Transportation

Meet Jayla

1 Hey, I'm Jayla. I'm 26, and I have an intellectual disability

2 I've always wanted to be more independent in navigating my community

3 whether going out to work, meeting friends, or just running errands.

4 Since my sister can't always give me a ride, I realized that if I wanted to go places more easily, I needed to learn how to travel on my own and, most importantly, stay safe.

5 So, I set a goal for myself to practice the skills I'd need to be more independent in my community. The first thing I focused on was staying safe.

6 So, we came up with an Action Plan.

7 I started learning what different street signs meant, like the "Pedestrian Crossing" sign, and how they help keep everyone safe. I practiced using crosswalks, waiting for the light to turn green, and making sure to look both ways before stepping off the curb.

8 Next, my friend showed me how to use map apps on my phone. I downloaded Google Maps, and at first, it was a bit confusing.
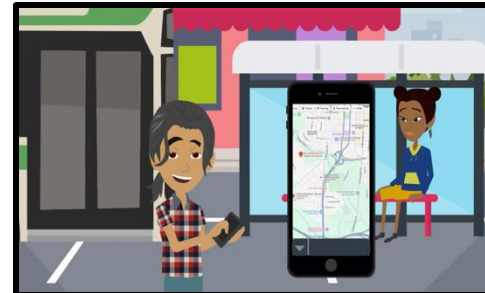
9 But I practice every day—entering addresses and figuring out how to get directions. I also started using the app to find walking routes and learn about public transportation options.

10 With all the advice I'd gotten, I put together my own personal transportation plan. It included my primary transportation method (taking the bus) and a backup plan in case something went wrong (taking an Uber).

11 One time, the bus passed right by my stop—I'm so glad I had a backup plan.

12 I know becoming more independent won't happen overnight, but I'm making steady progress.
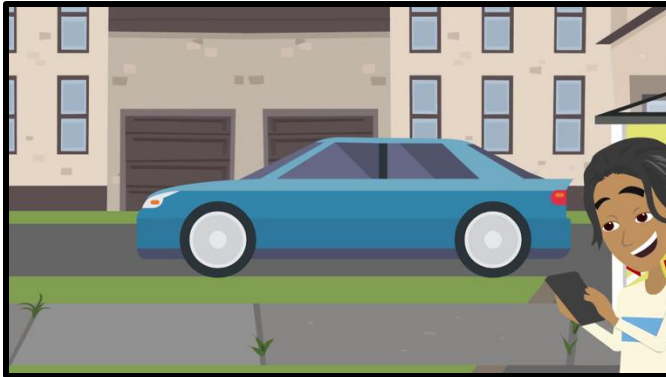
13 With the right skills and a solid plan, I can go wherever I want, whenever I want!

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