



Transportation Options

Public Transportation

If you or your young adult child decides not to take on the responsibility of driving, you may want to consider public transportation. There are several options available, all of which are regulated by the Americans with Disabilities Act (ADA). This law ensures that individuals with a disability have the same opportunity to access and use public transportation. This means making their transportation accessible and providing paratransit services to those who don't have the capability of using the general public transportation system. Pricing varies by location but is generally affordable. You can check with your local transit authority to get more information on pricing and availability in your area.

Bus System

Most cities and towns have a bus system available for public transportation. You can usually find maps, schedules, routes, and all updates online. This information may also be available on the bus or at select stops. Phone applications, such as Google Maps and Apple maps, also provide information on routes, schedules, delays, updates, and directions.

Rail Systems

Subways, metros, cable cars, and trains are all great transportation options for larger cities or longer distances. They are usually more direct than buses; however, they tend to have fewer stops available. Similarly to the bus system, you can find maps, schedules, routes, and all updates online. This information will also typically be available at each stop or station. Phone applications, such as Google Maps and Apple maps, also provide information on routes, schedules, delays, updates, and directions.





Paratransit Services

Individuals who do not have the capability of using the fixed-route bus or rail services with the general public are able to access paratransit services. This service provides vans or small buses for individuals with disabilities who qualify for service. Qualifications vary based on location, but it may be necessary to submit an application, provide supporting documentation, or have an in-person assessment to determine eligibility.

For Hire Services

If your or your young adult child needs more direct transportation, there are several private transportation services available throughout most cities and towns. This option is direct and often saves time, but is typically much more expensive than public transportation.

Taxi

Taxi services are widely available in cities and towns. Some locations have taxis that you can hail in the street, while others require that you call to request their service. They must also comply with some ADA requirements to provide accessibility for individuals with disabilities, such as:


- Helping stow mobility devices (wheelchairs, walkers, etc)
- Allowing service animals to ride with passengers

Ride-Share

In recent years, applications such as Uber and Lyft have skyrocketed in popularity. They provide similar services as Taxis but are often easier to arrange and slightly cheaper. Depending on the company, they may also offer additional services to help individuals with disabilities. For example, with Lyft Assisted Rides, drivers can meet you at the front door of your pick-up location, help you in and out of the vehicle, and drop you off at the door of your destination. Like Taxis, ride-share companies also allow service animals to ride with passengers and offer accessible car options for individuals with mobility devices.

Personal

Many young adults with ASD have the capability of driving and may choose to do so as a step towards independence. If you or your young adult child never received a driving permit but wants to start driving, there are some requirements that need to be met.



First, you must obtain a drivers license. In the State of Utah, Individuals 18 years old must provide the following:

- Proof that they've completed driver's education
- Proof of Utah residency in two different forms
- Proof of identity
- Social security number or documentation of legal lawful presence

For individuals 19 and older, driver's education is not required; however, without this course they will need to carry a Utah learners permit for 90 days and complete 40 hours of driving practice with a licensed adult. The documentation requirements to receive a license are the same as above.

After you or your young adult child has received a license, the next step is to think about getting a vehicle and the associated expenses of driving a car. Some people may be able to share a vehicle with family members; however, many will need to buy a car, which can make this transportation option quite expensive up front. Once you have a vehicle to use the overall expenses will drop dramatically but may still be more expensive than the costs of public transportation when adding in fuel costs, maintenance, and insurance. Even so, many individuals on the spectrum find driving more suitable for their needs because it offers the most direct transit to locations, while also providing a space that's comfortable for them.

If you're still not sure whether driving is the right option for you or your young adult child, you can read more information [here](#).

References:

- ADA National Network
<https://adata.org/faq/what-are-adas-requirements-public-transit-buses>
- Autism Speaks
<https://www.autismspeaks.org/blog/preparing-changes-transportation-adult-spectrum>
- National Aging and Disability Transportation Center
<https://www.nadtc.org/about/transportation-aging-disability/ada-and-paratransit/>
- The Center on Secondary Education for Students with Autism Spectrum Disorders
<https://files.eric.ed.gov/fulltext/ED607011.pdf>
- Utah Government
<https://dld.utah.gov/driver-license-faqs/>