

6b5

Travel Disaster Planning

Do

Make a plan for what to do in the event of particular problems arising.

Story

Ingrid avoided the bus for fear of getting lost. Together with the worker, she examined a number of anticipated disasters to find ways of dealing with them. For example if she missed her stop, then Ingrid planned to get off at the next stop, cross the road and catch a bus back and re-cross the road.

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Hints & Hazards

Discussing anxieties may acknowledge them or inflate them. The goal is to help the person use problem-solving skills in situ, rather than relying on prepared plans. Anxiety may be reduced more effectively through distraction and experience rather than focusing on it in discussion. In a live situation, felt anxiety might reduce the person's ability to solve problem that were easy to tackle in theory. Is it best to allow some things to go wrong?

See 5a4 'Support and Crisis Plan'. We have heard about one service that supports independent travel with detailed photo route plans. One of the most creative bits of thinking was to include a couple of photos of landmarks that will indicate that the person has missed their stop on the bus.