

**Occupational Therapy Service for Children**  
Specialist Children's and Young People's Services

# Navigating your community

Knowing how to travel safely, efficiently and independently, by public transport or in other ways, is an important part of life. This journey can be as simple as going to the local shops or something more complex involving walking and using public transport. Whichever it is, having this skill vastly increases the range of occupations a young person can participate in and can help develop their confidence and independence.

## Top tips

- 📅 Journey planning - It is essential to plan the journey before carrying it out. A good journey plan will identify hazards along a route and allow you to find solutions to these before you set off. It will also prepare you for where you need to go, how long it will take and the actual outlined route. If your journey plan includes public transport then this will allow you to find out how much the fare is and plan when the next bus is due.
- 📅 Practice! - Break down your journey into steps and practice them individually and then combined (with a parent, sibling or friend can help too). Build up to completing all the steps (the full journey) so that they are familiar when you do them together. For family, friends or professionals supporting this, backwards chaining is a really good way to learn a new skill.

- 📅 Buddy system - a 'buddy system' is when a young person travels in pairs or in small groups to help each other whenever they are out. They can alert each other to any danger, help each other and always stay together and increase the enjoyment of travelling. Find out if any friends/other pupils or colleagues are travelling this route and encourage them to 'buddy up' to help with personal safety.
- 📅 Contingency plan - think of scenarios you may face and how you could overcome them. Try using the '*what would you do if...*' worksheet to help with this.

## Travel Assistance 0-25

If travelling independently is not possible you may qualify for the 0-25 SEND Travel Assistance Service. This service supports students travelling to and from school and college. Services provided:

- 📅 Travel Assessments
- 📅 Travel Awareness Support & Training
- 📅 A specialist bus place
- 📅 Direct Payment or Personal Travel Budget
- 📅 Independent Travel Training
- 📅 Newham Safer Travel Programme
- 📅 1-1 travel support via public transport

More information can be found at:  
<https://families.newham.gov.uk/kb5/newham/directory/localoffer.page?localofferchannel=5>

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