

TRANSPORTATION

Updated: 2007- Written by: Kathryn Lincoln, North Los Angeles County Regional Center Community Outreach Specialist, Family Focus Adult Program Coordinator
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BUS:

MTA BUS- Customer Service- 1-800-266-6883. www.metro.net
Disabled Riders Emergency Hotline- 1-800-621-7828. T.D.D. (for deaf callers) -1-800-252-9040. \$1.25 regular fare, \$3 day pass (\$1.50 for seniors, disabled riders, students and Medicare cardholders). Exact change required.

Regional Center consumers can usually receive a disabled reduced fare bus pass after filling out a disabled I.D. card application. The application has a part your doctor must complete, plus you need to send in a 1 inch by 1 ¼ inch photo of your face (MTA Customer Center will take your picture for a small fee). A disabled reduced monthly bus pass costs \$12.00. You may use Cityride Scrip to pay for your monthly bus pass- see page 2.

LADOT Commuter Express, DASH Shuttle Bus- 818-808-2273.
Express bus routes from San Fernando Valley to downtown LA, Century City Westwood, Burbank Airport and LAX Airport.
DASH serves Studio City, Van Nuys, Panorama City and Warner Center.

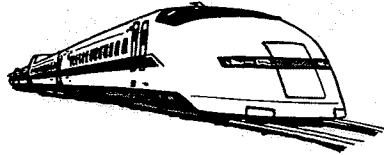
SANTA CLARITA- SCT- 661-294-1287. Covers Santa Clarita Valley. Application for discount fare available for many disabilities. \$1 regular fare. Connects with MTA/Metro and Metrolink.
Express buses to San Fernando Valley, Antelope Valley, LA, Century City, and Westwood. Express regular fare- \$3.50 - \$4 depending on distance.

ANTELOPE VALLEY- AVTA- 1-800-974-6866, www.avta.com

Application for discount fare available for many disabilities. 12 routes through Lancaster, Palmdale, Quartz Hill, Littlerock and Lake Los Angeles. \$1 regular fare, 50 cents for senior and disabled. \$3 day pass.

Lancaster and Palmdale commuter bus service to and/or from West San Fernando Valley, LA, West LA, and Century City during weekday commute hours. \$10 regular one-way fare.

GREYHOUND BUS- 1-800-231-2222. Long distance bus. Offers discounts for people with disabilities and their attendants. North Hollywood Station- 818-761-5119. San Fernando Station- 818-365-5628.



TRAIN:

METRO RAIL-1-800-266-6883. MTA bus pass is good for Metro Rail. Red Line runs from No. Hollywood to L.A. Union Station and Wilshire- Western.

Orange Line runs from Warner Center and Canoga Park to North Hollywood.

Blue Line runs from downtown L.A. to Long Beach.

Gold Line runs from L.A. Union Station to Pasadena.

Green Line runs from Norwalk, LAX Airport to Redondo Beach

METROLINK- 1-800-371-5465. www.metrolinktrains.com

Long distance commuter train service that connects LA Union Station with Lancaster, Oxnard, Oceanside, Riverside, and San Bernardino, plus a line between San Bernardino and San Juan Capistrano. Fares based on distance. Discount fares for people with disabilities, seniors, children and students. Metrolink tickets are good for a free, one zone transfer to connecting transit system.

AMTRAK-1-800-231-2222. Long distance train. Offers discount to people with disabilities. Stations in Burbank, Van Nuys, and Chatsworth.



CITYRIDE SCRIP- Discount Mail-in Program- 818-908-1901. P.O. Box 866003 L.A., CA 90086. San Fernando Valley- Consumers of Regional Center can usually receive this mail-in scrip (tickets) program that really reduces the cost of monthly bus passes and short taxi rides. You can request an application and letter of support from Regional Center by calling your Service Coordinator. You'll need to mail the filled out application, your support letter from Regional Center, a copy of your SSI eligibility letter or a copy of your medi-cal card, a check or money order for **\$6.39** and a self-addressed envelope. If you don't have medi-cal, mail in **\$15.39**.

Cityride will send you **\$72** of scrip you can use to buy monthly bus passes and/or short taxi rides costing \$12 or less each way. **The \$6.39 you mail in, let's you buy 6 disabled reduced fare bus passes- each monthly bus pass costs only \$1.07- you save almost \$11 on every pass!** If you need to mail in \$15.39, your monthly disabled reduced fare bus pass costs \$2.57- you still save over \$9 on each monthly pass. **To stay in the program, order the scrip by mail every 6 months.**



CITYRIDE CURB-TO-CURB (DIAL-A-RIDE)

TRANSPORTATION- 818-908-1901. LA and San Fernando Valley. For seniors and people with certain disabilities. Must register. Operates Monday – Friday from 6:30 a.m. – 4:30 p.m. Reservations must be made 1 day in advance from 8 a.m. – 10:30 a.m. Wheelchair accessible when requested. Fares by scrip.



ACCESS- Customer Service- **1-800-827-0829**, Ride Reservations- San Fernando Valley-**1-877-716-6784**, Eastern and Southern Region- 1-877-408-9378, and Western Region- 1-877-408-9378. **It's difficult to qualify for ACCESS services- only some Regional Center consumers qualify.** You must prove why you

cannot use MTA buses to get around. Some consumers qualify for **restricted ACCESS** services- they can use ACCESS for long or difficult routes only. 1 way fares start at \$1.80 and go up to \$4.00. You must call 1 day ahead to reserve your ride (some exceptions for medical appointments).

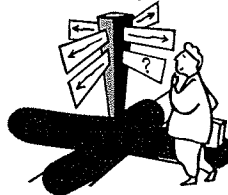


TAXI-CAB

United Taxi- 818-780-1234 or 1-800-290-5600.

City Cab- 818-252-1600.

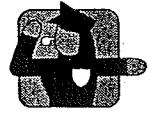
Taxis can accept up to \$12.00 of Cityride Scrip for 1 way fare. Ask if the company accepts Cityride Scrip. People can share rides or combine their scrip. Remember to tip the driver with cash.



MOBILITY - TRAVEL TRAINING- Regional Center can offer **travel-training** for adult consumers who cannot safely use the MTA bus by themselves, but have a good chance of being able to learn with some individual training. A consumer passes this training when s/he shows s/he can safely use the bus and handle emergencies in the community.

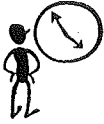
When a consumer moves or changes jobs and has trouble learning a new bus route, s/he can ask for **re-route training**. For more info, call your Service Coordinator who will work out a plan with the Transportation Coordinator, Cristina Vahid.





TRAVEL SAFELY

Updated: 2/07. Written by: Kathryn Lincoln, Family Focus Adult Program Coordinator and North Los Angeles County Regional Center Community Outreach Specialist- 818-677-7063, 818-756-6225, kathrynl@nlacrc.org




1. **Plan trips-** know the bus schedule, where the bus stop is, the address or cross streets of where you're going, and the last bus run for the day. Ask the driver to call your stop.

2. **Stay in well lit and open areas whenever possible-** do not cut through a back alley.



3. **Be aware of who and what is near you.** If you feel unsafe, you can go into a store and ask the clerk to call someone to pick you up or call the police.

4.  If someone is really bothering you blow a whistle, yell, "This stranger is bothering me", or pull out your cell phone and yell, "I'm calling the police". Report serious problems to police.


5. **Be prepared-** have your I.D., money for a phone call and more, your bus pass, phone numbers of family and friends to call for a ride, your medicine. Wear comfortable shoes, dress for the weather. Charge your cell phone and electric wheelchair.




6. **Follow traffic safety rules-** cross the street at crosswalks and corners, wait for the WALK sign, stay on the sidewalk while waiting for the bus, and keep off the curb.



7. **Go with a friend when possible.**

8.  Don't sleep on the bus or at the bus stop. Sit up front near the driver. Change seats if someone makes you uncomfortable. Let the driver know if someone is really bothering you.

9.  Keep your wallet on you and your backpack zipped and near you. Keep your belongings close to you and your eye on them.



10. Think carefully before giving out personal info. about yourself. Don't tell people you live alone. If you don't know someone really well, call him/her instead of giving out your number or arrange to meet in public- restaurant, mall or movie.

11. If you miss your stop, tell the driver and ask for directions.