

Discovering a New Path after Brain Injury  
**Getting Around in My World**

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**Key Words and Definitions**

Participation — Doing the things you want to do in life – *being involved in social roles and activities.*

Accessibility – The opportunity to acquire the same information, engage in the same activities and experiences as a person without a disability *in an equally effective and equally integrated manner, with substantially equivalent ease of use.*

**Takeaways**

1. Everyone deserves the chance to have a meaningful and productive daily activity pattern.
2. Everyone needs to be able to get out of the house/apartment, and to get to whatever it is that you want to do in your life.
3. There are many alternatives for getting around in the community.
4. What you want to do, and what alternatives are available to you for getting around, can shape the life choices you make about where you live.

