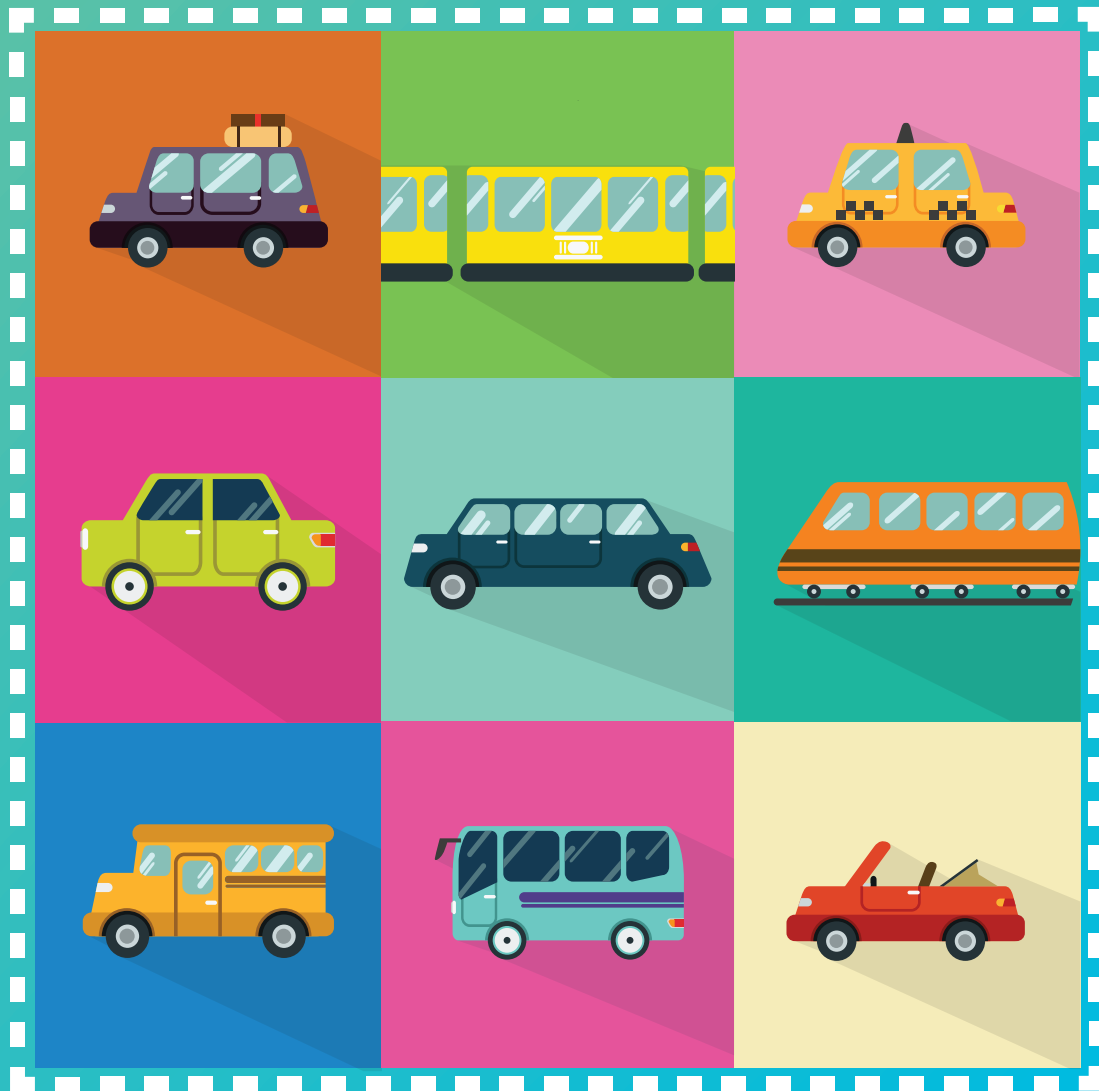


# openminds

Mental Health, Disability &  
Specialised Supports



**Transport options to get around**  
**Easy Read version**

[www.openminds.org.au](http://www.openminds.org.au)

# How to use this document

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This document explains what transport options you can use to get around.

The logo for "openminds" is displayed in a light blue, lowercase, sans-serif font. A blue arc is positioned above the letters "m" and "i".

When you see the word "we" it means Open Minds.



We have written this information in an easy to read way.

We use pictures to explain some information.



You can ask for help to read this document.

A friend, family member or support person may be able to help you.

# Before you leave



Tell someone where you are going and the time you think you will be back.



Take a mobile phone if you have one, make sure it's charged and it has credit.



Take some ID (identification, such as a Drivers Licence or Medicare Card) out with you so people know who you are.



Check the weather forecast and take an umbrella if it's going to rain, or sun screen and hat if it's going to be sunny.



Ensure you have enough money to get where you need to go and keep it safely in your wallet or bag.

# Using public transport



Plan where you are going, and what time you will need to leave.



A **go card** allows you to travel on public transport in Queensland.

You may be able to get discounted travel if you have a concession card.



You can get and top up a go card from a newsagent store or a Queensland Rail Ticket Office.

Make sure your go card is topped up with enough credit for your trip.



If you are catching the bus or ferry tap on and off when you board.

If you are catching the train tap on and off on the platform or station entrance .

# Using Taxis



If public transport isn't the best way to get where you need to go, you can arrange for a taxi instead.

You may be able to get a discount through the Queensland Taxi Subsidy Scheme:



 **1300 134 755**

 **[www.qld.gov.au/disability](http://www.qld.gov.au/disability)**

Ask your Support Worker if you need help.

Here are some Queensland based taxi services:




**Yellow Cabs**

 **(07) 3391 5955**

 **[www.yellowcab.com.au/ndis/](http://www.yellowcab.com.au/ndis/)**



**Black and White Cabs**

 **133 222 (a registered NDIS Transport Provider)**

 **[blackandwhitecabs.com.au/ndis/](http://blackandwhitecabs.com.au/ndis/)**

# Using Community Transport



Community transport is often free or low cost and helps people to get to the shops, doctor appointments, and more.

Here are some Community Transport Options in Queensland:



STAR Community Services (Redlands, Logan, Ipswich, Gold Coast)

 07 3821 6699

 [www.starcommunityservices.org.au](http://www.starcommunityservices.org.au)



Community Flyer - TransitCare (NDIS Registered, Brisbane South, Logan, Townsville)

 1300 153 636

 [www.transitcare.com.au](http://www.transitcare.com.au)



Redcliffe Community Bus

 07 3284 6429

 [www.redcliffecommunitybus.org.au](http://www.redcliffecommunitybus.org.au)

Hospital Transport services might be available for some of your appointments

QLD Ambulance Service (patient transport)

 13 12 33

# Walking



Walking is a good way to get about, it keeps you fit and you can enjoy the fresh air



Make sure you know how far the walk is, are you fit enough to walk the distance and back?

Do you know the way? Is it a safe walking route? If you're walking when it's dark are there street lights on the way?



Make sure you are wearing the right clothes and shoes.



Have a plan in case you can't walk back and have some money with you just in case you need it.

# Find out more



You may be able to get NDIS funding for transport if you can not take public transport.

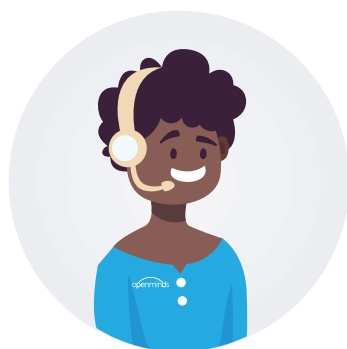
 [www.ndis.gov.au](http://www.ndis.gov.au)



The best person to speak to if you want to find out more about getting around is your Open Minds Support Worker or Support Coordinator.



They can help you decide what's the best option for you, and can support you to travel somewhere.



For more details you can contact us on

 1300 673 664

 [enquiries@openminds.org.au](mailto:enquiries@openminds.org.au)

 [www.openminds.org.au](http://www.openminds.org.au)



# openminds

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## Helpful numbers:

DV Connect

Womensline – 1800 811 811

Mensline – 1800 600 636

Sexual Assault Helpline

1800 737 732

Child Safety After Hours

1800 177 135

Homeless Hotline – 1800 474 753

Poisons Helpline – 13 11 26

13HEALTH – 13 43 25 84

Policelink – 131 444

## In an emergency contact

000 (112 for mobiles)

## Mental health crisis numbers:

Mental Health Support Line

(MH CALL) – 1300 64 22 55

Lifeline – 13 11 14

Suicide Call Back Service

1300 659 467

Kids Helpline (5-25yrs)

1800 551 800

[www.openminds.org.au](http://www.openminds.org.au)

