
TRANSPORTATION TO MEDICAL APPOINTMENTS

YOUTH & YOUNG ADULTS

As you get older, you may need to start learning the skills to be able to get to medical appointments or other places around town. There may also come a time when your parents or caregivers can no longer attend or physically take you to your appointments, so starting to learn how to navigate transportation will be important for your future.

Helpful Tips:

- Brainstorm methods of transportation that you can use and have available to you. 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.
- Use the internet or a phone book to find the address of the clinic and the best route to get there.
- Practice how to get to the appointment ahead of time and keep track of how long it takes to get there.