

Rehabilitation & Travel

TRAINING

QAC offers personalised rehabilitation and travel training to develop your independent travel skills.



**Your training may begin
using our own on site
travel training area
'Independence Street'**

Vital travel training skills to help keep you safe, increase your independence and improve your confidence and knowledge include:

- **Bus and rail travel**
- **Road safety**
- **Money management**
- **Communication skills**
- **'Stranger Danger' awareness**

The rehabilitation and travel training team can specialise in developing your daily living skills, time management, social skills, problem solving and decision making, long cane skills, journey planning, general orientation and sensory skills. Low vision and wheelchair support can also be provided.

**For more information please contact QAC
on 0121 428 5050 or email info@qac.ac.uk**

Kevin's Story ...



Hi, my name is Kevin

I have been a student at QAC for nearly 4 years, during that time the rehabilitation and travel training team have provided me with lots of support to become more independent.

They have helped me to handle kitchen equipment safely such as knives, so that I can prepare food with limited support and make my own hot drinks, which is great because I love hot chocolate!

I have also learnt how to use other household items, I know how to use a washing machine by myself and do my own ironing.

I can do more things for myself now and I enjoy travelling to the local shop and Harborne Village independently. I am really thankful for what the team has done for me, I'm a lot more confident and independent than I was when I first joined QAC.

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