



Using Mass Transit Systems: General Tips

Driving a vehicle can be overwhelming for many adults with ASD. For this reason, it is important to become familiar with mass transit options and the unwritten social rules of mass transit. This information sheet focuses on general tips for all forms of mass transit.

General Mass Transit Tips

- Stay to the right when walking in crowded areas, and allow people that are walking faster than you to pass you on the left. This is especially important on escalators. Many people using mass transit are in a hurry to catch a bus, train or subway.
- Allow all people to get off of the bus, train, or subway before attempting to get on.
- Do not stare at people. This makes them uncomfortable. Instead, look out of the window, read something you brought along, play a game on your phone, etc.
- Make sure you use headphones if you want to listen to music, play a game, watch a video, etc. If you have to talk on your phone, do so quietly and keep your calls short.
- If there is a row of empty seats available, sit in the empty row in the seat closest to the window. If there are no empty rows, you can sit next to someone in an empty seat. You can also stand when riding the bus or subway as long as you do not block the aisle or the doors.
- Public transportation can get very crowded during the times of day when people are commuting to/from school or work. If you are not in a hurry, you might want to wait for a bus or subway that is not as crowded.
- Avoid touching other people or crowding their space whenever possible.
- Maintain good personal hygiene. People do not like to smell strong smells in close quarters.
- Keep your personal items safe by keeping a hand on them and/or keeping them close to you. If the bus or subway is crowded, do not put your belongings on the seat next to you. The seats are for other passengers.
- If an elderly person, person with a physical disability, a child, or a mother holding an infant gets on and there are no seats available, it is expected that you give up your seat to that person and stand until a seat becomes available.
- Additionally, some forms of transportation have seats specifically designated for the elderly or physically disabled. Do not sit in these seats unless they are the last seats available and there are no elderly or physically disabled individuals who need them. If there are no seats specifically designated for the elderly or disabled, it is commonly expected to leave the seats closest to the exit for them.

General PA Mass Transit Links:

American Public Transportation Association:

<http://www.apta.com/resources/links/unitedstates/Pages/PennsylvaniaTransitLinks.aspx>

Pennsylvania Public Utility Commission:

http://www.puc.pa.gov/consumer_info/transportation/motor_carrier.aspx