

Navigating Your Neighborhood

Evaluate your current location

Determine whether where you live is impacting your ability to travel and/or use public transportation. Favorable locations include those with the following characteristics:

- Located three or fewer blocks from the nearest transit stop
- Have a secondary transit stop within five blocks (an alternate route will give you more options for places you can travel)
- Sidewalks are level and properly maintained
- Intersections have traffic lights or streets are lightly travelled with crosswalks
- In neighborhoods where you are comfortable walking alone
- Near or within walking distance of your employment
- Within four safe blocks of a grocery store, pharmacy, and other places you visit often
- Residents pick up after their dogs
- Travel time to reach common destinations is not greater than three times the amount of time it would take you to drive

Keep safety in mind!

If you are comfortable walking in your neighborhood, make sure you know the route well and follow important safety tips:

- Wear brightly colored clothing at night
- Use sidewalks when possible
- Be aware of traffic or areas of potential danger
- Plan in advance for weather issues

Sources

- AARP. (n.d.). *The getting around guide*. Retrieved from <http://www.crcog.org/publications/BicycleDocs/encouragement/aarp-gettingaroundguide.pdf>
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- Corn, A. L., & Rosenblum, L. P. (2000). *Finding wheels: A curriculum for nondrivers with visual impairments for gaining control of transportation needs*. Austin, TX: Pro-Ed.

Questions?

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