

Abstract

Services Access and Transportation: Impact of a Comprehensive Travel Training Program for Individuals with Intellectual and Developmental Disabilities

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APHA's 2019 Annual Meeting and Expo (Nov. 2 - Nov. 6)

Introduction: Service engagement is a major issue in the provision of health care services with accessibility identified as a primary barrier¹. Transportation accessibility is identified as a significant barrier to over 30% of individuals with disabilities². People with intellectual and developmental disabilities (IDD) often face serious transportation challenges that impede healthcare access and community participation³. Travel training may help people with IDD overcome transportation barriers⁴. The purpose of this study was to examine the impact of a comprehensive travel training program on travel skills of individuals with IDD.

Methods: Pre- and post-test data measuring travel skills, modes of transportation use, and number of training sessions were collected and inputted in a secure database by a travel training service provider. Data was de-identified and a secondary analysis completed to test the effect of travel training on transportation skill acquisition by fitting a multilevel model to the data. The effects of condition, time (pre-training, post-training), and condition x time interactions on transportation skill t-scores were analyzed.

Results: Trainees made substantial (> 2 standard deviation) gains on the competencies needed for independent travel. A significant condition x time (training) interaction was observed. People with intellectual disabilities (ID) made larger gains in travel skills than those without ID, such that both groups had comparable skill levels at the end of the training.

Conclusion: The results of this study provide preliminary support for the use of a comprehensive travel training program for individuals with IDD to improve overall travel skills needed for services access.

Other professions or practice related to public health

