

## Did You Know

1. The RideWise Program recently completed a video on our travel training services. It is now available for viewing at our website. To see the video go to: <http://rideconnection.org> or [http://rideconnection.org/services/RideWise\\_video.htm](http://rideconnection.org/services/RideWise_video.htm) . If you have any feedback on the video, please let us know.
2. Just wanted to remind you again that the Portland Transit Mall is moving on Sunday, January 14<sup>th</sup> from 5<sup>th</sup> & 6<sup>th</sup> Ave to 3<sup>rd</sup> & 4<sup>th</sup> Ave. For specific route changes go to: <http://trimet.org/buschanges/index.htm>
3. A RideWise community partner is hiring. SDRI (Self-Determination Resources, Inc.) is hiring for a part time personal agent. SDRI's mission is to support people with disabilities to determine and direct their lives. This is accomplished by assisting individuals and family members to plan their supports, and by providing fiscal intermediary services, training and technical assistance. For more information, please visit: [www.sdri-pdx.org](http://www.sdri-pdx.org) .

**This newsletter is available in alternative format by calling 503.528.1721**

## Q & A with Christina



**Q. I work for one of the Developmental Disability brokers and I referred a customer who was successfully travel trained awhile back. However, the customer transfers Downtown and is concerned about changes in his routes and his transfer points. What assistance is available for them?**

A. The RideWise program can assist in the new routes and will re-train individuals as well. In addition, anyone who we trained who has a transfer on the bus mall, has received letters or phone calls to see if there are questions or concerns that we may be able to assist them with.

**Q. Christina, one of my students is a non-English speaking individual, how would you be able to assist them?**

A. We are always looking for bilingual staff members. Currently we have our brochures in Spanish, Russian, and Vietnamese. We have the ability to translate the information in other languages as well. When we work directly with an individual who does not speak or understand English, we would then have an interpreter present during all meetings and trainings. In addition we have bilingual Ride Connection employees who can assist us as well, when people call in.

**Have a question for our travel trainers? Contact us and we may feature your question in our next newsletter.**

## Tip of the Month

As stated in last month's newsletter, this section will be focusing on working with individuals with varying ability levels and conditions. Last month we discussed using people first language. This month we will discuss working with individuals who have physical impairments.

There are many types of orthopedic or neuromuscular impairments that can impact mobility. These include but are not limited to: amputation, paralysis, Cerebral Palsy, Stroke, Multiple Sclerosis, Muscular Dystrophy, Arthritis, and spinal cord injury. Mobility impairments range from lower body impairments, which may require use of canes, walkers, or wheelchairs; to upper body impairments which may include: limited or no use of the upper extremities and hands. It is impossible to generalize the functional abilities of students with mobility impairments due to the wide variety of disabilities and specific diagnoses.

Mobility impairments can be permanent, or temporary. A broken bone or surgical procedure can temporarily impact a person's ability to walk or travel independently. Likewise, some individuals may be ambulatory with a walker for short distances within their living environment, but may need a wheelchair or scooter for longer distances.

Mobility impairments may impact, to varying degrees, a person's ability to manipulate objects. Medical conditions such as Arthritis or repetitive stress injuries can impact fine motor abilities and decrease endurance. A person's physical abilities may also vary from day to day.

Strategies and things to remember:

**RideWise** is a collaborative effort between TriMet and RideConnection to promote independent travel for older adults and people living with disabilities by providing access to information, training, and support.

**Be Prepared** – Assessments are an important tool to get to know the trainee prior to going out in the field for the first time. By getting to know the trainee and how their condition impacts their mobility, you can be better prepared to develop accommodations.

**Plan Ahead** – Prior to travel training, complete an environmental barrier analysis for the trainee's particular route. Make sure that the path of travel is safe and accessible for each individual's condition by completing a route and scout before training.

**Make Accommodations** - When giving directions to a person who uses a mobility device, consider distance, weather conditions, and physical obstacles the person may encounter. Also create a back-up plan with the trainee in case their mobility device malfunctions while out in the community.

## This Month's Success Story

A young woman rode the bus to and from school and work independently, but wanted to learn to get to her sister's house. The trainee and the RideWise travel trainer took a route that used one bus she was already familiar with and one bus she hadn't ridden before. Unfortunately, at the stop nearest her sister's house, there is no crosswalk but her sister is willing to come and assist her in crossing the five lanes of traffic between the bus stop and her house. With the help of the trainee's natural support system, she is now able to take this trip independently.

## Contact Us

**To Enroll or ask a question: 503.528.1743**

**To Volunteer: 503.528.1748**

**Do you have any suggestions for an upcoming newsletter?**

[ridewiseneeds@rideconnection.org](mailto:ridewiseneeds@rideconnection.org)

An electronic version of the newsletter is also available just email us.