

## Transit Instruction



Your Doorway to the  
Community



On the bus, a person can travel to school, to shop, to work, and travel for the fun of it. Learning to ride the bus is learning to be independent.

### Learn to Ride the Regular Bus

**Free** training is available to seniors and persons with disabilities.

Transit Instruction is provided with funding from King County Metro and Sound Transit.

Learn to safely and comfortably travel on public transportation.

Knowledgeable instructors, experienced with the King County Metro Transit and Sound Transit systems, provide your training.

Self-paced instruction is designed around your needs.

### Transit Instruction Gives You:

Confidence and skills to

- travel to and from the bus stop
- board a bus
- use the lift/ramp
- transfer between buses
- pay the fare
- identify landmarks
- ask the driver for assistance
- exit at the correct stop
- problem solve while traveling in the community



### Who Is Eligible?

Seniors, students who follow IEP or 504 plans or persons with a disability who, after completing training, are able to successfully and independently travel using public transportation.

### Training Offered: Individual Training

Complete a personalized training plan with a Transit Instructor.

Travel one or more days a week, to and/or from a specific place, when and where regular public buses operate.

### Group Orientation

Join others in your senior center, residence, work site or class in attending two sessions:

1. learn general information about using the bus
2. participate on an escorted trip on a regular public bus.

### We Also Offer: Ramp Training

Learn to use the ramp to board Metro buses and to move your wheelchair or scooter into the bus securement areas. An inactive stationary bus is used to practice during the training session. A free ride to and from the practice session can be provided.

### System Orientation

Learn how to read schedules and independently find your own routes to reach various destinations.

Participants who are capable are taught to read bus schedules or call the transit agency for route information. Participants can also be taught how to use Metro's Trip Planner on the internet. Individuals are then taught how to identify landmarks and communicate their needs when traveling new routes using public transportation.



### Additional Training Includes:

- Street Crossing Skills  
Learn how to carefully cross streets
- Stranger Awareness Skills  
Learn how to safely and appropriately interact with strangers while riding the bus
- Emergency Skills  
Learn how to react in emergency situations such as missing a bus or becoming lost

All qualified Transit Instructors have experience and background working with seniors and people with disabilities. Criminal and background checks in addition to drug testing are conducted on all Transit Instructors as a condition of employment.

### For More Information About Free Transit Instruction

Contact:

**206-749-4242**

This information  
is available in large print,  
Braille, compact disk or  
audiotape on request.



**Metro Transit Division  
Accessible Services**

Department of Transportation

KSC-TR-0200

201 S Jackson St

Seattle, WA 98104-3854

206-263-3113 / TTY Relay: 711

accessible.services@kingcounty.gov