



Meet Josie!

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Hi, I'm Josie and this is my best friend, Ella.
We've known each other for six years.

I have a visual impairment, that means sometimes it can be hard to recognise faces. I can do everything other kids can do, but sometimes there are adjustments that can make it a bit easier.

I have a Habilitation Specialist from Guide Dogs called Martyn. It was really helpful when he came to my school and talked to my teachers.

He made moving around my school much easier. He suggested all the steps are painted so I can see them, and at playtime the teachers wear hi-vis. He also helped me use my cane to move around. In the future using my cane will help me if I want to walk to school on my own.



In the classroom my tray is always at the top, so I don't have to search all the rows to find it. And my coat peg is first in the line. Me and Ella love playing hockey. Using a bright ball is so much easier because I can see it. I always choose the bright pink one!



Me and Ella both like Harry Potter. Guide Dogs made me some books that are printed on yellow paper and with bold, black writing. It's really helpful when the font is bigger, it just makes it easier to see. Guide Dogs also gave me an iPad and a visualiser, which can make the words on a book bigger.

I've also got a buddy dog from Guide Dogs called Flora. She's the best dog in the world. I like going on walks with her, I like giving her belly rubs and I like feeding her.



Guide Dogs is amazing and they've made my life much easier at school and at home. It means my visual impairment doesn't stop me doing anything I want to do.

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Discuss - what have you found out about Josie? Use these questions to help.



- 1** Tell me two things that Josie likes.
- 2** Does Josie use a cane or a guide dog to help her get out and about safely?
- 3** Guide Dogs Habilitation Specialists work with young people with a vision impairment to help them build their skills and confidence to explore the world. How does Habilitation Specialist Martyn help Josie?
- 4** What is Josie's buddy dog called and what do you think a Guide Dogs buddy dog is for?
- 5** How do you think Josie feels about her visual impairment?