TRAVEL TRAINING PROGRAM

Using public transport to travel to and from a work place or day program

Objective: To enable people to travel safely and confidently between their place of residence and their place of work, school or day program location on any given day.

Prerequisite Skills:
- Ability to communicate with and be understood by others – including augmented communication through electronic devices.
- Capacity to use a phone (prefer the person to have a mobile phone and be competent in its use).

Areas to be covered in training process:
1. Familiarising with the transport route – bus, train or tram
2. Changing transport en route – ie: from bus to train, or changing trains
3. Familiarity with schedule – AM / PM
4. Different days - different destinations
5. Understanding the public transport process:
   - ticket purchase
   - getting on and off train, tram or bus
   - people roles - bus driver, conductor, security personnel, ticket inspectors
   - emergency procedures – if they feel threatened or if there is an accident
6. Unpredictable events – negotiating difficulties. e.g. Missed my bus / stop, wrong bus-route-destination, unfriendly people
7. Back up plans

Information required for each participant, their family and support staff:
1. Phone contacts for all involved parties – mobile No. of trainee, family and support worker or volunteer (include a list of designated people to contact if something doesn’t go according to plan),
2. Emergency contacts – 000 Police, Ambulance, Fire (ensure these are keyed into the person’s phone and that they know when it is appropriate to use this and when it is not
3. Bus / train / tram routes, timetable, phone number for the destination (if there is one ie: place of work) as appropriate to the participant. There are apps available for iPhone, iPad, Android and Nokia phones with Metlink Timetables. The PTV journey planner and getmeabout.org.au websites are helpful to work out routes and methods of travel.
4. Plan developed around how the training will be offered to the individual – participant and family involved in this.
5. Weekly plan of public transport for participant – moving through from supported to independent phases
BREAKDOWN OF PROCESS

<table>
<thead>
<tr>
<th>PHASES</th>
<th>TASKS</th>
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<tbody>
<tr>
<td>I</td>
<td>Basic training in using public transport (becoming familiar with the system) – MYKI purchase and use, or using Access Travel pass use of phone on transport, travelling to unfamiliar destinations, acceptable behaviours on public transport, use of diary to check daily destination. Safety and emergency procedures. These skills could be learned in group situations over a long period of time or individually. General orientation to the community and learning directions from a young age are highly recommended (walking around the neighbourhood, learning left and right)</td>
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<tr>
<td>II</td>
<td>A Trainer (family or paid staff or volunteer) accompany trainee AM / PM to and from home to work or school. Talk about where they are going, street names, directions (left/right), land marks. Write down the route, use pictures if needed.</td>
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<tr>
<td>III</td>
<td>Trainee travels independently with assistance at drop off / pick up points by Trainer. Trainer asks the trainee to lead the way</td>
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<tr>
<td>IV</td>
<td>Deliberate unpredictable event - trainee travels independently and negotiates planned difficulty – contact with bus driver or station attendant to ask for help, use of phone to contact their designated person as appropriate, correct mistake with minimal impacts.</td>
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<tr>
<td>IV</td>
<td>If needed, as an added safeguard, an unfamiliar person could follow the trainee to note any issues.</td>
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<tr>
<td>VI</td>
<td>Trainee travels independently to and from all destinations throughout the week.</td>
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Development of this Travel Training Program has been made possible through the generous support of the State Trustees Donald Mann Bequest.
Teaching Notes

Begin at Phase I and proceed to the next Phase if the Trainee has successfully completed a Phase for 10 consecutive tries.

Being able to use a mobile phone is a highly recommended safeguard for the trainee. There are also a number of apps available for mobile phones to help with journey planning.

Teach emergency contacts and who to go to when they have concerns. Make sure the emergency number is in the phone and the trainee knows when to use it and when not to use it. Ensure family and friend contacts are in the phone and easily accessed.

Data Collection

Check level of success:
- X & DATE - completed phase successfully
- O & DATE - did not complete phase.

Sample travel training program

Objective:
To travel independently to a variety of locations on any given day by public transport, safely and confidently and to be able to negotiate difficulties, such as schedule changes, cancellations.

Phase I:
Discussions with the trainee, covering concepts involved with travelling on public transport, including ticket purchase, planning travel with timetables and bus/train routes, using diary to indicate different destinations for different days, using phones and emergency contacts, dealing with unexpected events – delays, wrong bus, uninvited contact from strangers, norms of social behaviour in public environments, weekend travel – discuss what is relevant to the person (these discussions may occur over a long period of time. It is highly recommended that young children are familiarised with the public transport system and their neighbourhood with their family and at school).

Phase II:
Accompanied travel during which trainer provides prompts where required, and asks trainee how they might deal with challenges during the travel time. Planned disruptions to the usual travel arrangements ie: travelling beyond expected stop; trainer ‘role plays’ uninvited contact from member of public; the wrong bus is caught. Work on increasing withdrawal of trainer as the travel companion.

Phase III:
Trainee travels independently, with emergency contacts, and makes contact with Trainer during travel.

Phase IV:
Trainee travels independently and arrives safely and consistently for a week

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