

## **Growing Up In Greater Manchester – A Guide for Young people with Autism and their Supporters**

### **SECTION: GETTING AROUND AND STAYING SAFE**

#### **HERE ARE SOME THINGS YOU NEED TO THINK ABOUT:**

- Do I know the basics of road safety e.g how to cross a road?
- What routes do I feel confident with, and where would I like to go on my own if I could go anywhere?
- If anxiety stops me going to places I would like to go, who could help me practice routes and increase my confidence?
- Do I know how to avoid conflict with strangers?
- Are there things I can do to manage any sensory problems public transport causes me?
- Can I use my mobile phone to help me get around safely?
- Can I get a bus pass?
- Are my parents able to help me to become more independent in getting around?
- Can I understand and use different transport timetables and maps?

#### **TOP TIPS:**

- You can use some of the resources listed below, particularly the travel training services, to help develop your skills and confidence
- Google do a series of apps that show you maps and pictures of anywhere you want to go. You can set these to give you directions on your phone even if you are walking

- The Transport for Greater Manchester Journey Planner will tell you how to get anywhere in Greater Manchester via public transport
- Practicing the same routes is the best way to improve your judgement around timings and distance (something many people with autism find hard at first)
- Parents and other supporters can find many helpful travel based apps you can use
- Identify travel training teams in your area and use them
- Some people will need extra training around social skills and social rules before travelling solo on public transport
- Driving is an option for some people on the spectrum and there are more and more instructors who are able to make relevant adjustments to their teaching
- Arrange travel buddies to practice routes with and try to prepare alternative routes
- Always carry spare cash and a charged mobile phone with emergency contacts programmed into it
- Consider a PIPS Assessment to help finance any extra support needed for getting around safely , and without undue anxiety and stress

## **SKILLS CHECKLIST:**

### **Bronze level suggested targets -**

- There are places I want to go to
- I know my address
- I know my Green Cross Code
- I can use a ticket/Pass
- I know what to take with me when I set out on a journey (e.g. headphones, emergency cash)
- I know where my local bus stop/train station/tram stop is located
- I have Emergency Tel No contacts programmed into my mobile phone
- I always remember to charge my phone before I'm going out

### **Silver level suggested targets -**

- I know what to do while I am waiting for or using public transport
- Out on the road/street I can identify dangerous situations e.g. a car backing out of a drive-way
- I know how to ask for help, and I know who to ask for help when I am out and about
- I can follow different time-tables e.g online and at bus stops
- I can buy a ticket on a bus or a train or tram station
- I can order a taxi if I need one
- I can use different apps to help me get around

### **Gold level suggested targets –**

- I know what to do if there is a transport problem e.g. the bus breaks down
- I know what I can do, and who to contact, if I am late for any reason
- I know the rules of personal space and can apply them in different situations
- I can maintain my car/bicycle
- I feel confident I can get to anywhere I want to go
- I can weigh up and make different decisions about transport options and routes

## **RESSOURCES AND USEFUL WEBSITES**

**Think Safe to Stay Safe website.** Safety activities, facts and education for young people with autism in Northern Ireland.

[www.wethinksafe.com/index.php?src=gendocs&ref=internet&category=Resources](http://www.wethinksafe.com/index.php?src=gendocs&ref=internet&category=Resources)

- **Childnet website - Autism and online safety: new toolkit launched for secondary schools**  
[www.childnet.com/blog/autism-and-online-safety-new-toolkit-launched-for-secondary-schools](http://www.childnet.com/blog/autism-and-online-safety-new-toolkit-launched-for-secondary-schools)
- **Cerebra – A parent guide for internet safety for young people with Learning Disabilities and Autism. Also some Safety Tips when using the internet on a computer and mobile phone.**

[w3.cerebra.org.uk/help-and-information/guides-for-parents/learning-disabilities-autism-and-internet-safety-a-parents-guide/](http://w3.cerebra.org.uk/help-and-information/guides-for-parents/learning-disabilities-autism-and-internet-safety-a-parents-guide/)

- **Pure Innovations Travel Training offered to young people living in Bolton, Bury, Stockport, Tameside, Oldham and Rochdale.**

[www.pureinnovations.co.uk/what-we-offer/independence/travel-training/](http://www.pureinnovations.co.uk/what-we-offer/independence/travel-training/)

- **Manchester Travel Training Partnership – offering travel training to students who qualify for home to school transport**

[www.mttp-travel-training.org/pages/about-mttp.php](http://www.mttp-travel-training.org/pages/about-mttp.php)

### **Oldham Independence Training**

[www.oldham.gov.uk/info/200675/student\\_travel/166/fares\\_for\\_disabled\\_students/2](http://www.oldham.gov.uk/info/200675/student_travel/166/fares_for_disabled_students/2)

- **Trafford Independent Travel Training**

[www.trafford.gov.uk/residents/schools/docs/independent-travel-training.pdf](http://www.trafford.gov.uk/residents/schools/docs/independent-travel-training.pdf)

- **Wigan Travel Training**

[www.wigan.gov.uk/Docs/PDF/Resident/Education/School-Travel/liberty-leaflet-2014.pdf](http://www.wigan.gov.uk/Docs/PDF/Resident/Education/School-Travel/liberty-leaflet-2014.pdf)

- **Transport for Greater Manchester – journey planning and maps to areas of GM**

[www.tfgm.com/Pages/default.aspx](http://www.tfgm.com/Pages/default.aspx)

### **Transport for Greater Manchester – ASGMA travel training guide for people with ASD**

[www.tfgm.com/accessible\\_transport/Pages/travel\\_training.aspx](http://www.tfgm.com/accessible_transport/Pages/travel_training.aspx)

- **E-Card produced by Greater Manchester Police**

[www.appropriateadult.org.uk/index.php/practice/identifying-vulnerability#ecard](http://www.appropriateadult.org.uk/index.php/practice/identifying-vulnerability#ecard)

- **NAS Passport to Individual Support**

[network.autism.org.uk/knowledge/policy-guidance/autism-passport](http://network.autism.org.uk/knowledge/policy-guidance/autism-passport)

- **Driving.**

[www.autism.org.uk/about/family-life/everyday-life/driving.aspx](http://www.autism.org.uk/about/family-life/everyday-life/driving.aspx)

- **For contact details of autism-friendly driving schools please contact the NAS Family Services Development Project on Tel: 0161 998 4667.**

- **ASDAN Roadwise short course**

The ASDAN RoadWise Short Course can accredit up to 60 hours of activities relating to the consequences of dangerous driving, dangers on the road, the law, transport and the environment, vehicle maintenance and vulnerable road users. The course provides a focus for work with young people around issues of road use.

[www.asdan.org.uk/courses/programmes/roadwise-short-course](http://www.asdan.org.uk/courses/programmes/roadwise-short-course)