

Developing a Transportation Plan

Step 1 Your Needs - List all your transportation needs. Behind each need, tell if daily (D), weekly (W), monthly (M) or irregular (I). Below you will find some examples common to most participants. Your list may include these but will not be limited to these examples. Next place the Daily, Weekly, and Monthly needs with times on the calendar.

- 1. To Work D W M I
- 2. From Work D W M I
- 3. AA - NA Meetings D W M I
- 4. Treatment Court D W M I
- 5. Drug Test..... D W M I
- 6. Therapy D W M I
- 7. Counseling D W M I
- 8. Group Sessions D W M I
- 9. P O Appointments D W M I
- 10. Child Care/Day Care..... D W M I
- 11. School/Classes D W M I
- 12. Personal Needs (Food, etc.).... D W M I
- 13. Religious Services D W M I
- 14. Community Service D W M I
- 15. _____ D W M I
- 16. _____ D W M I
- 17. _____ D W M I
- 18. _____ D W M I
- 19. _____ D W M I
- 20. _____ D W M I

(Need more - use the back)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
(Example To Work at 8 From Work at 4)						

Step 2 Your Resources - By completing the following step, you will discover the methods of transportation available to you and the times that they are available. If you list someone as a friend or family member, be sure to ask if they would help you and what times they would be available.

A. Friends and Family

Name	Available
Example: <i>Mother</i>	<i>Mon to Friday</i> <i>7 AM to 5 PM</i> <i>Sat 9 AM To 11 AM</i>

1.

2.

3.

4.

5.

B. Taxi Service - List all the Taxi Available in your area.

Example
White Rose Taxi
717. 852. 7675
717. 244. 2900

C. Bicycle - List all destinations on your first page that can be reached by bicycle - those within 5 miles of your home.

D. Walking - List all destinations within walking distance of your home - those within 2 miles of your home.

E. People that I can share a ride with or without cost.

NAME **Usually Available for**

Example	
<i>Jack</i>	<i>Home to work</i>
<i>Betty</i>	<i>Monday Smart Recovery Meeting</i>

1.

2.

3.

4.

5.

6.

7.

8.

F. Last Resort -List all who will help you to arrive at your destination on an emergency basis and when they would be available. Make sure to obtain permission to list .

G. Bus - List all the bus routes that you could use:
Phone: 717-846-RIDE (7433)
Toll Free: 1-800-632-9063
Adult Fare \$1.60
One Ride Hop-n-Go Pass (Multiples of 10) \$15.00
Ride Hop-n-Go Pass Hop-n-Go 11 Day Adult \$15.00
Hop-n-Go 31 Day Adult \$42.00

1. Route #
Use when going to

3. Route #
Use when going to

5. Route #
Use when going to

2. Route #
Use when going to

4. Route #
Use when going to

6. Route #
Use when going to

Example
*to take the bus to work
 my stops to downtown
 from)downtown to work*

Depart	Arrive
6:00 AM	6:30 am
6:35 AM	7:30 AM
7:27 AM	8:30 AM
8:27 AM	9:30 AM
9:27 AM	10:30 AM
10:27 AM	11:30 AM
11:27 AM	12:30 PM
12:27 PM	1:30 PM
1:27 PM	2:30 PM
2:27 PM	3:30 PM
3:27 PM	4:30 PM
4:27 PM	5:30 PM
5:27 PM	6:30 PM
6:27 PM	7:10 PM
7:00 AM	7:00 AM
6:30 AM	7:30 AM
7:00 AM	8:00 AM
7:30 AM	8:30 AM
8:00 AM	9:00 AM
8:30 AM	9:30 AM
9:00 AM	10:00 AM
9:30 AM	0:30 AM
10:00 AM	11:00 AM
10:30 AM	11:30 AM
11:00 AM	12:00 PM
11:30 AM	12:30 PM
12:00 PM	1:00 PM
12:30 PM	1:30 PM
1:00 PM	2:00 PM
1:30 PM	2:30 PM
2:00 PM	3:00 PM

Step 3 Your PLAN - In Step 1 you listed your destinations; in Step 2 your resources. Write all your destinations in the destination column below, then the usual mode of transportation in column 2 and in column 3 list at least one (the more the better) available emergency just in case.

DESTINATION	USUAL	EMERGENCY
<p>Example <i>To work needed Monday through Friday</i></p>	<p><i>Bus Route 24 @ 6:35 Then Bus 40</i></p>	<p><i>Mother on Monday to Thursday. Call Jack 717-555-5555</i></p>