



BASIC HINTS FOR INTERACTION WITH A PERSON WITH A VISUAL DISABILITY

THE GOLDEN RULE : ASK THE PERSON WITH THE DISABILITY

ENGLISH	AFRIKAANS	XHOSA
Do not assume that a blind person requires help. First introduce yourself and ask whether he / she requires assistance.	Moet nooit aanneem dat 'n blinde persoon hulp nodig het nie. Stel jouself eers voor en vra of die persoon wel hulp nodig het.	Musa ukuzicingela ukuba umntu ongaboniyo udinga uncedo. Qala ngokuzazisa kuye wandule ukumbuza ukuba uyaludinga na uncedo.
Do not push or pull a blind person. Rather touch their hand slightly and ask if he / she would like to take your arm.	Moet nooit 'n blindepersoon stamp of trek nie, vat eerder liggies aanhulle hand en vra of hulle jou arm will neem.	Musa ukumtshova okanye umtsale umntu ongaboniyo. Shukumisa kancinci isandla sakhe umbuze ukuba angathanda na ukubambelela engalweni yakho.
When serving food to a blind person, tell them what food is on the plate and where it is on the plate, e.g. meat at 12 o'clock and potato at 3 o'clock or top, bottom, left and right.	Wanner jy kos bedien aan 'n blinde persoon, se vir hulle wat se kos op hulle bord is asook waar dit is, bv. vleis is by twalfuur en aartappels is by drieur of bo, onder, links en regs.	Xa unika umntu ongaboniyo ukutya, mxelele kokuphi na ukutya okusesityeni nokuba kukweliphi icala. Umzekelo: inyama ikwintsimbi yeshumi elinambini, iitapile zikwintsimbi yesithathu, okanye umxelele ukuba kokuphi ikutya okuphezulu, ezantsi, ekunxele okanye ekunene.
Don't ever walk quietly into a room without saying anything and quietly leave, and think that a blind person was not aware of someone in the room. Tell the person when you leave.	Moet nooit 'n vertrek stil binnekome en weer verlaat nie met die mening dat die blinde persoon nie bewus was van jou teenwoordigheid nie.	Musa ukungena egumbini sogqiba ungathethi uphinde uphume, ucinge ukuba umntu ongaboniyo khange azi ukuba kukho umntu egumbini. Mxelele umntu ongaboniyo xa uphuma ukuba uyahamba ngoku.
Do not assume that a blind person recognizes your voice. Always introduce yourself.	Moet nooit aanneem dat 'n blinde persoon jou stem herken nie - stel jouself altyd voor.	Musa ukucinga ukuba umntu ongaboniyo uzokuva ngelizwe ukuba ungubani, zazise rhoqo kuye.
Speak directly to the blind person and not to his / her guide. He/she can speak for himself/herself.	Praat direk met 'n blindepersoon en nie met hul gids nie - die blindepersoon is instaat om jou te beantwoord.	Thetha ngqo nomntu ongaboniyo, hayi nomntu omncedisayo. Uyakwazi ukuzithethela.
Do not distract a blind person's guide-dog from being his/her active "eyes" as it interferes with their working ability	Moet nooit 'n blinde persoon se gidshond se aandag aflei nie aangesien dit hulle werk vermoë beïnvloed.	Musa ukuphazamisainja encedisa umntu ongaboniyo ukuba ibe ngamehlo abukhali womntu kuba lonto iphazamisa indlela esebenza ngayo.



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Do not leave a blind person in a strange environment without orientating him/her first	Moet nooit 'n blinde persoon alleen in n' vreemde omgewing los sonder om hulle nie eers te orienteer nie.	Musa ukushiya umntu ongaboniyo endaweni angayiqhelanga ngaphandle kokumazisa ngoku mngqongileyo.
When greeting a blind person, wait for him/her to extend their hand before shaking it to prevent any uncertainty and embarrassment.	Wanneer jy 'n blinde persoon groet wag eers dat hulle, hul hand uitsteek om enige verwaring en verleentheid te vermy.	Xa ubulisa umntu ongaboniyo, linda yena olule isandla sakhe phambi kokuba umbambe isandla, ukhusela ukungaqiniseki okanye ukuhlazeka
Do not avoid using words like "See" – as blind people use them too! E.g I'm always glad to see you !	Moenie die gebruik van die word sien vermy nie want blinde mense gebruik dit ook b.v ek is bly om jou te sien!	Musa ukonqena ukusebenzisa amagama afana nokuba "uyabona"- kuba nabantu abangaboniyo bayawasebenzisa nabo. Umzekelo: Ndiyavuya ukukubona!!
"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."	"Ek sal blindheid met jou bespreek maar vir my, is dit ou stories, ek het net so baie ander belangstellings soos jy."	Ndingancokola nawe ngokukaboni ukuba unomdla, kodwa ngum libali elidala. Ndinomdla kwinto ezinintsi njengawe.
"Don't think of me as a blind man. As I am a man who happens to be blind."	"Moenie van my dink as 'n blinde persoon nie, ek is 'n persoon wat toevallig blind is."	Sukucinga ukuba ndingumntu ongaboniyo. Ndingumntu okwenzekileyo ukuba angaboni.

Need more information?

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