



A Support Plan to Learn to Ride Public Transportation *(This can be shared at your Life Plan meeting, with a friend, family member or support person)*

Step 1:

1. Have your support person plan the ride with you. If you are using Paratransit make sure you schedule a companion ride for your staff to ride with you.
2. For the first time have the support person go with you on the ride and give whatever help you need along the way.
3. Make sure you have exact fare (\$), personal items (ex. medications, anything you need for the trip).
4. Make sure you see and learn landmarks and stops.
5. Go over the experience together afterward.

Step 2:

1. Plan the trip.
2. Make sure you have everything needed for the trip. It is okay to have help if you need it.



3. Have your support person take the trip with you, but be separate from you, letting you do it as if you were alone. They can assist as needed.
4. Go over the experience together afterward. Think of what assistance they gave you, and how you might do it without them.

Repeat Steps 1 and 2 as often as needed, until you feel comfortable.

Step 3:

1. Schedule the trip. Ask for help if needed.
2. Take the trip by yourself. Have your support person follow in a car, if possible. Or repeat Step 2, but have them not interfere in any way, as if you are alone.
3. Go over the experience together afterward. If there is any part of the trip that did not work for you doing independently, take a look at what supports or adaptations you need. Where did you have trouble? What could you do differently next time? What items (like a pass holder or watch) do you need?



4. If you feel you can take the bus or train, but need assistance, that is okay. You may need to plan that into your supports.

Once you feel comfortable with all of the above steps, you are ready to take your first trip by yourself.

Step 4:

1. Arrange for support person to be available with a phone during the time you will be taking the trip. Take the trip by yourself.
2. Call your support person when you get to your destination and at the end of the return trip.
3. Go over the experience together afterward.

Remember: Everyone learns differently and at their own pace. Do not get discouraged if things take a long time to achieve.

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