

Fact Sheet 2: Travelling Independently

This sheet provides information about what support is available for people who are assessed as able to travel independently

Part of the assessment is to determine whether or not you are able to travel independently. In many cases we will not be able to decide this just by talking to you and the people who help you. We will ask other people such as Occupational Therapists to work with you, to see what your specific needs are in relation to travel.

Learning to Travel Independently and Confidence Building

We want people to be as independent as they can be. Some people with a bit of help may be able to learn to travel independently, whereas others may have the skills to travel independently but don't feel confident about it.



If your assessor thinks you could benefit from learning travel skills they will ask specialised professionals to work with you. The types of things they may teach you are:

- How to plan your journey
- How to travel by bus
- How to buy tickets
- What to do if you feel unsafe while travelling
- What to do if the bus doesn't come/ things go wrong
- When to get off the bus
- How to cross the road safely
- What to do if things change
- What to do if you have any difficulties with other travellers

It may be that following the training we think it is not appropriate for you to travel alone. Your assessor will then talk to you about the best options to meet your transport needs.

If following the training you are able to travel alone, your assessor will look at all the issues involved and talk to you about the support available.

Staying safe

Part of the training and the assessment will be to check that you are able to stay safe while travelling and what to do if something goes wrong. Sometimes bus routes, changes, services change times or location, and any change may mean you need

some extra support to stay independent. Your assessor will tell you how to contact us if something changes.



Bullying & Antisocial Behaviour

Sometimes people are affected by anti-social behaviour which makes them feel frightened and unsafe when travelling. Part of your support will be to make sure you know what to do if this happens to you.

Safer Places Scheme

The Safer Places Scheme provides temporary places that you can go to if you are feeling unsafe, vulnerable or scared when out in the community. Establishments which have joined the scheme can be identified by the Safer Places logo which is displayed in the entrance of local shops, businesses and other organisations.



Part of your training will be support you to join the scheme, to teach you how to recognise a safe place and what to do when you get to one. Part of the scheme involves you having a Keep Safe card with the contact information of a relative or carer who can be called on for support.

For more information on the Safer Places Scheme please see the link below:

www.stoke.gov.uk/saferplaces

What to do if things change

For various reasons things sometimes change and it may mean we need to check whether you are still able to travel independently, or we may need to give you some help to regain your confidence or skills. For example:

- You may have been unwell and had a period where you haven't been able to travel and have lost your confidence
- Your service or its location may have changed and you are no longer sure how to get there
- The transport you are using may have changed (bus timetables) and you aren't sure what bus you need to catch now
- Your own physical and mental health needs may have changed

Whatever the reason if things change you need to tell us so that we can check you are getting the right support you need.

You can do this by:

- Contacting your allocated social worker if you have one
- Calling the Contact Centre on **0800 561 0015**
- Talking to the people who support you and asking them to contact us.