



Helping people with sight loss live the life they choose

Help for adults

**We are Guide Dogs.
And we're here to help
people with sight loss live
the life they choose.**

Information and advice

Our experts can help you live actively, independently, and well with sight loss.

Whether you're asking for yourself or a member of your family, speak to someone from our friendly team today for more information.

Call our Guide Line on **0800 781 1444**
or visit our website **[guidedogs.org.uk](https://www.guidedogs.org.uk)**

Finding the right services for you

We have a wide range of services. With and without dogs, and can help you access support from other organisations. By understanding what you want from life today and tomorrow, we can help you plan to achieve it. And we'll support you every step of the way.

Your journey with us

It all starts with a conversation. Our experts will work with you to develop a package of support that's just right for you.

After developing a plan together and agreeing our services are right for you, one of our specialists may visit you at home. If you are considering applying for a guide dog and need to improve your cane skills, we may be able to offer some top-up training. If you haven't had any cane training before, we can make a referral on your behalf to your local authority.

We can also help you to navigate the wealth of information and advice that Guide Dogs offers and recommend other services and organisations that might be helpful. Read on to find out how we can help you live the life you choose.





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We understand that living with sight loss is different for everyone, so our services reflect that. We're here to support you and the life you choose.

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My Sighted Guide

Our sighted guiding service connects you with a trained, local volunteer. They can help you get out and about and do more of the things you like, whether that's walking in the park or going to a football match. If your friends and family want to get involved, we can also grow their confidence with guiding training.

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Before My Sighted Guide helped me, I was stuck in the house. I'd been shown how to get out and about with a long cane, however I could only use it locally around the houses because I was frightened to go near the road. When my sighted guide volunteer came, I found I was able to get out, go down the front, go for a walk in the sea air, go anywhere for a walk we wanted to go. Him and I have so many common things in life, he's completely changed my life.

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Angus, My Sighted Guide service user

Guide dogs

Our guide dogs give people with sight loss the confidence to get out and about safely. Whether it's helping them get to work, to a regular exercise class or just out to the shops and back, they provide life-changing practical support every single day.

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Having a guide dog is a life-changing experience and I'm phenomenally grateful to Guide Dogs for enabling me to be more independent.

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Priya, guide dog owner





We are here for you whenever you need us.

Guide Dogs has a range of services,
information and advice for adults and
their families.



0800 781 1444
[guidedogs.org.uk/getting-support](https://www.guidedogs.org.uk/getting-support)