

## Mobile Phones:

These are an important tool for staying in touch when traveling independently.

- \* Ask them to keep the phone charged without being reminded, possibly by a regular routine of plugging in at night.
- \* Teach them to make and receive calls and texts and practice as much as possible.
- \* Start to get them to contact you when you are apart, like texting you when finishing school or college.

These are a few ideas to start them on the road to independence, we do have tools and information that can help you and please contact us if you have any queries.

## Contact:

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# LiftTraining

Learning independence for travel



- \* 1:1 personalized Travel Trainer support
- \* Increased self- confidence and esteem
  - \* Journey Planning
  - \* Road and personal safety skills
- \* Time and money management skills
  - \* Emergency strategies

## Tips for starting independence:

Starting steps to being independent can seem daunting and learners can become overwhelmed with the prospect. While waiting to travel train there are things that you can do as a family to help towards preparing for becoming an independent traveller.

### Time:

To be able to read the time when out independently will help with timetables and transport times.

- ♦ Can they read the time on a watch or phone?  
Travel displays are usually digital format.
- ♦ Start to get them to check the time when leaving home to go anywhere and tell you.
- ♦ When out, get them to read time displays to you.

### Communication:

Even though we teach 'stranger danger', they will need to be able to speak to someone they do not know.

- ♦ Get them to pay for goods when you go to the shop or ask a member of staff where something is.
- ♦ Practice at home, get them to ask for directions or purchase something from you.

## Road Crossings:

Practice this when out and about as a family and practice as often as possible.

- ♦ Start by you making the decisions of where and when to cross, explaining each time why you made that decision.
- ♦ Move to asking them when they think you should cross and where would be a safe place to do this.
- ♦ Move to letting them cross in front of you and make all the decisions.
- ♦ Try to practice using automated and zebra crossings.

## Money:

This can be cash but also tickets for transport can be paid for on contactless cards and the internet.

- Produce coins in your hand and ask them to identify them.
- If they have a contactless bank card get them to practice using it.
- Start completing simple money sums giving them coins and asking them for a certain amount.