## Planning Your Transportation in a New Long-term Care Program

Here is a worksheet to get you started in planning for your transportation needs in the new long-term care program you choose.

## Know what transportation you need

Begin to talk to people who know you well and ask them to help you write down the places, people, activities, goods, and services you need to live the life you choose. Around transportation, it is important that you can clearly describe:

a. WHAT you do each day

b. WHERE you want or need to go each day of the week

c. WHY it is important that you get there

d. WHEN you need to be there

e.	WHO
	• makes ride arrangements for you
	• waits with you for the ride to arrive
	• assists you while on the ride (if needed)
	• waits for you to arrive at your destination
	• assists you at the destination
f.	WHICH mode of transportation is working for you now (e.g. walking, biking, city bus paratransit bus or taxi, sharing a ride with a co-worker, etc.)
g.	HOW you pay for the ride – tickets, cash, mileage reimbursement, etc.
h.	WHAT else the driver needs to know about you for you to travel safely