

# NEW JERSEY SELF-HELP GROUP CLEARINGHOUSE

---

375 East McFarlan St., Dover, NJ 07801 \* 1-800-367-6274 or 973-989-1122 \* [www.njgroups.org](http://www.njgroups.org)

## A FEW IDEAS FOR OVERCOMING THE PROBLEM OF TRANSPORTATION TO MEETINGS FOR PERSONS WITH DISABILITIES

By Sallie Stacey & Christina Brino

We would like to share a few ideas that any self-help group might use to help those with physical disabilities resolve what is often a major problem – transportation to the meeting!

1. Be sure to identify and utilize all of the county and city transportation systems which provide transportation to senior citizens and persons with a disability (most importantly, if the transportation system is poor, this can be an excellent opportunity to begin your advocacy efforts by making your needs for transportation known to local officials).
2. If possible, have group members develop a list of family or friends who have agreed to provide transportation, and determine if any might be willing to carpool other members to and from the meeting. Sometimes it is easier to enlist a commitment of help if two different family members agree to share the responsibility.

3. Approach local community service groups (Junior League, Kiwanis, Rotary, etc.) to see if they could provide volunteers or donate funds to aid with transportation.
4. Contact local churches and advertise in their church bulletin for volunteers who might provide transportation.
5. Check also to see if any of the churches in the geographic location of the support group might have a volunteer program already in place. If there is a program, this would be a possible way to recruit volunteer drivers.
6. Contact local volunteer programs (Volunteer Action Center, hospital volunteer programs, auxiliaries, Red Cross) see if anyone would be able to volunteer their time to drive individuals to their group meeting.
7. Consider meeting at a Senior Citizen Center (even though not all your members are seniors). A Senior Citizen Center is often at the hub of several public transportation systems that would be available.
8. Like on N.J. Self-Help group, consider approaching organizations and agencies using vans (churches, Red Cross, Independent Living Centers, or other agencies servicing persons with disabilities) to see if you can obtain or pay for the use of their van (and use your own volunteer driver).