Contents

Foreword ix Acknowledgments xiii Introduction xv

Chapter 1 Basic Teaching Principles 1

Assessment and Goal Setting 1 Models of Instruction 2 Learning Components 4

- Motor Component 4
- Cognitive Component 4
- Affective Component 4

Chapter 2 Orientation for Mobility 6

Orientation 7

- Foundational Knowledge and Experiences
- Mental and Physical Readiness Levels 8
- Principles of Orientation 8
- Establishing and Maintaining Orientation 8
- Orientation Terminology and Concepts 9
- Teaching Tips 14

Combining Mobility and Orientation for Purposeful Movement 15

7

- Route Travel 16
- Familiarization to New Places 16
- Drop-Off Lessons 17

Summary 18

Chapter 3 Guide Techniques 19

Basic Guide Technique 19 Diagonal Cane Technique While Traveling with a Guide 22 Reversing Direction with a Guide: 180-Degree Turn 24 Negotiating Narrow Passageways with a Guide 25

Italics indicate techniques with step-by-step descriptions.

iv Contents

Switching (Transferring) Sides with a Guide 27

Negotiating Doors with a Guide 29

Ascending and Descending Stairs with a Guide 31 Seating 34

- General Seating 34
- Auditorium Seating 36

Accepting or Refusing Assistance: Hines Break 38 Tips for Teaching Guide Techniques 40

Chapter 4 Hand Trailing and Protective Techniques 43

Protective Techniques 43

- Upper-Hand-and-Forearm (Upper-Body) Protective Technique 43
- Lower-Hand-and-Forearm (Lower-Body) Protective Technique 45

Tips for Teaching Protective Techniques 46

Hand Trailing 48

- Trailing along a Wall 48
- Crossing Open Doorways and Spaces 49

Direction Taking (from Walls or Surfaces) 50

- Squaring Off (Perpendicular Surface Alignment) 50
- Parallel Alignment 51

Tips for Teaching Hand Trailing and Direction-Taking Techniques 52

Chapter 5 Cane Techniques 54

Cane Basics 54

- Variations in Long Canes 54
- Parts of the Long Cane 55
- Proper Care of the Long Cane 56
- Cane Storage 57

Cane Techniques 57

Diagonal Cane Technique 58

- Grasps and Positioning for the Diagonal Cane Technique 58
- Changing Hands and Grasps with the Diagonal Cane Technique 60
- Detecting and Moving around Obstacles 61
- Trailing with Diagonal Cane Technique 63

Two-Point-Touch Cane Technique (Touch Technique)66Constant-Contact Cane Technique69Touch-Trailing Cane Technique (Shorelining)73Touch-and-Drag Cane Technique (Shorelining)74Touch-and-Slide Cane Technique76Three-Point-Touch Cane Technique77Verification Cane Technique (V-Tech)79

Negotiating Doors with a Cane 82

Ascending and Descending Stairs 84

- Ascending Stairs 84
- Descending Stairs 87

Entering and Exiting Vehicles 90

- Entering Vehicles 90
- Exiting Vehicles 92

Locating Dropped Objects 94 Tips for Teaching Cane Techniques 96

Chapter 6 Block Travel 100

Common Terminology and Concepts in Block Travel 101 Transition to Outdoor Travel: Cane Technique Practice 102

- Technique Refinement 102
- Pace 102
- Straight Line of Travel 102
- Detection of Changes in Surface and Drop-Offs 102

Tactile Alignment with Physical Block Features 103 Auditory Alignment with Parallel Traffic 105 Auditory Alignment with (Squaring Off to) Perpendicular Traffic 106 Recognizing and Negotiating a Cross Slope

(Slope Perpendicular to the Line of Travel) 108

Recovery from Sidewalk Veer 109

- Recovery from Minor Veer 109
- Recovery from Major Veer 110

Making Turns to Intersecting Sidewalks 114

Locating Landmarks and Destinations 115

Detecting the Street 117

Street-Corner Familiarization 119

Street-Corner Familiarization 120

- I. Exploring Sidewalk Features along the Perpendicular Street 120
- II. Exploring Sidewalk Features along the Parallel Street 122

III. Exploring the Corner or Apex Area 124

Tips for Teaching Block-Travel Skills 126

Chapter 7 Street Crossings 130

Common Terminology 131

- Intersection Geometry 131
 - Geometric Features within Intersections 133

Traffic Control 134

Uncontrolled Crossings 134

- Stop Sign–Controlled Streets 134
- Traffic Signal–Controlled Streets 134
- Crosswalks 135
- Pedestrian Signals 135

Street-Crossing Techniques 136

Detecting the Street 137

Locating the Crosswalk and Appropriate Crossing Location 137 Intersection Analysis Procedures 140

- Analyzing Intersection Geometry 141
- Analyzing Traffic Control and Movements 144

Aligning for Crossing 148

Deciding When to Cross 150

- Deciding When to Cross at Uncontrolled Crossings 150
- Deciding When to Cross at Stop Sign–Controlled Intersections 153
- Deciding When to Cross at Signal-Controlled Intersections: Locating and Using Pushbuttons 155
- Determining the Time to Begin Crossing at Signal-Controlled Intersections 158

Initiating Crossing and Maintaining Correct Heading or Alignment While Crossing 161

Street-Crossing Recovery 164

- Recovering from Veer or Alignment Error Away from the Parallel Street 164
- Recovering from Veer or Alignment Error toward the Parallel Street 165

Tips for Teaching Street-Crossing Techniques 167

Chapter 8 Transportation Systems 172

Public Transit Systems 172

- Scheduling 172
- Fares 173

Route Planning for Travel on Transit Systems (Bus or Train) 173 Bus Systems 175

- Bus Vehicle Characteristics 176
- Bus Stop Characteristics 177

Traveling via Bus 178

- Locating Bus Stop and Positioning at the Bus Stop 178
- Boarding a Bus 180
- Disembarking from a Bus 182

Light Rail, Rapid Rail, or Commuter Trains 184

Rail Vehicle Characteristics 185

Traveling via Train 186

- Traveling within a Station and Positioning for Boarding 186
- Boarding a Rail Vehicle 189

Disembarking from a Rail Vehicle and Leaving the Station 192
Negotiating Railroad Crossings 195
Other Transportation Systems 196
Using Taxis 196
Airport Terminals 198
Tips for Teaching Transportation Systems 199

Chapter 9 Special Situations 202

Soliciting Assistance 202 Negotiating Escalators 204 Negotiating Elevators 207 Negotiating Revolving Doors 210 Commercial Facilities 211 Accessing Commercial Facilities 211 • Locating the Entrance 211

• Entering a Business and Locating a Clerk or Other Personnel 213

Drop-Off Lessons 214

Drop-Off Lessons 215

Travel in Areas without Sidewalks (Rural or Suburban) 218

- Walking along Roadways without Sidewalks 218
- Determining Street-Crossing Location without Sidewalks or Curb Ramps 220

Travel in Adverse Weather 221

Personal Safety 221

Tips for Teaching Special-Situation Lessons 221

Chapter 10 Travel Techniques for Learners Who Have Low Vision 225

Basic Low Vision Skills 225 Scanning 226

- Systematic Scanning: Static Procedure for Open Areas 226
- Systematic Scanning: Static Procedure to Search for Vertical and Horizontal Objects 228
- Systematic Scanning: Dynamic Patterns for Visual Planning While Walking 229

Eccentric Viewing 230

Use of a Monocular (Telescope) 232

Visual Skills with Guide Techniques 236

Visual Skills with Cane Skills 236

Visual Skills for Block Travel 236

Visual Skills for Street Crossings 237

- Visual Skills for Intersection Analysis 237
- Visual Skills for Locating and Tracking Moving Vehicles 238
- Visual Skills for Lane-by-Lane Scanning 238
- Visual Skills for Detecting Vehicles at Uncontrolled Crossings 238

Visual Skills for Using Transportation 238 Visual Skills in Special Situations 240 Tips for Teaching Travel Techniques for Learners Who Have Low Vision 240

References 249 Glossary 253 Index 263 About the Authors 271