



TRANSPORTATION SURVEY

1. Do you use or have you ever used public transportation? _____

2. What type have you used? _____

3. What type of transportation do you use most often? Why?

4. How would you rate this form of transportation, on a scale of 1 to 4 with 1 being the lowest and 4 being the highest? _____

5. How much money do you spend each week on transportation? _____

6. What are some of the benefits of public transportation?

7. What are some of the drawbacks of public transportation?



TRANSPORTATION

As you venture down the road of life and become more independent, you will make an increasing number of decisions related to transportation. You want to be able to get out on your own and not have to rely on your family to take you. In this section, we will give you some information on various forms of transportation so that you can make informed decisions.

Know the Options

Personal Vehicle

There may be a car, truck, or van owned by you or your family available for your use. To drive a vehicle you need a driver license issued by the state in which you live. If your high school offers driver education classes, then according to the law, driver education must be available to students with disabilities attending that high school. You may also learn to drive with a parent or responsible adult, an independent driving school, or teacher. The state of Arizona requires successful completion of a written test, driving test, and eye test before issuing a driver license.

The vehicle you drive may need to be changed to accommodate your abilities. Adapted driver training is offered through independent schools and teachers. Depending on your abilities, you may want to have an evaluation by an occupational therapist certified in rehabilitation, to ensure that you identify the equipment that best suits your needs.

Private companies sell and install adapted driving equipment. Know what equipment you want and compare prices. Although parts vary in price only slightly you can save hundreds of dollars in labor costs by shopping around. A reputable installer will make adjustments to fine tune the fit at no additional cost. When buying a new vehicle, special discounts are offered, by most car makers, to people who order the car with adapted equipment.

Public Transportation

- ◆ The Valley Metro – the bus system in the Phoenix metropolitan area. Valley Metro offers several types of rides for people with various needs. Local bus service is available to anyone who can access the bus system. Call 602.253.5000 for help to plan your route and ask questions.
- ◆ Dial-a-Ride – for riders over the age of 65 OR riders with disabilities. The driver may ask you for proof of age or disability.
- ◆ Dial-a-Ride ADA – for riders who have applied to and been certified by the Valley Metro ADA Certification Office. This certification will allow you to make reservations up to 14 days in advance. Call 602.495.5777 to apply.
- ◆ Independent taxi service – available to anyone who can access a standard taxi.
- ◆ Independent accessible taxi services – taxi services providing vans capable of transporting most types of wheelchairs.



Community Resources

- ◆ Friends – going to the movies, dinner, etc., if they provide the ride you may be able to take a larger share of the remaining expense.
- ◆ Carpool – share driving expenses with a fellow student or co-worker.
- ◆ Family – share vehicles and expenses with your family.
- ◆ Church and community organizations – Many churches and service organizations, especially in rural areas, work together to provide transportation to those who need it. Churches often have accessible vans and drivers, and service organizations offer resources.

Airplane

When you travel large distances with limited time, flying is a great option. Taking personal transportation equipment on a plane takes a little planning on your part. When making a reservation tell the agent about equipment you use or any accommodations you need. A personal wheelchair can be used right up to the plane door and then checked as baggage (they will take it down with the baggage, but then bring it back up to you at the end of the flight). While making your reservation you may request aisle or bulkhead seats to give yourself space to transfer. You may also request, in advance, the use of an on-board wheelchair, provided by the airline. Your personal transportation equipment or medical supplies are not counted against the baggage limits. When passing through the security screening area, tell the screeners about any equipment that may be harmed by x-ray and request a visual screening. You may also ask to be screened in an area outside of public view. Airline terminals can be very large so when making connections allow extra time between flights. Restrooms on airplanes are not ADA accessible, plan accordingly.

Passenger Train

When you make reservations to travel by train, tell the agent about any accommodations needed or equipment you will be bringing. Making the reservation by telephone lets you talk to the agent and plan the best trip. Almost any need will be accommodated; however, travel plans can best be made with complete information. Special meals, ice for medication or food coolers, a transfer chair, and space to store a personal wheelchair are all available. Accessible coach cars and sleeping cars are readily available. Trains use various types of cars and stations have all kinds of platforms, so give the reservation agent as much information as possible to make sure your trip runs smoothly.

Know What Options Meet Your Needs

How many different types of transportation do you now use? Are there other types of transportation you would like to try? What are the barriers to your using other kinds of transportation? Where can you get answers to questions about transportation?

Have you ever used a bus? Does it stop near enough your home to be accessible to you? Can you safely cross a street to catch a bus? Does it go where you want to go? How long will it take? Will waiting in the heat or cold impact your health? Who can help you learn to use the system? Where can you get your questions answered about the bus system?

Do you want to drive? What would you have to do to get a license? Does your high school offer driver education? Can you afford a car, insurance, and the upkeep it needs? Would a car need modifications before you drive it? Can you save money for a car without losing benefits?

Are there carpools at work or at school? Does your neighbor work in the same area you do? Does your church have an accessible van? Do friends from school live nearby? Are you willing to share the expenses involved in driving?

Know How to Keep Yourself Safe

- ◆ Plan ahead, plan ahead, plan ahead.
 - ◆ Know your route.
 - ◆ Allow extra time.
 - ◆ Write down or tape record the name, exact address, and phone number of your destination.
 - ◆ When traveling out of town tell a friend or neighbor when you are leaving and when you expect to return.
 - ◆ Make sure your personal travel equipment is in good repair.
 - ◆ Take along any tools you may need to make minor repairs and know how to use them.
 - ◆ Take snacks, water, medications, supplies, a cell phone, and the phone numbers you may need.
 - ◆ Wear a medic-alert bracelet if applicable and have emergency medical information and emergency contacts close at hand.
 - ◆ When using the Phoenix bus system, keep the night rescue number in your cell phone: 602.495.5555.
 - ◆ If anything is confusing or feels uncomfortable, ask questions of the transportation employee until your concerns have been addressed. Ask to speak to a supervisor if the employee is unable to provide the information you need.
 - ◆ Before accepting a ride with an acquaintance, get to know that person. Meet him/her for lunch in a public place. Ask for a phone number and address and look that person up; the internet is a great resource for learning about people.
- Never accept a ride from someone you don't know very well.**



Resources

www.valleymetro.org; 602.253.5000

www.amtrak.com; 1.800.872.7245

www.americawest.com; 1.800.235.9292

Donna Powers, The Community Forum, 602.223.4104

Arizona Bridge to Independent Living, 602.296.0535

Jenny Nordine, Driving to Independence, 602.267.9713

Leeden Wheelchair Lift and Sport, 480.966.2372

Donna Hahn, Tempe Union High School District, 480.839.0292

Stuart Sobrane, Arizona Department of Transportation, 480.778.1888 x 6207

Western Medical, 602.257.9347

Sources

America West Airline

Amtrak

Valley Metro

The Community Forum

Driving to Independence

Arizona Department of Transportation

Telephone Pioneers

Leeden Wheelchair Lift and Sport

Arizona Bridge to Independent Living

Share-the-Ride

Choosing Your PAR Goal

Select one or two Transportation Goals and use PAR to monitor your progress.

PROBLEM/GOAL/HYPOTHESIS	RESOURCES	STRATEGY/DATA
Problem: Goal: Hypothesis:		Strategy: Data:
Problem: Goal: Hypothesis:		Strategy: Data:

