
East Bay Paratransit

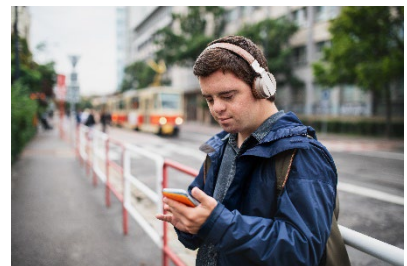
1750 Broadway, Oakland, CA 94612



Certified TRAVEL TRAINING for East Bay Paratransit Applicants and Certified Riders

The East Bay Paratransit Travel Training Program enables people with disabilities to increase their independence by developing the skills to travel on public fixed route transit. The program models how to safely, comfortably, and independently access the different modes of transportation in order to increase a knowledge, ability and confidence in getting to desired destinations.

Training sessions involve one-on-one instruction designed to teach people with disabilities how to travel independently on fixed-route public transit.



East Bay Paratransit Certified Travel Trainers will assist both applicants and certified East Bay Paratransit riders with training on trips they are able to make on fixed-route (bus and BART). Trainers will work with the client, one on one, to help them learn and navigate appropriate trips they are able to take on fixed route for more independence and allow for any same day trip needs. Travel trainers will utilize several fixed route transportation agencies, as well as assist individuals in applying for an RTC Clipper or Senior Clipper Card, trip planning, app training and transit outings.



This program is **FREE** for all East Bay Paratransit eligible riders and applicants in Alameda County. Call **East Bay Paratransit** today to sign up!

Phone: (510) 287-5000 or Fax: (510) 287-5069

BENEFITS OF TRAVEL TRAINING

- **Independence:** Travel training helps people travel more independently, which can increase confidence and freedom of movement. No more relying solely on friends, family and/or paratransit scheduling.
- **Same Day Travel:** Fixed route runs almost 24/7 with 10-60 minute frequency, depending on area and time of day. No need to schedule a trip 1-7 days ahead.
- **Cost Savings:** Fixed-route transportation is often cheaper than other travel options. People who previously used specialized transportation may be able to save money by using fixed-route transit. (*Paratransit is \$4.00, one way, for up to 12 miles. AC Transit is \$1.25 one way, regardless of mileage.*)
- **Personal Wellness:** Taking transit is linked to higher levels of physical activity. Studies have shown that people who use public transportation for any reason were less likely to be sedentary. Just traveling to and from transit stops can add up to the recommended 30 minutes of physical activity a day, reducing health care costs.
- **Socialization and Community Access:** Travel training can help people access their community more easily, which can lead to more opportunities for employment, volunteering, and voting. Travel training can also help people increase their socialization.

HOW IT WORKS:

Typically, individuals receive training on how to travel to their most frequent destination (e.g. work, medical appointments). Travel Trainers will help you:

- Plan your trip
- Understand route maps, stops, stations, and schedules
- Identify landmarks
- Get to and from bus stops safely
- How to safely cross the street
- Get on and off the bus safely
- Pay fares and purchase passes
- Ride a specific route
- Transfer to other buses
- Use mobility devices on vehicles

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