

### Who is Eligible?

Anyone can request and receive Travel Training Assistance. CDTA Travel Trainers assist individuals learning how to access public transit for work, social and medical needs. The service is for students, seniors and people with disabilities. It can be done on an individual basis or a group basis.

For more information or to request assistance please Contact the Travel Trainer assigned to your county.

### **Albany County & Saratoga County**

Onicela Cedeno  
Office - 437-5296  
Cell- 337-9683

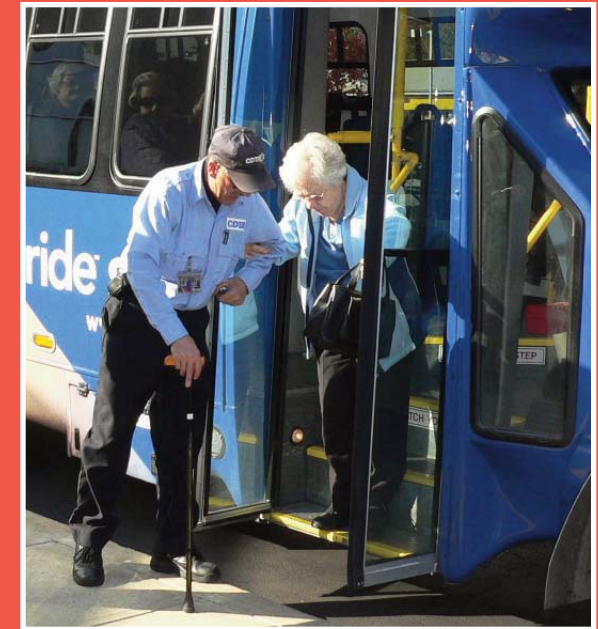
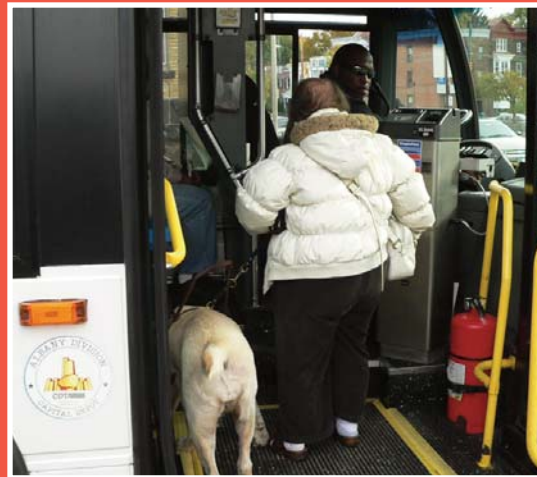
### **Schenectady County & Rensselaer County**

Barbara Artis  
Office - 437 5929  
Cell- 337-9682

### Get Started

To arrange for a Travel Training session you need to call the Travel Trainer assigned to your county. Our expert will set up a meeting to discuss your travel goals. Training sessions provide first hand experience riding buses in the community. Each customer's needs and abilities are different, so training techniques and time will vary with each individual.

## You Can Do It!



## What is Travel Training?

Travel Training is for people who want to learn how to travel independently using CDTA's route network. This free service teaches individuals how to safely ride the Capital Region's public transportation system. CDTA Travel Trainers accompany customers on the bus (known as a trip assist). **The individual needs to have the correct bus fare for the trip.** Our Travel Trainer accompanies the individual until they feel comfortable riding alone.



Some individuals may also qualify for CDTA's Reduced Fare Program. CDTA's Reduced Fare program is for individuals with a verified disability or over the age of 65. Please call the CDTA Customer Service Center at (518) 482-8822 or the travel trainer in your county for information how to qualify.

Riding the bus supports a more active lifestyle. It increases a person's independence. CDTA's Travel Trainers help you learn the skills necessary to travel independently.

## What is the Travel Training process?

Your personal Travel Trainer will develop a plan to address your specific needs. The trainer will assess your skills and abilities, then take the necessary steps to help you become a successful bus rider.

After attending the initial one-on-one session, instruction may involve a series of steps that will lead to the gradual fading of the Trainer assistance. No matter how much help you need, our Travel Trainer will work with you to become an independent bus rider.

### Types of Travel Training

***Destination Travel Training:*** Teaches an individual to travel to & from a specific destination and back

***General Travel Training:*** Provides the individual with greater riding instruction & how to use the CDTA route network.

### The Travel Training Program Includes:

- ▶ Route Training
- ▶ Trip Planning
- ▶ Street Crossing
- ▶ Emergency Skills
- ▶ Appropriate Social Behavior
- ▶ Safety Skills

## How will I Benefit?

Each training program is tailored to your needs and will help you to:

- ▶ Plan your trip
- ▶ Ride specific routes
- ▶ Read and understand route maps and schedules
- ▶ Get to and from your bus stop
- ▶ Recognize bus numbers, bus stops and landmarks
- ▶ Pay fares and purchase passes
- ▶ Assist in obtaining a Reduced Fare ID Card
- ▶ Get on and off the bus safely



**Travel independently and confidently on CDTA!**