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

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Key Words and Definitions

<u>Participation</u> — Doing the things you want to do in life — *being involved in social roles and activities*.

<u>Accessibility</u> – 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.

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For More Information
SEPTA Reduced Fare Card: https://www.septakey.org/info/faq/36
SEPTA Access (paratransit): https://wwww.septa.org/cct/
SEPTA Trip Planner: https://plan.septa.org/#/
Medical Assistance Transportation Program: https://www.pa.gov/en/services/dhs/medical-assistance-transportation-program.html
Accessible Housing: https://www.myhousingsearch.com/
Finding Things to Do: https://mtairylearningtree.org/
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