



Services available

If you have a physical or cognitive disability and are unable to use public transit without assistance, you're eligible to use **HandyDART**. Find out more at **Translink Access Transit** office t.250.376.1216

www.bctransit.com/regions/kam/accessible/handydart

There may be programs through your bank to help make purchasing vehicles or bicycles cheaper.

People with disabilities qualify for special programs. So do people with young children and people who have to travel for medical reasons. Ask your agent at the Ministry for Social Development about transportation options.

If you would like someone to assist you in trying to find better transportation options, **ASK Wellness** in Kamloops is a good place to start. Call 1-800-661-7541, tell them that you need help with finding better transportation, and ask for an appointment with someone who can help.

Many agencies in town get bus tickets that they give out for free through a program with United Way and the City. You can access the free bus tickets by inquiring at agencies like **ASK**, **Elizabeth Fry** and **CMHA**. Only a limited number are available on a monthly basis, and they are normally given to people with priority appointments like doctors or court dates.

Traveling between cities: Finding help for the cost of traveling in Canada and abroad can be difficult. But companies like Greyhound Buslines, Air Canada, WestJet, and BC Ferries offer special services and discounts to some people in need. You can find out about these services at a Federal Government. Website: www.accesstotravel.gc.ca

In general, you can save money on travelling by bus or plane when you book early. Airlines tend to have seat sales a few months ahead of the travel date, and Greyhound gives discounts if you book 7 or more days ahead of time.

Carpooling? Websites like craigslist.org or kijiji.com feature advertisements from people looking to share the costs of driving to different cities. Look for a category called 'rideshare'.



Transportation

Everyone needs affordable and convenient access to transportation. Without it, everything becomes harder: fulfilling basic needs like buying food, participating in community, and visiting friends and family all become more difficult.

There are many transportation challenges people experience in Kamloops. Walking is difficult because this region is hilly, very hot in the summer and cold in the winter.

Taking the bus can be expensive, the bus routes are confusing and slow, and they don't go everywhere that you need to get to.

Driving is very expensive!



HAP
KamloopsHAP.ca