



Blind Frontiers Podcast Episode 3 Show Notes

Have Cane, Will Travel

Duration: ~25 minutes

In this episode of **Blind Frontiers**, host Jeff Molzow dives into the dynamic world of Orientation & Mobility (O&M)—the essential training that enables blind individuals to navigate the world safely and independently. Jeff is joined by two certified O&M instructors, Joni Martinez and Andrew Burnett, who not only teach these vital skills but also live them every day as blind travelers themselves.

Joni and Drew share their personal journeys to blindness and how O&M transformed their lives. They explore the tools of the trade—from various types of white canes and travel tips to techniques like two-point touch and constant contact. Listeners will learn how cane choice, tip selection, and technique can drastically change the experience of navigating both familiar and unfamiliar environments.

Whether it's traveling across town or across the country, O&M is the key to confidence and freedom. This episode highlights that independence looks different for everyone—and with the right training and support, every blind individual can define and achieve their own version of travel freedom.

Main Takeaway:

Orientation & Mobility (O&M) is more than cane training—it's the gateway to true independence for people who are blind, and it's deeply personal, adaptive, and empowering.

Tune in to discover how the long white cane becomes more than just a mobility aid—it becomes a symbol of self-determination.

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