
TRANSPORTATION TO MEDICAL APPOINTMENTS

PARENTS & CAREGIVERS

As your child gets older, they may need to learn skills to be able to get to medical appointments or other places around town. There may also come a time where you can no longer attend or physically take your child to their appointments, so helping them start to navigate transportation will be important for the future.

Helpful Tips:

- Brainstorm with your child about what methods of transportation they can use and have available to them. Some choices include walking, riding a bike, scheduling a ride with their insurance company, taking a city bus, or driving themselves or with a trusted adult.
- Help your child use the internet or a phone book to find the address of the clinic and the best route to get there.
- Help your child practice how to get to the appointment ahead of time and keep track of how long it takes to them to get there.