

Transportation & Community Resources

*Staying Connected to the People,
Places, and Opportunities That Matter Most*



**Scan the QR code to learn
more or contact our team.**

www.thewholeperson.org



Independence Doesn't End at Your Front Door.

Being able to get where you need to go affects almost every part of daily life.

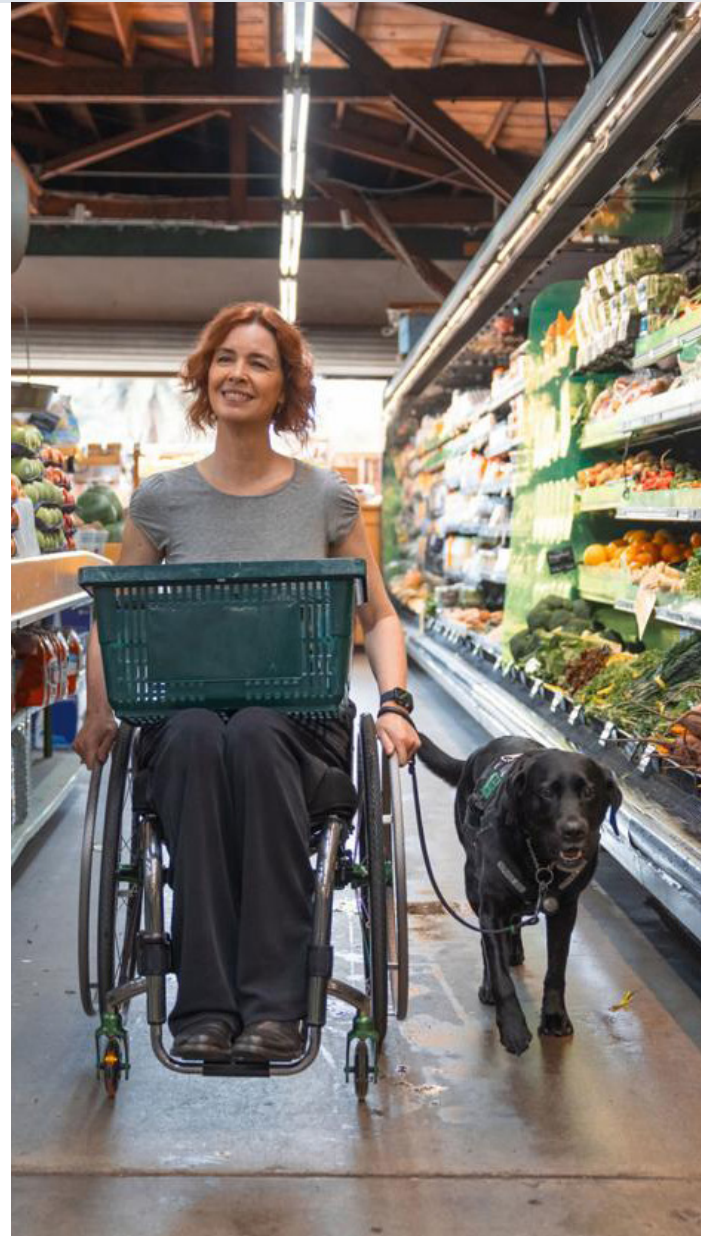
Whether it's getting to work, attending a medical appointment, buying groceries, volunteering, seeing friends, or participating in community events, transportation plays an important role in maintaining independence.

When transportation becomes difficult, it can feel like opportunities begin to disappear.

The good news is they don't have to.

Many communities offer transportation services and other resources that help people remain active, connected, and engaged.

This guide will help you better understand your transportation options and introduce resources that may help you continue living independently.



Staying Connected Matters

Reliable transportation isn't simply about getting somewhere.



It's about maintaining your health, supporting your independence, participating in your community, and continuing to do the things that bring meaning to your life.



Learn more on our website:
www.thewholeperson.org

Transportation Is More Than a Ride

Transportation services can help people continue living independently by making everyday activities more accessible.

Depending on your needs and your community, transportation resources may help you travel to:

- ✓ **Medical appointments**
- ✓ **Employment**
- ✓ **Grocery stores**
- ✓ **Community events**
- ✓ **Educational opportunities**
- ✓ **Independent Living programs**
- ✓ **Social activities**
- ✓ **Government and community services**

Every community offers different transportation options. Understanding what's available is often the first step.



Community Resources Matter Too

Transportation is only one part of living independently.



Many individuals also benefit from community resources that provide information, support, advocacy, recreation, education, peer connections, and opportunities to become more involved in the community.



Learn more on our website:
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Finding the Right Transportation Option

No single transportation solution works for everyone.

Some people use public transportation.

Others rely on accessible transit services.

Some combine rides from family or friends with community transportation programs.

Others use volunteer transportation services or rides arranged through local organizations.

Finding the right option depends on your goals, where you live, and the services available in your community.

The Whole Person can help you explore those options and connect with transportation resources that support greater independence.



Transportation Creates Opportunity

Reliable transportation helps people:

- ✓ **Maintain employment**
- ✓ **Keep medical appointments**
- ✓ **Continue their education**
- ✓ **Shop for everyday needs**
- ✓ **Participate in community activities**
- ✓ **Spend time with family and friends**
- ✓ **Live more independently**



Learn more on our website:
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At a Glance

Transportation Supports Independence

Transportation Helps You...

- ✓ Reach healthcare appointments
- ✓ Travel to work
- ✓ Attend school or training
- ✓ Shop for groceries
- ✓ Participate in community events
- ✓ Visit family and friends
- ✓ Access community resources

Transportation Makes It Possible To...

- ✓ Stay healthier
- ✓ Maintain employment
- ✓ Build new opportunities
- ✓ Meet everyday needs
- ✓ Stay connected
- ✓ Reduce isolation
- ✓ Live more independently

Remember

Transportation isn't just about getting somewhere.
It's about staying connected to the life you want to live.

Common Questions

“What if I can no longer drive?”

Many people continue living active, independent lives without driving.

Public transit, accessible transportation, community programs, and other local resources may provide alternatives that help you stay connected.

“Are transportation services only for medical appointments?”

Not always.

Many transportation programs support employment, education, shopping, recreation, and other community activities.

Available services vary by community.

“How do I know what’s available where I live?”

Every community offers different transportation resources.

The Whole Person can help you identify local programs and connect you with transportation options that fit your needs.

How The Whole Person Can Help

Finding reliable transportation can sometimes feel overwhelming, especially when your needs or circumstances change.

You don't have to navigate those decisions alone.

The Whole Person helps individuals and families understand available transportation options, identify community resources, and connect with programs that support greater independence and community participation.

If another organization is better equipped to meet your transportation needs, we'll help connect you with the appropriate resources.

Our goal is simple:

To help you stay connected to the people, places, and opportunities that matter most.



Community Is Part of Independent Living

Independent living isn't only about where you live.

It's also about staying connected to your community.

Whether you're attending a doctor's appointment, going to work, volunteering, participating in a local event, or simply visiting family and friends, every trip represents an opportunity to remain engaged and involved.

Transportation removes barriers.

Connection builds independence.

Every person deserves the opportunity to participate fully in the community they call home.





You Don't Have to Navigate It Alone.

Finding transportation shouldn't keep you from living the life you choose.

Whether you're looking for transportation resources, community programs, or simply don't know where to begin, The Whole Person is here to help you understand your options and connect you with resources that support your goals.

You don't have to have all the answers before you call.

We'll help you find the right path — together.



Learn more on our website:
www.thewholeperson.org

Want to Learn More?

If you'd like to learn more about transportation resources and community living, we recommend reading:

Transportation Options for People with Disabilities

Learn about transportation services, accessible travel options, and community resources that help individuals remain active, connected, and independent.



Scan the QR code or visit our website to read the article.

thewholeperson.org/resources/transportation-options-for-people-with-disabilities/



Learn more on our website:
www.thewholeperson.org

Continue Your Journey

Related Resource Guides

Where Do I Start?

A Simple Guide for Individuals and Families Looking for Answers

Understanding Independent Living

Independence Is About Choice, Control, and Living Life on Your Terms

Employment Services

Helping You Build Skills, Find Opportunities, and Reach Your Employment Goals



Continue Your Journey
Visit us at www.thewholeperson.org/about-us/resources for more!





Need Help Finding the Right Next Step?

If you're unsure what transportation services or resources may be right for you, The Whole Person is here to help.



We'll listen, answer your questions, and connect you with information and support that fits your unique situation.

Learn more on our website:
www.thewholeperson.org



Contact The Whole Person

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