

## How to contact us

If you think you would benefit from this programme or have any questions you can introduce yourself by contacting us on:

 0113 389 3000

 [travelwithconfidence@ageukleeds.org.uk](mailto:travelwithconfidence@ageukleeds.org.uk)

 Age UK Leeds, Mark Lane, Leeds, LS2 8JA

 [www.ageuk.org.uk/leeds/our-services/](http://www.ageuk.org.uk/leeds/our-services/)



To make a referral on behalf of a client please visit our AUKL website and download the Travel with Confidence referral form or email us to ask for a copy of the form



# Travel with Confidence Service

Supporting people aged 50+ to have more positive experiences of the transport system and feel more confident in making journeys



Leeds  
Older  
People's  
Forum

Funded by



Making all journeys accessible



## What is Travel with Confidence?

There are 5 organisations across Leeds who are delivering the Travel with Confidence Programme. The programme aims to support people aged 50+ to have more positive experiences of the transport system and feel more confident in making journeys.



## Examples of how the service can help an older person

- ✓ Support in using digital technology to plan bus or train trips
- ✓ Building confidence in navigating busy stations and who to ask for help
- ✓ Access to tools which help overcome barriers for those travelling with sensory impairments



## The Age UK Leeds Travel with Confidence Service

The Age UK Leeds Travel with Confidence Service works with, whilst not being limited to people aged 50+ with disabilities, including wheelchair users

We can work with an older person for up to 12 weeks, providing Travel Training. This is done through a series of goal setting conversations and practical support to make journeys, with the aim for older people to make an independent journey.

## What we will do as part of the service

- ✓ Give older people an opportunity to discuss what is important to them about using transport reconnecting with their community
- ✓ Support through home visits and assistance to make journeys, working through agreed steps to reach their goal

## Client Agreement

We ask everyone who takes part to agree to the following before support is given

- ✓ I commit to Travel Training for up to 12 weeks
- ✓ I am able to leave home and would like to travel independently
- ✓ I understand this is not a befriending service
- ✓ I understand this is not for support over 12 weeks