Dear Editor,

October 15th is International White Cane Day. It is a day that is celebrated around the world and, to me, it is a day that is incredibly important.

My name is Nidhi and I have vision loss due to Cerebral Palsy. It means that I have reduced peripheral vision and my ability to judge depth is affected.

For me, the white cane is my lifeline. It makes me feel more independent and it helps me to travel safely.

When I visit somewhere new, I try to familiarise myself with it as much as I can so I feel more confident.

Metaxia from Vision Australia also helps me. She is an Orientation and Mobility Instructor and she teaches me how hold my cane correctly so I can pick up the subtle information it conveys. For example, I can feel the changes in road surface, such as a kerb or tactile markers at crossings, and the sound it makes lets me know what I am about to walk over.

My white cane is so much more than just a ‘stick’, as I often hear it referred to by members of the community.

This White Cane Day I would like Sydneysiders to take a moment to become more aware of the white cane and its significance to people, like me, who are blind or have low vision.

Visit [www.visionaustralia.org](http://www.visionaustralia.org) to learn more.

Yours sincerely,

Nidhi Shekaran, Lidcombe