



Easy read

Travelling and getting out and about

Self-directed support: an Easy Read guide to getting the help and support you need



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Self-directed support is all about being able to choose the help and support you want.



We are writing lots of fact sheets to help you. Each one tells you more about **self-directed support** and where you can go to find out more information.



This fact sheet tells you about **travelling and getting out and about**. It tells you how you can spend some of your **Personal Budget** on this. Your **Personal Budget** is money you can get to pay for help and support.

Getting out and about



Getting out and about is very important. You need to do what is right for you. You might want to think about

Where you live



Is there **public transport** where you live and can you use it OK? **Public transport** means things like buses, trains and coaches. Anyone can buy a ticket to use public transport. It can be harder to use public transport if you are disabled but things are getting easier. You have to pay less money to travel on public transport if you are disabled.

Having your own transport



Having your own transport means things like having your own car. Some people might have a car but not be able to drive it. You can ask other people to drive you around.

You might have to give them some money for the petrol they use. You can use your **Personal Budget** to help pay for things like the petrol they use.

You can get help to pay to run your car even if you do not drive it yourself.

Travelling on trains



You can get help to travel on trains. You need to tell the people who work on the trains if you need help to get on and off. You have to do this **24 hours** before you want to travel so they can make sure there is someone there to help you. They will not be able to lift you or anything heavy that you have with you.

More about trains

National trains



National trains are fast trains that run across the country. All **national trains** are easy to use for disabled people. You can sleep on some of these trains if you are going a long way. You can take your wheelchair on these trains too.

Local trains



Local trains take you to places nearer to where you live. These trains should have space for you and your wheelchair if you use one. New local trains have been made easy to use for people who do not see or hear very well.



Trains in Europe

You can travel to Europe by train. All these trains are easy to use for people in wheelchairs. You can find out more by



Email **sales.enquiries@eurostar.co.uk**



Telephone **08705 186186**

Underground trains



Some of the trains in London go underground. Some underground stations are easy to use for people and some are not so easy. You can go to this website to find out more about this



www.tfl.gov.uk

Help and support on the train and at train stations

Lots of stations are easy to use. You can get help to



- **Get on and off the trains** – you need to let the station or train company who run the trains what help you need before you travel



- **Use the toilet** – lots of trains have toilets that are easy to use. Main stations have toilets that are easy to use too but you might need to have a key to open some of the toilets. You can ask for a key if you get in touch with **RADAR**. **RADAR** are a group that help disabled people

You can write to them at



RADAR
12 City Forum
250 City Road
London
EC1V 8AF



You can call them on **0207 250 3222**



You can email them at **radar@radar.org.uk**



You can take your **assistance dog** on the train.
An **assistance dog** can help if you cannot see or hear very well.



Everyone who works on the trains should know how to treat disabled people in a good and fair way. This is the law.

Railcards for disabled people



Railcards save you money on tickets when you travel. Disabled people can get a railcard and use it to save money when they buy their tickets. You need to fill out a form to get a railcard.

If you have children, you can use your railcard to save money when you travel with them too.



You can find out how to get a railcard by going to

www.disabledpersons-railcard.co.uk



You can telephone **0845 6050 525**

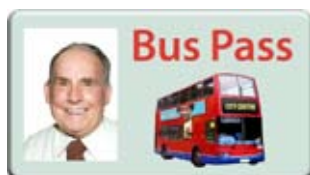
You can textphone **0845 6010 132**

Travelling by bus



Lots of buses are now easy to use for disabled people.

Bus passes for disabled people



You can get a bus pass if you are disabled. This means you can travel on most buses for free. You need to ask your local council about this. If you live in Wales or Scotland then things might be different. You will need to check with your local council.

Travelling on coaches



Coaches are buses that take you across the country to different places. You use a coach to take a long journey.



It is not always easy for disabled people to get on and off a coach but things are getting better. By the year 2020, all coaches have to be easy to use for people who have wheelchairs. This is the law.



The driver of the coach or someone else who works on the coach should be able to help you get on and off. You need to ask about this when you book your ticket to travel.



If you ask for help with things then the law says they have to do this but they will not be able to lift you or anything heavy that you have with you.



If you use a wheelchair or scooter you might be able to take this on the coach with you. You need to ask about this when you book your ticket.

Coach cards for disabled people



Some coach companies can give you a card to help you buy cheaper tickets. Some people disabled people can even travel for free. You will need to show them that you are disabled to get your coach card.



You can ask your **local council** about this. Your local council are in charge of things where you live.

Help and support on the coach and at coach stations

You can get help at the coach station to



- **Get on and off the coaches** – you need to let the station or the coach company who run the coaches what help you need before you travel
- **Use the toilet** – some coaches have toilets on the coach. If you cannot use the toilet easily then ask the driver to stop at a coach station on the way so you can use the toilet there. You might need to have a key to open some of these toilets. You can ask for a key if you get in touch with **RADAR**. **RADAR** are a group that help disabled people





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London
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You can take your **assistance dog** on the coach.
An **assistance dog** can help if you cannot see or hear very well.



You can get help when you are booking your tickets if you cannot see or hear very well.

Community transport – travelling in the area where you live



Some local councils can help you travel around where you live. For example, they might run a bus that will pick you up and take you to the shops. To find out more about this you can go to



www.a2binfo.net

Travelling by taxi



You might be able to travel in a taxi and get help to pay for the journey from your local council.

All taxis in London are easy to use for disabled people. You can book a taxi over the telephone if you call this number



Telephone **0871 871 8710**

Dial-a-ride



Dial-a-ride is like a taxi and is for disabled and elderly people. You can call the **Dial-a-ride** number and someone will come to your door and pick you up. You can take your wheelchair if you use **Dial-a-ride**. Your local council can help you find out more about this.

Scooters and wheelchairs



You can borrow a **scooter** or a wheelchair when you are out to help you get out and about.

A **scooter** is something on wheels that you can drive yourself. You can get borrow a scooter or a wheelchair from your local shopping centre.

To find out if you can do this near to where you live you can



Telephone **0845 644 2446**



Or go on the internet **www.shopmobilityuk.org**

Travelling in your own car, wheelchair or scooter



If you are disabled you might be able to get a car that has been made easier for you to use. You might be able to use a scooter or a wheelchair that has power.



You can get help to pay for all the costs of the car, wheelchair or scooter. Lots of disabled people drive their own cars. You can get help to pay for someone else to drive your car for you.



To find out more about this you can write to

Motability Operations
City Gate House
22 Southwark Bridge Road
London
SE1 9HB

Or you can



Telephone **0845 456 4566**



Website **www.motability.co.uk**

Getting help with your road tax



Everyone who drives a car has to pay **road tax**. **Road tax** is money you pay to the government to drive on the roads. If you are disabled the government might be able to pay the road tax for you.

You will need to get a piece of paper to say that you do not have to pay road tax. You can get this from the **Disability Living Allowance Unit**. You can get in touch with them by

Post



Warbreck House
Warbreck Hill
Blackpool
FY2 0YE



Telephone **0845 712 3456**

Textphone **0845 722 4433**

Parking your car



Disabled people can park their cars in more places. They can do this if they have a **Blue Badge**. You can get a badge from your **local council**. Your local council is in charge of things where you live.

Having a **Blue Badge** helps a lot of disabled people who need to park close to places they need to get to. For example, it means they can park closer to the shops.

Sharing your car



Some people share their car and give lifts to other people. This can be a good way to save money. You can find out more about this by going to



www.nationalcarshare.co.uk

Travelling by bicycle



Disabled people can travel by bicycle too. There are groups that can help you do this even if you have a disability.

To find out more go to



www.cycling.org.uk



Dahlia's story



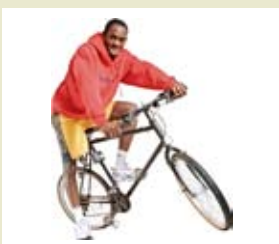
Dahlia gets a **Personal Budget**. A **Personal Budget** is money you can get to pay for help and support. Dahlia used some of this money to pay to learn how to arrange flowers. She wanted to work in a flower shop. The teacher on the flower course saw that she was very good with flowers and offered Dahlia a job in her shop.



Dahlia was happy about getting the job but the shop was 3 miles away from where she lived. She was worried about travelling on **public transport**. **Public transport** means things like going on buses or trains.



A friend asked her if she would like to use a bicycle to get to work. Dahlia asked her **local council** if she could get a bicycle. The **local council** are in charge of things where you live. The council said she could use some of her **Personal Budget** to buy a bicycle.



Dahlia cycles to work now and feels much better about travelling around.

How to find out more



You can find out more about staying in control by going to

www.in-control.org.uk



You can **download** a DVD to watch on your computer by going to

www.in-control.org.uk/dvd



Download means saving information on your computer so you can look at it when you are ready.

You can buy the DVD and books that tell more on the internet by going to

www.in-control.org.uk/shop

Or you can buy the DVD and the books from



In Control Support Centre
Carillon House
Chapel Lane
Wythall
B47 6JX

How to get help



To get more help you can contact the Learning Disability Helpline. You can do this by



Telephone **0808 808 1111**



Text **07717 989 029**



Email **help@mencap.org.uk**



If you want to read more fact sheets, you can go to **www.mencap.org.uk/incontrol**