

Travel Training 101

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YAI Network

- YAI and its network of affiliate agencies offer children and adults with intellectual and developmental disabilities (I/DD) a comprehensive range of services.
- YAI is committed to seeing beyond disability, providing opportunities for people to live, love, work, and learn in their communities.

Travel Training

- Our travel training program began in our Day Service department in 2011.
 - Trained by New York City's District 75.
- Presently funded by the Enhanced Mobility of Seniors and Individuals with Disabilities Public Transportation grant program (5310).

5310 Grant

- One-on-one training for both internal and external applicants.
 - Pre-travel curriculum
- Information Sessions for parents and caregivers.
- 2-Day Travel Training for parents and professionals.

Travel Training Services

The family of travel training services and mobility management refers to the techniques and methods used by professional travel instructors to increase the independent travel skills of the people they support. These include:

- Training on how to travel from a specific origin to a specific destination.
- Route trainings.
- A general orientation to a public transportation system (purchasing a MetroCard, reading a schedule, identifying landmarks, etc.)

Travel Training

- Travel Training is short term, intensive, one-to-one instruction designed to teach people to travel safely and independently on public transportation from home to a fixed location in the community.
- On average, travel training lasts about 15-20 sessions or 3-4 weeks.
- Travel Training at YAI is a competency-based program. The person needs to display proficiency in the required skill levels to successfully complete the training program.

Initial Training

- The Travel Trainer meets the person at their home and travels with them on a fixed route to their destination.
 - A full environmental analysis is completed by the Travel Trainer prior to the start of training to assess the area and find the route that poses the least amount of risk.
- An alternate route is also taught for when preferred route is inaccessible.

Initial Training Continued

- The primary focus is finding the conductor's board and boarding in that car only.
- On the bus, sitting near the front of the bus near the driver.



Problem Solving

- Is the person able to find their way if lost or faced with challenges while traveling in the community?
 - Speaking to a bus driver/conductor for assistance.
 - One stop past on bus and train.
 - Alternate entrance/exit at train stations.
 - Getting lost – the Travel Trainer takes the person to an unknown location and observes them problem solve to the desired location.
- Is the person able to find their way without assistance from the Travel Trainer.

Pre-Travel

- At home or in program education on foundational skills, before travel training begins.
 - Using identification
 - Map skills
 - MetroCard/OMNY
 - Spatial awareness



Traveling with Strangers



What you will learn today:

1. How to identify strangers.
2. Why you can't trust a stranger.
3. Emergency situations that may arise while traveling.
4. How to handle an unsafe situation with a stranger.

What makes someone a stranger?



Can you trust a stranger?



Talking to Strangers



Strangers Asking for Money



What if a stranger offered to go with you on public transit?



Strangers Following You



What can you do to get away from a stranger?



Who could you ask for help?



How can you ask for help?

- Show your ID card.
- Say "I need help."



Use a phone to call for help.

Call your family or staff.



Ask someone to help you call your family or staff.



If you have an emergency, call 911.

Examples:

- Someone is following you and you are not with anybody who can help you.
- Someone is trying to hurt you physically OR you're worried they may physically hurt you.
- You are very lost and have no idea how to problem solve your way home.

It's okay to walk away or change seats.



How would you handle an unsafe situation with a stranger?

Let's share!



What did you learn today?

1. Strangers are people you don't know at all or don't know well.
2. You can't trust strangers because you don't know if they are good or bad people. They can try to take advantage of you and put you in an unsafe situation.
3. If a stranger talks to you in the community, you can:
 - Walk away
 - Say "I don't know"
 - Ask someone for help

Contact Information

- For information on upcoming trainings please visit the YAI Knowledge website:
 - <https://www.yai.org/travel-training>
- Contact Information:
 - Email: traveltraining@yai.org
 - Telephone: 646.970.4618

Questions?

