



Sutton Independent
Travel Training
A service provided by
Independent Living charity KCIL



CASE STUDY

October 2024 Case Study – A student with a journey involving both the bus and train network with several challenging sections who successfully completed travel training in four weeks.

Introduction

This case study uses a recent student is an example of the benefits of travel training.

Independent travel training (ITT) with Sutton ITT & KCIL (Kingston Centre for Independent Living) highlights the positive impact of independent travel training on young people with special educational needs and disabilities. The training empowered this student to confidently navigate public transportation, fostering their independence, responsibility, and problem-solving skills. Sutton ITT & KCIL's detailed and consistent support played a pivotal role in the student's progression over the four weeks of training.

The Journey

Below is an example of the journey this student took to get from home to college.

They first headed out of their house. Navigated a set of traffic lights at a pedestrian crossing, taking extra care due to heavy traffic. Once across the road they caught the bus to Sutton. After multiple stops, they alighted at Sutton High Street. They then walked to Sutton Station, and took a train multiple stops, alighting near to their place of education. For the return trip, they reverse the route.

Training Overview

Throughout the training, the student demonstrated remarkable improvements in key areas essential for independent travel. The program focused on enhancing their practical skills in navigating buses, trains, and pedestrian areas while building their confidence in decision-making and handling unforeseen disruptions.



Key Progress

01 Preparedness and Responsibility

The student consistently developed readiness by planning for their journey the night before and leaving home on time with everything they needed. They learnt to use travel apps to check bus and train timings before leaving home, eventually taking the initiative to do this alone, which was commendable. The student's showed initiative and forward planning, for example by packing a raincoat in case of wet weather.

02 Public Transport Navigation

The student gained a strong awareness and competence in navigating public transport. They were polite and respectful toward drivers and passengers, ensuring positive social interactions and heightening their social awareness skills. Their confidence in boarding buses and trains independently grew as the training progressed, including dealing with delays, cancellations, and disruptions for example, bus terminations or train faults. Their growing ability to remain calm and to adapt to challenging situations is a testament to not only their training, but their acquired travel skills and improved confidence.

03 Safety Awareness

With safety being the key focus, the student made significant strides in road safety and hazard awareness. For example, being mindful of where to stand when crossing busy roads, managing slippery surfaces during wet weather, and remaining cautious about station platform congestion. Their increasing ability to assess their environment and act accordingly demonstrated growing maturity in travel safety.

04 Communication and Initiative

Throughout the training, the student actively communicated with their trainer and family, informing them about their departure and arrival times. The student developed the initiative to adjust their actions route to avoid busy areas on platforms and buses, further highlighting their diligence to developing their proactive problem-solving approach. Parent's reported how pleased they were to have constant updates during the journey's from both trainee and trainer. School staff commented that there had been a marked improvement in confidence.



Conclusion

The Sutton Independent Travel Training program provided invaluable support to the student in developing essential life skills. The program not only taught independence but also instilled confidence in managing the complexities of daily travel. The student's success demonstrates the value of Sutton Independent Travel Training personalised approach to supporting SEND students in achieving autonomy, safety, and readiness for future travel.

Post training

We teach the students that their learning doesn't stop at the end of the four-week intensive course. These are a few of the key points we reiterate to the student when signing them off.

- ▶ **Ongoing Practice:** Continued reinforcement of these skills through regular practice will further enhance the student's confidence in traveling independently.
- ▶ **Focus on Weather Preparedness:** Regularly checking weather conditions to ensure appropriate clothing will be essential as the student continues with their independent travel journeys.
- ▶ **Awareness of Verbal Information:** Students can always benefit from listening to, and being aware of public announcements, to stay informed about any travel updates. This can be from their travel app or over the PA system on buses and at train stations.

Sutton's Independent Travel Training role in delivering individualised, one-to-one training to this student, made a significant difference in their progress, highlighting the program's essential contribution to supporting young people with additional needs in achieving greater independence.

How to access Sutton ITT

Independent Travel Training is a free service commissioned by Sutton Council. If you would like to learn more about Independent Travel Training, please visit <https://kcil.org.uk/itt/> or contact the team on itt@kcil.org.uk

If you are the parent of a child using Assisted Transport and would like to know more please contact the ITT team as above or contact assistedtravelteam@cognus.org.uk who can also refer to our service.



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