

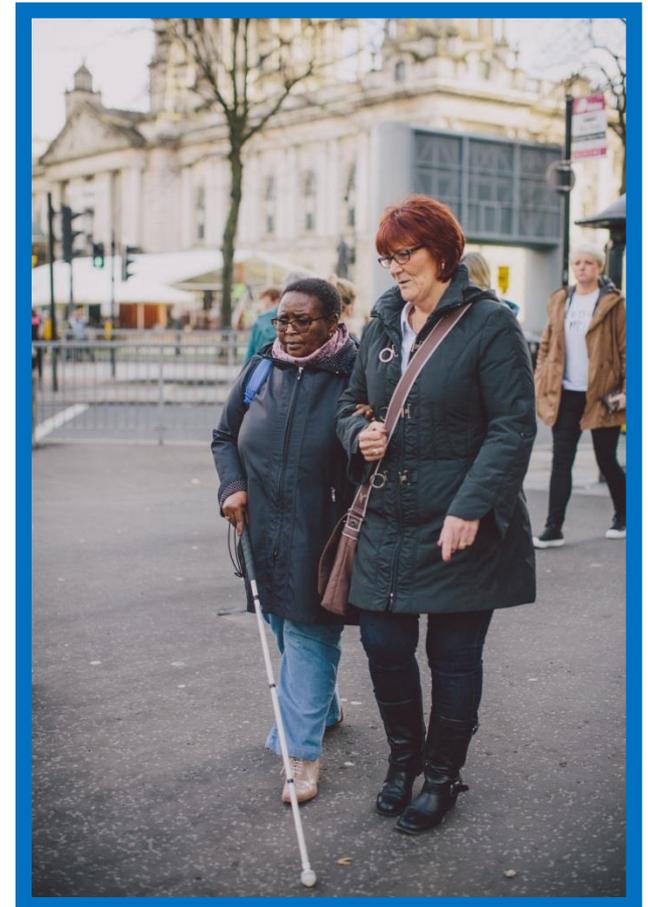


My Guide



**Supporting the Health,
Well-Being & Social
Inclusion of People with
Sight Loss**

**Delivered by Arlene
Verner,
My Guide Ambassador**



Guide Dogs Vision & Mission



N. Ireland

We will not rest until people who are blind and partially sighted can enjoy the same freedom of movement as everyone else.

We will deliver a world class guide dog service as part of a range of mobility services, and work to break down barriers to ensure people who are blind and partially sighted can get out and about on their own terms

What is My Guide?

- Research by Guide Dogs in 2007 estimated that 180,000 people with sight loss across the UK rarely go out alone, resulting in social isolation.
- My Guide is a volunteer 'guiding' service which supports the individual through an agreed activity plan to enjoy their chosen activities, becoming active participating members of society
- All volunteers are Access NI checked and receive comprehensive training endorsed by Vision 2020 to equip them with the necessary guiding skills to deliver a high quality service.
- Guide Dogs NI obtained the Investors in Volunteers benchmark in January 2014.

My Guide: Improved Confidence and Well-being



A qualitative survey of 100 UK recipients indicated that the service encourages behavioral change

- **95%** reported increased confidence to go out and about on the day
- **26%** reported definitely increased confidence to go out and about more
- **23%** reported more confidence to continue with their mobility journey

My Guide: Improved Mobility and Independence

Analysis of 63 Northern Ireland recipients identified how they benefit from the service

- **22%** got support with guide dog or mobility training including dog exercising
- **5%** got support with greater independence (travel training on public transport)
- **20%** got support with accessing more support services

My Guide: Improved Physical Health

Analysis of 63 Northern Ireland recipients identified how they benefit from the service

- **43%** reported improving health (walking, running with running guide, going to the gym)

Sport NI have identified a number of reasons which prevent participation in sport or leisure activities. These included a lack of guides (22%), no one to go with (41%), transport issues (33%)*

*My Guide can help overcome all of these factors

My Guide: Improving Social Inclusion

Analysis of 63 Northern Ireland recipients identified how they benefit from the service

- 10% were looking for a greater sense of social inclusion (accessing historical or cultural activities)

My Guide Service supported City of Culture 2013

Another service user highlighted the need for attitudinal change after not being able to join a local walking group “I was told that their insurance wouldn’t cover them for a blind person to join their walking group. No-one wants the responsibility of looking after me”.

DVD



- <https://vimeo.com/99856792>

My Guide

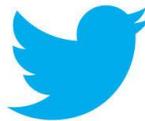


- Person-centred Service
- Builds Links with the Local Community
- Encourages Healthy Living
- Develops confidence & independence
- Promotes mental health & wellbeing

Contact Details

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N. Ireland

Questions?

My Guide Application Process

