**Using a White Cane (and Other Mobility Tools)**

The white cane is the mobility aid most commonly used by persons who are blind or vision impaired. Countless individuals with blindness or low vision use a white cane to help them navigate their environment with greater independence and confidence.****

*How do I know whether I need a white cane?*A white cane might benefit you if you often find yourself:

* Walking more slowly
* Fearful of tripping over things
* Refusing to go out alone
* Bumping into things and people
* Feeling off balance when walking
* Fearful of falling
* Dragging your feet when you walk
* Feeling unsafe about crossing the street
* Wishing you did not have to depend on others every time you want to leave home

*How can I get a white cane?*If you are experiencing these or other problems moving in and around your environment, contact your vocational rehabilitation office and request a referral for O&M evaluation. A skilled O&M specialist can help you decide which mobility tool is best for you. There are a number of techniques and options to improve your safety and comfort that may or may not include a white cane.

*Questions?  
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