

How our travel training works

We will support you to learn new skills such as:

- Reading time tables
- Building confidence to travel alone
- Learning directions
- Buying tickets
- Applying for a bus pass
- Personal safety and road safety
- Problem solving and what to do if things change (e.g. the bus is late)
- Your journey and alternative routes

Over time, as your skills and confidence develop we will encourage you to complete more of your journey on your own, until you are travelling independently.



Support with
Confidence
WEST BERKSHIRE
AND WOKINGHAM



Want to find out more? We'd be happy to help you. Contact us at:

Optalis

Trinity Court,
Molly Millars Lane,
Wokingham,
Berkshire, RG41 2PY

☎ 0118 977 8636

✉ employmentservice@optalis.org

🖥 www.optalis.org/ability-travel

Find us on:   



**WOKINGHAM
BOROUGH COUNCIL**

www.rbwm.gov.uk



Royal Borough
of Windsor &
Maidenhead

Optalis is a local authority trading company owned by and providing adult social care on behalf of the Royal Borough of Windsor and Maidenhead and Wokingham Borough Council



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ABILITY TRAVEL

Do you want to learn to travel independently?

Tailored, **practical support** to those who might face barriers to travel; **Gain independence, freedom and confidence** through our travel training programme.

Learn to travel by train, bus, walking or cycling. We will write a training plan with you, taking into account suitable routes, risks and any previous training.



We will support you through each step towards your individual travel goals.

Your journey to independent travel starts here!



Next, you will practice your route, road safety and timetables with your Ability Coach.



Your next session you will be recognising parts of your routes, following your own travel training planner with your Ability Coach



Congratulations! You are now an independent traveller!



Your first step will be talking to one of our Ability Coaches about your journey, what travelling experience you have and arranging an appointment to meet up.



Your Ability Coach will talk through and plan the best route for you to reach your destinations. Talk about safety when travelling on public transport, walking or cycling.



You will continue to practice your route, building your confidence, knowledge of the route and will be leading your Ability Coach through the route!



Finally, you will be practicing your alternative routes, problem solving, be confident in using your phone and your travel training planner.



We work with you at your own pace. Our travel training usually takes about 6 weeks.

We will work with you on a one to one basis.