

TRANSPORTATION & MOBILITY GUIDE

Transportation has a major impact on independence, work, education, healthcare access, and social activities. Whether driving, using public transportation, or arranging accessible travel, understanding your options can help make daily life safer and more manageable.



Local Transportation

Knowledge of public transportation in your community is important. Learn how to access schedules for buses, trains, ride-share services, and navigation tools such as Google Maps. Many communities also offer disability transportation programs, including discounted fares or door-to-door services.



Vehicle Modifications

Vehicle modifications such as ramps, lifts, or hand controls may improve accessibility and independence. Local MPS organizations, disability groups, and other adults living with MPS may be helpful resources when exploring modification options.



Funding Resources

Financial assistance programs for mobility aids or transportation services may be available through disability organizations, government programs, or vehicle modification companies.



Travel Planning

Before traveling, contact airlines, hotels, or transportation companies to discuss accessibility accommodations. Planning ahead can help reduce unexpected barriers and improve safety and comfort during travel.

Your best resource is often your fellow adult MPS community. Shared experiences can provide valuable advice, practical tips, and encouragement.

Your Transportation Checklist

Local Transport

- ☐ Research accessible public transport options
- ☐ Check eligibility for disability fare reductions
- ☐ Register for door-to-door transport services

Personal Vehicle

- ☐ Assess need for vehicle modifications (ramps, lifts, hand controls)
- ☐ Explore funding support
- ☐ Understand roadside assistance options

Travel Planning

- ☐ Contact airline/hotel in advance
- ☐ Confirm accessibility arrangements
- ☐ Prepare backup plans