Getting in Charge of Getting Around

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Heading out the door as an active traveler.
Goals

● Recognize the many decisions in managing adult responsibilities and travel needs.
● Identify specific skills needed to manage transportation safely and efficiently
● Describe practical suggestions for family involvement in active traveler readiness
“I’m waiting for the Google car.”

It’s our future!

1957 ad (H. Miller artist) for America Independent Electric Light and Power Co.
Questions to Ask

- Where do you want to live? (size of community)
- What are your interests and activities to participate in outside of school/work?
- What skills do you need to work on for traveling independently?
- How do these decisions affect your travel needs and budget?
Independence – Yes!

- Feeling positive about my active traveler status
  - Environmentally friendly choice
  - Community connections at ground level
  - More funds, less stress
- Few role models for building this skill set
- Redefining spontaneity, convenience
- A century of auto ownership is what’s familiar
Active Traveler Readiness

- Practice eye lead (looking ahead and predicting route) and eye scan (checking periphery)
- Practice following a 3-step route, reversing a route and mental mapping a route
- Check out a range of intersections and talk about traffic flow
- Make a game of traffic sign identification
- Ride bikes (other wheels) together to practice turns, navigating
Developing Active Traveler Skills

- Start with active passenger role
- Gauge student interest
- Practice travel together
- Work out an exchange rate (not favors) on rides
- Estimate & keep a record of costs (time, $$)
- Make a plan for that 1st solo trip
- Support a travel account
School Hallway vs. Highway

Driver’s Ed Defensive Driving Strategy

● I—Identify—Locate what’s ahead and spot potential hazards in your path of travel

● P—Predict—Judge what could be possible obstacles, hazards to avoid

● D—Decide—Decide what action to take, when and where to adjust your planned path

● E—Execute—Act by moving to avoid hazard

Compare to school hallway navigation
How is life different when you are not at the wheel?

- My responsibility in ride planning and paying
- The expense decision: time or money?
- Flexibility with change in the schedule
- My preferred back-up plan
- Good use of wait time
Cost of Operating a Vehicle

Driver expenses:

- Car payment = $___
- Gas = $___
- Insurance = $___
- Tag(taxes) = $___
- Tolls/parking = $___
- Maintenance = $___

Monthly cost $______

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Travel Skills for Students

- Using travel tools: GPS, apps, maps, compass, timetables
- Using optical devices
- Obtaining pertinent travel information (phone, internet)
- Building interpersonal skills
- Practicing critical thinking
- Choosing appropriate times for self-advocacy, assertiveness
Be Prepared!

“There is no such thing as bad weather, only unsuitable clothing.”

Alfred Wainwright
Questions for Learning My Route

- What major intersections, landmarks can I map along the route to check my location?
- Is there a traffic light within 2 blocks of my destination?
- Is the business on the left or right side of the street?
- What is the color and size of the building, the business sign? (Google street view)
- If I’ve gone past the address, what landmark will I see that lets me know I’ve gone too far?

A Guide for Active Traveler Lessons

- **Finding Wheels:**
  Strategies to Build Independent Travel Skills for Those with Visual Impairments (2020)

- Dr. Anne Corn and
- Dr. Penny Rosenblum
Heading out the door as an active traveler.
Goals

- State activities that can be practiced with a young adult to develop practical independent travel options.
- Identify progression of skills needed for a young adult to become an independent traveler when a non-driver.
- Recognize ways for a young adult non-driver to share in the responsibility as an active passenger and co-navigator.
Transportation Options for Active Travelers

- Personal (non-vehicle) travel: walking, cycling
- Rides from family, friends
- Hired drivers (contract)
- Taxi
- Paratransit (door to door shared ride)
- Rideshare request apps (e.g., Lyft, Uber)
- Mass transit-bus, train, subway

Most likely option as Plan A & Plan B?
Walking and Cycling  
(personal travel)

<table>
<thead>
<tr>
<th>Pros</th>
<th>Cons</th>
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<tbody>
<tr>
<td>● Freedom to not rely on others</td>
<td>● Time consuming</td>
</tr>
<tr>
<td>● Set own schedule, spontaneous trips</td>
<td>● Safety issues in certain areas</td>
</tr>
<tr>
<td>● Minimal cost</td>
<td>● Subject to bad weather</td>
</tr>
<tr>
<td>● Health benefits</td>
<td>● Restriction on residence, employment</td>
</tr>
<tr>
<td>● Outpace traffic</td>
<td>● Dealing with “breakdowns”</td>
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## Rides from Family & Friends

<table>
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<tr>
<th>Pros</th>
<th>Cons</th>
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<tbody>
<tr>
<td>Feeling of safety</td>
<td>Sense of being a burden—subtle or direct</td>
</tr>
<tr>
<td>Ability to negotiate schedules</td>
<td>Equality in deciding on a travel plan?</td>
</tr>
<tr>
<td>Familiarity in spending time during travel</td>
<td>Limitations of travel as a favor vs. payment</td>
</tr>
<tr>
<td>Benefit of assistance during errands</td>
<td>Travel subject to “getting along”</td>
</tr>
<tr>
<td>Space to store purchases</td>
<td>Tension if ride late, cancelled, change of plan</td>
</tr>
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Types of Reciprocation

- “Trade Negotiations”
  - Family
  - Friends
  - Neighbors, co-workers
- “Will work for Rides”
  - Yard work
  - Tutoring
- Pay as You Go
  - Fill the tank
  - Lunch on-the-road
Hired Driver

<table>
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<tr>
<th>Pros</th>
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<tbody>
<tr>
<td>● Door-to-door efficient service</td>
<td>● Challenge of finding and hiring a reliable driver</td>
</tr>
<tr>
<td>● Individual attention available</td>
<td>● Higher cost for service</td>
</tr>
<tr>
<td>for explanation of travel route</td>
<td></td>
</tr>
<tr>
<td>● Flexible schedule regarding stops</td>
<td>● Limitations of driver’s personal schedule, health</td>
</tr>
<tr>
<td>requested, length of stay</td>
<td></td>
</tr>
<tr>
<td>● Route changes possible during travel</td>
<td>● Plan B if driver is delayed, does not show</td>
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Factors in Writing a Driver Contract

- Payment rate (by the hour or the mile, gas costs)
- Agreement on available hours for driving
- Minimum time to request or cancel a trip
- Stipulations on condition of vehicle
- Responsibility of choosing route, providing directions
- One-way vs. round-trip (pay for wait time?)
- Additional considerations (e.g., limit on hauling bulky, heavy items)
Hey Taxi!

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<tbody>
<tr>
<td>Available beyond business hours (24/7?)</td>
<td>Wait time for ride</td>
</tr>
<tr>
<td>Choice of company, driver</td>
<td>Higher cost (base fee + fare)</td>
</tr>
<tr>
<td>Discount fares or travel vouchers</td>
<td>Issues of honesty, safety</td>
</tr>
<tr>
<td>No obligation for small talk during ride</td>
<td>Driver unfamiliar with area, address</td>
</tr>
<tr>
<td></td>
<td>High turnover in drivers</td>
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Rideshare
There’s an app for that!

It’s a Brave New World (travel & technology)
- App shows driver/vehicle info, arrival time
- Able to contact driver
- Rating system (both driver and passenger)
- Affordable & **FAST**

It’s a Brave New World (being safe)
- Confirm driver’s name before getting in
- Monitor route on phone map app (give directions)
- Let someone you trust know
- In busy pick up locations (e.g., airport) ask driver to blink lights when arriving

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## Paratransit

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<td>● Door to door with a driver</td>
<td>● Wait time for ride</td>
</tr>
<tr>
<td>● Minimal cost</td>
<td>● Shared ride</td>
</tr>
<tr>
<td>● Ability to schedule a subscription for frequent rides</td>
<td>● Advanced scheduling required</td>
</tr>
<tr>
<td>● Storage space for suitcases, groceries, packages, etc.</td>
<td>● No route changes or added stops</td>
</tr>
<tr>
<td></td>
<td>● Inability to predict route</td>
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## Taking the Bus

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<tr>
<td>• Sense of community in traveling with familiar passengers</td>
<td>• Additional travel to and from bus stop</td>
</tr>
<tr>
<td>• Fixed schedule helpful in trip planning</td>
<td>• Passenger fatigue from walking between stops, carrying bags, waiting</td>
</tr>
<tr>
<td>• Affordable (option for disability card)</td>
<td>• Frustration with schedules, delays</td>
</tr>
<tr>
<td>• Paying passenger receiving a service</td>
<td>• Weather check (prepare!)</td>
</tr>
<tr>
<td>• Environmentally friendly</td>
<td>• Interaction with strangers often necessary</td>
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Commercial Bus Lines Info

- Travels to *lots* of towns and cities
- More affordable for distance vs. airline, Amtrak
- Experience of seeing the U.S. from a big window view
- Services for passengers with disabilities
- Small trips can lead to big trips…
Getting in Charge of Getting Around

- Goal setting for trip plans, transportation needs
- Awareness of traveler skill set, confidence
- Familiarity with transportation options
- Responsibilities as an active traveler

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