

Travel Safety

Transition Skills, Tips & Tools
Staying Safe While You Travel



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 all tie-downs.** They'll help keep your wheelchair in place.
3. **While driving, always keep eyes on the road and off the phone. No texting while driving.** It is UNSAFE and could cause an accident!
4. When you are old enough for "Behind the Wheel" training, ask for help to see if adaptive devices/an adaptive vehicle are appropriate for you. Those who can help include your school Individualized Education Program (IEP) team, school counselor, occupational therapist or Division of Specialized Care for Children care coordination team.
5. There are specialized "Behind the Wheel Evaluation Services" available to help you decide what you need.
6. Funding is available for vehicle adaptations. Possible resources include:
 - **The Shirley Ryan Abilitylab's LIFE Center** has information on drivers rehab programs at www.sralab.org/lifecenter/resources/listing-drivers-rehabilitation-programs-chicago-area-and-beyond
 - **The Department of Human Services (DHS) Division of Rehabilitation Services (DRS)** may help with the cost and installation of vehicle modifications for those in a vocational program. If you need a vehicle to access vocational rehabilitation services or to accomplish your employment goals, DRS may also fund a driver's evaluation and training under these same conditions. Visit www.dhs.state.il.us/page.aspx?module=12 to find an office in your area or call **(800) 843-6154**.
 - **The Illinois Assistive Technology Program** Promotes available assistive technology services. Call **(800) 852-5110** or visit iltech.org/.
 - **The MDA Engage: Adaptive Driving** webinar is available for on-demand viewing. It focuses on understanding adaptive driving options and the processes involved. The webinar discusses vehicle modifications along with how to find resources and support for financing an adaptive vehicle: www.youtube.com/watch?v=MZ3DE8RgAzc.

7. **Check your gas before you leave on a trip.** Running out of gas is no fun. It can leave you stranded in an unsafe place.
8. **Do not drink or use drugs and drive. Do not get into a car when the driver has been drinking alcohol or is under the influence of drugs.**
9. **Always drive with a licensed driver.** If the driver has a permit, then someone else in the car must have a license.

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 cost of fare if you do not know.
- Identify the correct amount of money for the fare.
- Pay fare for the ride.
- Learn to use the wheelchair lift.
- Learn to ask for help with safety belts/harnesses.

To learn more about transportation training classes, call the Illinois Network of Centers for Independent Living toll-free at (800) 587-1227 or visit www.incil.org/about-us/.

We're here to help.

To learn more about the Division of Specialized Care for Children's programs and services, check out our website at: dscc.uic.edu

