

# Developing Solutions to Transportation Barriers: Strategies that Work

**At-a-Glance:** Finding reliable transportation is a barrier to employment, health care, and community participation for people with disabilities in rural communities across the United States. A 2011 study by the [\*University of Montana's Rural Institute\*](#) identified strategies for working with people to develop solutions to transportation barriers.

## Key Findings

Barriers to reliable transportation include:

- Limited or nonexistent public transportation.
- Social costs of relying on family and friends.
- Cost of fuel, maintenance, and insurance of personal vehicles.

Study participants stated:

- Integrating transportation issues into vocational rehabilitation counseling sessions was key to meeting their needs.
- Conversations about developing community transportation strategies were helpful.

## Putting It into Practice

Strategies that support consumers to develop transportation solutions include:

- Provide self-advocacy training to help build self-reliance around transportation issues.
- Support consumers to develop a plan for securing rides, save money to cover transportation costs, and/or relocate for easier access to work.
- Teach networking skills to help consumers connect with family, friends, and community groups around carpooling and ridesharing.
- Seek opportunities for transportation reimbursement of employment-related travel until consumers receive their first paycheck.

- Advise consumers to ask about employer-sponsored transportation, especially when work hours fall outside the availability of public and private transportation options.
- Learn your agency's policies on funding the purchase or repair of personal vehicles, including driver training and licensing.

### **More about this Research**

Study recommendations also include the use of a voucher model for people in need of transportation. In this model, riders purchase vouchers for rides from a wide variety of volunteers and local organizations.

### **Learn More**

Access this research by visiting [the Project E3 Research Database](#)

Ipsen, C., Colling, K., and Goe, R. (2012). Transportation: A barrier to successful employment outcomes among rural VR clients. Missoula, MT: University of Montana RTC:Rural

### ***Questions? Feedback?***

Do you have questions or feedback about putting this research into practice? We're waiting to hear from you! [Send Us Your Questions](#)

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