



# Community Living Skills

## Snapshots

## Transportation

“Transportation continues to be one of the biggest barriers people with disabilities face in achieving independence. It impacts almost every facet of life, and it’s not just vehicles; the built environment provides its own set of challenges.”

— **Billy Altom, director of Association of Programs for Rural Independent Living**

### Introduction

The Transportation session is part of the Community Living Skills workshop. It covers some basic forms of transportation, disability-specific tips and transportation methods, and some travel safety. Regardless of community size and type, being able to get around is a key part of independence, but can be a challenge for many people.

### Content Summary

**Introduction:** Planning your trip

**Short Trips:** Methods and tips for traveling short distances, generally around one’s home community

**Long Trips:** Methods and tips for traveling that may be used to get to and around farther destinations

**Your Community:** Key features to navigate around one’s own community

**Travel Safety:** General safety tips around public transportation and walking alone, as well as emergency planning





**Healthy Community Living** is a program to support opportunities for people with disabilities to live well and participate fully in their communities.

It includes two peer-led independent living skills workshops, **Community Living Skills** and **Living Well in the Community**, which are each divided into ten specific content sessions.

RTC:Rural used an iterative participatory curriculum development (IPCD) process to involve key stakeholder engagement in the development, implementation, and evaluation of each workshop.

Each workshop has been developed through partnerships with people with disabilities with the Association of Programs for Rural Independent Living (APRIL) and Centers for Independent Living (CILs).

The HCL Snapshots series explores how partner participation through the IPCD process was fundamental in shaping the HCL program to improve people's wellbeing by providing support, health promotion, education, and opportunities for people with disabilities to succeed in reaching personal goals.



## Learning Objectives

Workshop participants can learn strategies for taking trips, transportation options to get around various communities, and tips for getting to know their communities and staying safe while exploring them.

## Disability Community Partnership Shaped Content

The Transportation session is a core component of the Community Living Skills curriculum. Whether in smaller communities, where a lack of transportation options might necessitate creative thinking in order to successfully travel, or larger communities, where transit might be overburdened or not fully accessible, people with disabilities need to know the options available to them and how to think about effectively using those options.

In developing session content through an iterative participatory curriculum development (IPCD) process, CIL partners helped form a session that covered common forms of transportation, including some information on specialized transportation types such as Paratransit, medical transport and accessible personal vehicle considerations.

In the pilot phase, participants used the session content to have many discussions, provide peer support and share personal stories. Facilitators shared that there were especially deep discussions around vehicles and modifications, and the difficulties in asking others for rides. One participant shared that they had been recently approved for local Dial-a-Ride services and they were going to use that as a step toward looking for employment.

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**RTC:Rural**  
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