

Living Safely

with disabilities and special health needs

Walking or Rolling in the Community



Children's
Specialized Hospital®

An RWJBarnabas Health facility



There are many tips to help me stay safe while walking or rolling to school, work, in my neighborhood, or other trips.

I can identify the signs and symbols along my route.

Some common signs are stop signs, pedestrian crossing, railroad crossing, no trespassing, do not enter, danger, hospital, and caution.



When walking at night, I should wear bright clothes and accessories that are reflective or glow-in-the-dark so it is easier for drivers and others to see me.

I can put glow-in-the-dark tape on my clothes, on my hat, and on my shoes.



I can use a flashlight or headlamp when walking or rolling at night.

This helps to guide me along the way.

It also helps others to see me and where I am going.



I try to walk or roll in areas that have sidewalks, walking pathways, or crosswalks.



Photo source <http://njbikeped.org/>

When walking or rolling near a roadway, I walk or roll in the opposite direction of the vehicles so drivers can see my face.



When there are people I don't know, I can walk or roll past them.



I always stay alert to identify any dangers around me such as uneven sidewalks, holes in the ground, or garbage on my path.



When you walk or roll, it is unsafe to text or use your phone because you need to be aware of what is around you.

For more Living Safely resources, visit www.rwjbh.org/cshlivingsafely

We value the expertise of our partners in safety who have demonstrated their commitment to inclusive healthy communities. Portions of this resource have been adapted from Community Safety Skills, a NJ Self-Advocacy Project NJSAP@ARCNJ.org.

The information contained in *Living Safely with Disabilities and Special Health Needs (Living Safely)* is provided for educational and informational purposes only. The content contains general information and may not reflect a person's individual needs or current legal developments or information. Children's Specialized Hospital makes no guarantee, either communicated or implied, about the accuracy, application, appropriateness, or completeness of the information within *Living Safely*, or at any other website to which it is linked. Children's Specialized Hospital specifically relinquishes all liability with respect to any person's actions, taken or not taken, based upon any or all of the information or other contents from *Living Safely*.



This initiative was funded in part by an Inclusive Healthy Communities Grant from the Division of Disability Services, New Jersey Department of Human Services.



© 2021 Children's Specialized Hospital