.1&aref=119428317&medium=email&mid=919dbb2G5af313d71a4fG71e54ddG79&bcode=1.1387257476.AbmcThHhAV1vWAuG&n_m=jeff.altman%40nebraska.gov) I don't mind if people talk about blindness in public with me; giving me good directions to the cashier is often helpful; and I do not have a dog guide. But otherwise, I agree with them:Blind BeatitudesBLESSED ARE THEY that refrain from shouting when they speak to me. BLESSED ARE THEY that talk directly to me and not to some one else. BLESSED ARE THEY that say who they are when entering a room and say hello to me. BLESSED ARE THEY that say goodbye to me when they leave so I am not left speaking to the air. BLESSED ARE THEY that do not hesitate to say "SEE" when talking to me. BLESSED ARE THEY who tap my shoulder gently when they approach from behind or from the side when speaking to me. LESSED ARE THEY who wait for me to extend my hand before shaking it. BLESSED ARE THEY who place my hand on an object such as the back of a chair when telling me where it is, so I can seat myself. BLESSED ARE THEY who do not leave me in a strange environment without orienting me to it. BLESSED ARE THEY who offer me their arm so they can serve as my guide, instead of grabbing, pulling or shoving me. BLESSED ARE THEY who come up to me in a large crowd and offer to help me when I appear disoriented. BLESSED ARE THEY who do not embarrass me in a group of people by openly referring to my blindness in word or action. BLESSED ARE THEY who laugh with me when I tell a joke related to blindness. BLESSED ARE THEY who read me the menu and its prices and allow me to order my own meal. BLESSED ARE THEY who take me to the cashier so I may pay for my own meal. BLESSED ARE THEY who do not distract my guide dog from being my active eyes. BLESSED ARE THEY who treat me like a human being, for like it or not I AM a human being. - Author unknown I might add a few more:Blessed are they who help me make sure I am included.Blessed are they who do not ignore me. Blessed are they who realize that I am as capable and as intelligent as they are.Blessed are they who do not compare me to someone else but accept and acknowledge me just as I am. Blessed are they who realize that it is okay to be blind.Blessed are they who, as felines, trust me absolutely, who meow and purr and are not bothered at all about the blindness!" |
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