

6b4

Travel Planning

Do

Make a plan about travel arrangements to cover the mode of transport, times, companions, costs and so on.

Story

Beth likes to spend all day riding buses around town. For her, the journey is much more than a way of getting from one place to another. The bus system provides a place for her to feel in charge of her own life and her daily routine, to build up friendships with many of the drivers and regular passengers, and to contribute to those friendships as an equal. See *Simon 2003*.

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Hints & Hazards

As well as talking about travel arrangements, it often helps to rehearse the journey before it is needed. Beware of making too detailed a plan or providing too much support as this might leave the person unable to respond creatively if something untoward happens. Additional benefits might include increased access to shops, a less sedentary lifestyle, greater self-confidence and independent travel might elicit a more positive attitude from others. Comprehensive travel plans include an acceptance that getting lost sometimes and accidents are almost inevitable.

Always use the same pocket for the fare and the ticket. The travel agent on the High Street and the local environmental or cyclists group may have local knowledge of travel companies or routes.

Information about research into accessible public transport can be found at www.cts.ucl.ac.uk/arg/