



A guide to Independent **Travel Training**

A parent and carers guide to
independent travel training



Table of contents

01

Welcome

More about supporting young people with additional needs to travel independently.

02

About independent travel training

What is travel training and what are the benefits.

03

Frequently asked questions

Your Frequently asked questions answered.

04

Step-by-step guide

From referral to training and independent travel, explore this step-by-step guide to understand the process.

05

Contact the team

Get in touch with the team to start your journey.



Enabling young
people to move
towards

independence

01. Welcome

Thank you for joining the growing number of families who are supporting young people with additional needs to travel independently across the UK.

Our aim at Northumberland County Council is to enable as many young people as possible up to the age of 25, to feel confident and able to travel to and from school, college or work.

This pack will guide you through the stages of the programme and explain in more detail what independent travel training is.



02. About Independent Travel Training

For young people with additional needs, going out into the community can sometimes feel scary and can cause anxiety and worry for both them and their parents and carers. Travel training has been developed to help young people feel confident and empowered to travel independently between their home and place of study or work. It teaches students how to understand and be aware of the many obstacles they may face and how to tackle them effectively.

Independent travel between home and school or work, will look different for every student and can incorporate walking, cycling, public transport and even private buses so they can enjoy travelling with their friends and peers.

Successfully completing the programme can have a positive impact on many areas of young people's lives, developing their perseverance and resilience when faced with future challenges.

It is important for young people to feel supported and encouraged during their travel training journey to help them build confidence in their abilities.

We ask parents and carers to support students by asking them about their learning experience and by displaying a positive attitude in their progress to becoming an independent traveller.

The ability to travel independently is a fantastic achievement for young people, and one that has multiple benefits in their lives including:



Expanding employment opportunities



Encouraging independence in other areas



Improving social interactions



Decreasing their dependence on parents/carers

03. Frequently asked questions

We have gathered the questions we are asked most frequently and shared our answers with you here.



How will I know if my young person has safely arrived at destination?

The trainer working with the student will contact you by the agreed communication once they have arrived at their destination safely.



What if my young person is unwell and unable to travel on an arranged pick-up day?

We ask that you contact the trainer as soon as possible to let them know as they could be travelling a long distance to pick-up your young person.



What if my young person tries travel training and does not feel able to manage it?

The training is designed to cover as many problem-solving techniques as possible for the student so that they do not feel overwhelmed or unable to continue. Training will be continually evaluated and adapted to match the student's changing needs. We will continually discuss all options available to find a suitable solution for the student.



What if they encounter bullying or something else goes wrong on the journey?

Students are trained and equipped to manage negative encounters while out in the community. They also have the reassurance of contacting their trainer, yourself or their school until the problem can be resolved.

04. Step-by-step Guide

From referral to training and independent travel, explore this step-by-step guide.

STEP 1: REFERRAL

A referral form is completed by the student, parent, carer, support worker or teacher requesting to be considered for the travel training programme.

STEP 3: STAGE 1 TRAINING

The students will work through a variety of activities both in the classroom and out in the community, building on knowledge they may already have. Topics covered will include road safety, time management, problem solving, social skills and personal safety. Please note students will only move on to stage 2 if the trainer is confident in their ability to travel independently.



STEP 2: ASSESSMENT/CONSENT

The assessment allows the trainer to get to know the student and gain a better understanding of their needs and requirements. The trainer will gather information from those around the young person, which means the training can be tailored to the individual. At this stage consent forms will have to be completed and submitted in preparation for training.

STEP 4: STAGE 2 TRAINING

Students progressing onto stage 2 will have shown confidence and potential to travel independently. This stage will look at route planning, further risk assessment and more problem solving to ensure young people are fully equipped for their journey.

STEP 6: INDEPENDENT TRAVEL

When the trainer is confident that the student is fully competent and has the necessary knowledge to travel independently, the trainer will discuss with all parties the gradual withdrawal of accompanied travel. This will always be planned in agreement with all involved and followed up periodically.



STEP 5: ACCOMPANIED TRAVEL

Once the route has been assessed and the student is comfortable, a period of accompanied travel with the trainer will commence. The trainer will meet the student at their home address and travel with them to their place of education or work and back. Continual assessment will be carried out during this stage and there will never be any pressure to move to the final stage.

Understanding
what's best for
young people

Supporting young people with additional needs to travel independently across Northumberland

Any questions?

05. Contact the team today

For more information or to ask any questions, contact the Independent Travel Training team at:



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