



**Did you know, what the different types of mobility canes are, which are used by people with a Visual Impairment to get out and about, and their purpose?**

**Symbol Cane** – is held diagonally across the lower half of the body and does not make contact with the ground. It indicates to others that a person has a Visual Impairment. A potential benefit to using one is that other people may move out of the way and provide more space when passing them.

**Guide Cane** – is held in the same way as a Symbol Cane, but does make contact with the ground to detect obstacles, such as bollards, 'A' boards, street furniture and is also used to identify sloping footpaths and judge the depth of kerbs.

**Long Cane** – is held diagonally in front of the body, makes contact with the ground and sweeps the floor from side to side in front of their feet to provide a preview of the ground, as well as detecting obstacles, kerbs and steps.

**White Walking Stick** – is a walking stick that provides support for mobility due to physical health conditions, but if white indicates the person also has a visual impairment.

Any of these mobility aids with one or more red stripes, is an indication of dual sensory loss, in other words the person has both sight and hearing loss.

Contact the Yorsensory Team for more information on how you could potentially receive support/training to help you move around your local area independently and safely. Telephone 01904 202292 or email us at [enquiry@yorsensory.org.uk](mailto:enquiry@yorsensory.org.uk)

*\*Information sourced from the Royal National Institute for the Blind (RNIB) and Glaucoma UK*