**Personal Strengths & Assets**

* Learn about and try different transportation options
* Wear a mask when needed
* Ride an electric bicycle
* Engage in the community
* Be willing to meet responsibilities in using transportation
* Recognize and develop skills for using transportation
* Know where to find assistance and ask for help
* Plan your trip ahead of time. Know where you need to be and what time to be there.
* Obtain a driver’s license and car
* Learn to use Google Maps/other maps
* Learn safety features within transportation apps

**Technology**

* Public Transportation Services and Program Map
  + <https://gis.penndot.gov/transitmap/>
* Find My Ride (FMR) - This allows people in most PA counties to apply for transportation assistance programs
  + <https://www.apply.findmyride.penndot.pa.gov/tes-web/public/home>
* Aunt Bertha: Search and Connect for Help
  + <https://www.findhelp.org/>
* Tips and Guidelines for Using Mass Transit for Individuals with Autism. These tips and guidelines are helpful for all people.
  + <https://paautism.org/resource/mass-transit-tips/>
* Use a search engine on your computer to research local transportation options in your city or town (like busses, trains, taxis, and bicycle rentals
  + <https://www.google.com>
* Vehicle modifications
* Uber and Lyft Apps, with attention of safety features
  + [www.uber.com](http://www.uber.com)
  + [www.lyft.com](http://www.lyft.com)
* Tech Owl
  + Phone - 800.204.7428
  + Email - [TechOWL@temple.edu](mailto:TechOWL@temple.edu)
  + Website - <https://techowlpa.org/>

**Relationships**

* Family and friends
* Coworkers and neighbors
* Helpful professionals to assist in connecting to transportation
* Information and Referral (I&R) Resources
  + <http://www.uwp.org/programs/2-1-1/>
  + You may also dial 2-1-1 to reach your local United Way helpline
* Employer-offered transportation programs like vanpooling
* Care Driver - <https://www.hopskipdrive.com/caredriver>
* Professionals, friends, or family can help coordinate/rent vans for trips
* Go-Go Grandparent
  + <https://gogograndparent.com>
* PA Centers for Independent Living (CIL’s)
  + <https://pasilc.org/independent-living/centers-independent-living/>

**Community-Based**

* Ridesharing Programs/Car and Van Pool Options in PA
  + <https://www.penndot.pa.gov/TravelInPA/Ridesharing/Pages/default.aspx>
* PennDOT-Maintained Park and Ride Facilities
  + <https://www.penndot.pa.gov/TravelInPA/Ridesharing/Pages/Park-and-Ride-Map.aspx>
* Private Pay and Publicly-Funded Programs - some can help with finding accessible transportation, a ride to the store or a medical appointment, and more
  + <https://www.dhs.pa.gov/PA-Community-Care/Pages/Transportation.aspx>
* AMTRAK
  + <https://www.amtrak.com/pennsylvania>
* Greyhound Bus Lines
  + <https://www.greyhound.com/en-us/bus-stations-in-pennsylvania>
* Mobility Works
  + <https://www.mobilityworks.com/>
* Megabus
  + <https://us.megabus.com/>
* University Transportation Centers (UTC’s)
  + <https://www.transportation.gov/content/university-transportation-centers>
* PA Developmental Disability Council Grants
  + <https://www.paddc.org/grant-funding-opportunities/>
* Care Driver
  + <https://www.hopskipdrive.com/caredriver>

**Eligibility-Specific**

* Office of Vocational Rehabilitation (OVR)
  + <https://www.dli.pa.gov/Individuals/Disability-Services/ovr/Pages/default.aspx>
  + 717-787-5279
* Schools and Intermediate Units (IU’s)
  + <https://www.paiu.org/Find-an-IU>
  + 717.732.8464
* Home and Community-Based Services
  + <https://www.dhs.pa.gov/PA-Community-Care/Pages/Home.aspx>
  + 1-800-753- 8827
* Medical Assistance Transportation Program (MATP)
  + <http://matp.pa.gov/CountyContact.aspx>
* Older Adult Auto Insurance Discounts
  + <https://www.aging.pa.gov/aging-services/transportation/Pages/auto-insurance-discounts.aspx>
* Discounts on Yearly Registration Renewal for Qualifying Individuals
  + <https://www.dmv.pa.gov/VEHICLE-SERVICES/Title-Registration/Pages/Retired-Status.aspx>
  + 717-412-5300 (PennDOT Driver and Vehicle Services)
* Low-Vision Licenses
  + <https://www.aging.pa.gov/aging-services/transportation/Pages/Low-Vision-Restricted-Drivers-Licenses.aspx>
  + 1-800-932-4600 (Toll free)
* Programs for Seniors and People with Disabilities
  + <https://www.penndot.pa.gov/TravelInPA/PublicTransitOptions/Pages/Seniors-and-Persons-With-Disabilities.aspx>
  + 717-783-8025
* Parking Placard and/or Registration Plate
  + <https://www.dmv.pa.gov/VEHICLE-SERVICES/Persons%20with%20Disabilities%20Information/Pages/%E2%80%8BPersons%20with%20Disabilities%20Information.aspx>
* Community Health Choices (CHC)
  + <https://www.dhs.pa.gov/HealthChoices/HC-Services/Pages/CHC-MCOs.aspx>

