

Buckle Up!



It Will Keep You Safe!

1. **The best protection you have in a vehicle is your seat belt.** Don't go anywhere without buckling up.
2. **If you travel in a wheelchair, remember to fasten your tie-downs.** They'll help keep your wheelchair in place.
3. **Teen drivers: on the road, off the phone - no texting while driving.** It is UNSAFE!
4. When you become of age for "Behind the Wheel" training, ask for help to determine if adaptive devices/adaptive vehicle are appropriate for you.
5. There are specialized "Behind the Wheel Evaluation Services" available to help decide what you may need.
6. Explore funding for vehicle adaptations. Possible resources include:
 - ♦ The [Rehabilitation Institute of Chicago's LIFE Center](http://lifecenter.ric.org/index.php?tray=topic_alt&tid=top6&cid=5005b) also has information on adapting motor vehicles, driving, and disease-specific information on their website: http://lifecenter.ric.org/index.php?tray=topic_alt&tid=top6&cid=5005b
 - ♦ Visit the [Infinitec](http://www.infinitec.org/live/driving/drivingintro.htm) website, <http://www.infinitec.org/live/driving/drivingintro.htm>, for information on driving assessments, car modifications, equipment dealers and funding for car modifications.
 - ♦ The **Department of Human Services (DHS) Division of Rehabilitation Services (DRS)** may help with cost and installation for vehicle modifications for those in a vocational program. If a vehicle is necessary for you to obtain vocational rehabilitation services or to accomplish your employment goals, DRS may also fund a driver's evaluation and training under these same conditions. Visit <http://www.dhs.state.il.us/page.aspx?module=12> to find an office in your area or call **(800) 843-6154**.
 - ♦ **Illinois Assistive Technology Program**, <http://www.iltech.org/cashloan.html>, offers the [TechConnect](http://www.iltech.org/cashloan.html) Low Interest Loan program. The loan enables disabled persons and their families to apply for cash to buy services, adaptive equipment, and home modifications. To see if you qualify or apply, visit their website or call **(800) 852-5110**.
7. **Check your gas before you leave on a trip.** Running out of gas is no fun.
8. **Don't EVER get into a car when the driver has been drinking alcohol.**
9. **Always drive with a licensed driver.** If the driver has a permit, then someone else in the car must have a license.

(See next page for tips for getting around safely)

What You Need to Know to Get Around On Your Own in the Community

- ◆ Recognize types of transportation.
- ◆ Understand that it is unsafe to accept rides with strangers.
- ◆ Use public transportation with assistance.
- ◆ Use public transportation independently.
- ◆ Learn how to call for a ride if using special transportation.
- ◆ Learn public bus schedules.
- ◆ Learn to safely enter and exit transportation.
- ◆ Know when and where to get on and off public transportation.
- ◆ Learn to ask for the amount of the fare, if not known.
- ◆ Identify the correct amount of money for the fare.
- ◆ Pay fare for the ride.
- ◆ Learn to use the wheelchair lift.
- ◆ Learn to ask for assistance with safety belts/harnesses.

**To learn more about transportation training classes, call the
Illinois Network of Centers for Independent Living toll-free at 1-800-587-1227.**

We're here to help. To learn more about UIC-Specialized Care for Children's programs and services, check out our website at:

dsccl.uic.edu or like us on  facebook.com/dsccl.uic.edu