

Monthly tips and resources for young adults, their families, and supporters who are exploring options for life after high school in Indiana.

## Making Informed Transportation Decisions

Issue No. 50, October 16, 2024



Learning how to navigate and access transportation options can boost your independence, allowing you to travel without relying on others. This also opens up opportunities for education, employment, healthcare, and social activities. In this issue of What's Next? we'll explore how familiarity with transportation options can help you choose the safest and most comfortable modes of travel, tailored to your specific needs.

### A few things to consider

It's normal for you and your family to have concerns. As you explore your options, think about:

- **Safety:** Prioritize your well-being. Accept that there are potential risks, such as accidents or getting lost in a new area.
- **Accessibility:** Explore various transportation options, and whether they can accommodate individual physical or cognitive needs.
- **Dependability:** Consider the dependability of public transportation, this will prevent delays or missed appointments.
- **Bullying or Discrimination:** Acknowledge the anxiety about potential harassment, ridicule, or unfair treatment from others.

These concerns highlight the importance of training and practicing exposure to a variety of transportation options.

### Embracing the benefits and risks

The concept of “dignity of risk” is crucial when considering transportation for individuals with disabilities (Shouse, 2016). It refers to the idea that you have the right to take reasonable risks and make choices about your life.

As you practice making decisions and using transportation options, you'll see changes in your ability to:

- Feel empowered and exercise autonomy.
- Experience personal growth and confidence.
- Develop problem-solving skills and practice resilience.
- Better understand and navigate your environment.

- Promote equality and inclusion.
- Participate fully in society.
- Develop a sense of mutual respect and trust with others.
- Know that your abilities and judgment are valued.

There's a lot you'll need to know while assessing your transportation options, but with the right preparation, support, and a little persistence, success is within reach.

## Resources:

- [Blind Work Expense](#)
- [Impairment-Related Work Expenses for SSI](#)
- [Pre-Employment Transition Services](#)
- [Student Earned Income Exclusion](#)
- [Indiana Care Planning Council: List of Indiana Transportation Services](#)
- [U.S. Department of Transportation ADA at DOT: Accessibility Initiatives](#)
- [ADA National Network: The ADA and Ground Transportation](#)
- [National Rural Transit Assistance Program](#)
- [Indiana Rural Transit Assistance Program](#)
- [Rides in Sight: Local Transportation Database](#)
- [National Aging and Disability Transportation Center](#)
- [Federal Transition Administration](#)
- [TennesseeWorks: The Dignity of Risk](#)

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