

Information from Dementia Voice Worcestershire about Transport

- Travelling by car when possible is more convenient
 - No waiting
 - No changes (such as catching 2 buses or 2 trains)
- It's difficult to feel confident to travel alone. Concerns include:
 - Getting back/ getting lost
 - Knowing where I am?
 - Can lose sense of direction
 - Feel more confident travelling with a companion
- Not driving any more
 - It feels hard to be a passenger
- Bus pass for Carers
 - Can be used in other areas
 - Took a long time to get
 - Weren't made aware of it
 - Don't have to worry about parking
- Carrying shopping or bags hard on public transport
 - Back pack helps
- Familiar routes easier
 - Hard if there are any changes/diversions
- Busy or noisy places much harder e.g. London underground
- Disabled railcard – one member of the group found that staff at the local train station are very supportive
- Preparing before journey – have card and tickets ready, book in advance
- Familiarity helps
- Taxi driver walking me to the door helps
 - Laughing and chatting on the way – helps you feel relaxed.