

## 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>

