



Gearing Up For Your Transitions

TRAVEL Guidelines To Keep You Safe!

The following information was adapted with permission from The University of Illinois at Chicago

- 1. The best protection you have in a vehicle is your seat belt.** Don't go anywhere without buckling up it is the law in Delaware and many other states. You can be ticketed for not using one.
- 2. If you travel in a wheelchair, remember to fasten your tie-downs.** They'll help keep your wheelchair in place.
- 3. No texting or using an electronic device while driving.** It is UNSAFE and against the law in Delaware and many other states!
- 4. Investigate Adaptive Devices.** When you become of age ask for help to determine if adaptive devices/adaptive vehicle are appropriate for you. Check for adaptive evaluation services. Explore funding for vehicle adaptations
- 5. Research ahead of time.** Find out what kind of public transportation is available where you are going. Most major cities have buses, taxi's or subways. If you call a taxi make sure to ask if it is ADA compliant. If you are using a rental car call ahead to see if they provide modified vehicles.
- 6. Check your gas before you leave on a trip.** Running out of gas is no fun.
- 7. Don't EVER get into a car when the driver has been drinking alcohol.** Drinking alcohol and driving is against Delaware Law! Never, drive a vehicle when you have been drinking.
- 8. Always drive with a licensed driver.** If the driver has a permit, then someone else in the car must have a license.
- 9. Make sure your vehicle and the one you ride in is insured.** Car insurance is required by Delaware Law!
- 10. Know what you will need.** Airlines have signs and safety cards in Braille. Make sure the facility has an accessible method for you to get to your train, plane or bus. Do you need to sit in an aisle seat? Will you need wheelchair assistance? Calling ahead and letting them know helps you and those whose assistance you need.
- 11. Hotel Accommodations.** Make sure you get the services you need. Most hotels have at

least one accessible room. Call the hotel in advance to determine if they have roll in showers, handrails, shake awake alarm clocks. Be specific. When traveling out of the country it may be more difficult to find accessible lodging.

12. Public Locations. When traveling realize that some buildings are very old and may not be accessible. Call ahead of time before you plan your visit and ask detailed questions to see how accessible they are.

13. Pack Medicines. Your trip will be much smoother if you pack enough medical supplies for your trip. If you get delayed for any reason you will be prepared. Make sure you take some in your carry-on bags if flying in case your luggage is lost.

What You Need to Know to Get Around in Your 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