

Devon in Sight Managing at Home Fact Sheet 3

Guide Dogs My Sighted Guide Service

Introduction

Do more of the things you love and open up new opportunities with a sighted guide. Whether it's partnering up with one of Guide Dogs friendly volunteers as part of their My Sighted Guide service or training alongside a loved one, you can explore new surroundings, form friendships, and enjoy even more independence.

How My Sighted Guide could help you

As well as promoting mobility, their volunteer sighted guiding service can build your confidence and improve your social interactions by:

- improving your independence, confidence and ability to get out and about
- enabling you to participate in social, leisure and fitness activities of your choice
- creating new friendships and connections in your community

To Apply for My Sighted Guide

Applying for Guide Dogs, My Sighted Guide service involves just a few simple steps:

- 1. Get in touch by either** completing their short form (link below) or call them on 0800 781 1444

<https://www.guidedogs.org.uk/getting-support/getting-in-touch-form/>

- 2. Chat with them**

They will get to know you by asking some questions and talking you through the service, so they can understand how My Sighted Guide could work for you.

3. Find a match

They will match you with a friendly My Sighted Guide volunteer who has received full training in how to guide. You will have the chance to meet each other before starting your partnership to make sure you're happy working together.

What to do next?

If you need any further advice, call our Helpline: 01392 876 666

Devon in Sight is a member of the Helpline Partnership Community.

Credit

We would like to thank the **Guide Dogs** for their kind permission to reproduce this information.

Further Support Available from Devon in Sight

- **Information, Advice and Guidance**
 - **Demonstrations of Low Vision Aids & Daily Living Equipment**
 - **Assistive Technology Solutions - Sight & Sound Technology Partnership**
 - **Our holistic needs assessment (Sight Loss MOT)**
 - **Training for people with central vision loss (Skills for Seeing)**
 - **Emotional Wellbeing Service**
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Information Disclaimer

Devon in Sight is committed to producing Information, Advice & Guidance Resources that are clear, accurate, evidence-based, up-to-date and easy to use. We have a robust information production process based on best practice to ensure that information we produce meets the needs of people who are blind or partially sighted and their family and friends.

Devon in Sight is not a medical organisation; therefore we can only provide general information that is not intended to be a substitute for a proper medical assessment. Our information is not intended to be used for individual cases. If you have a specific question about your eye condition, we recommend that you consult an eye care professional.

Devon in Sight will not accept liability for any loss or damage or inconvenience arising as a consequence of any use of or the inability to use any information resources that it provides. People who use our Information Resources and rely on any information do so at their own risk. Devon in Sight does not represent or warrant that its Information Resources are accurate, complete or up to date.

Our Information, Advice & Guidance Resources were correct at the time of writing. However, due to research and medical advances, the content may not be completely up to date.

Devon in Sight Contact Information



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Version: MAH 3 September 2021 V1