

**The
Advonet
Group**

Providing Independent Advocacy



**Autism
AIM**

Strategies and Resources

UK Travel Guide

Useful Apps and Websites

First Bus App: Plan a journey, buy tickets (mTicket) and check when your bus is due with live updates. More info can be found [here](#)

Arriva Bus App: For services run by Arriva in West Yorkshire, including Leeds, Wakefield and parts of Kirklees - [Arriva App](#)

Transdev Go App: For services run by Transdev in Keighley, Ilkley, the Worth Valley and Craven - [Transdev Go](#)

MCard App: For buying bus and train tickets using an MCard across West Yorkshire - [MCard Mobile App](#)

National Rail Apps: These can help with planning journeys, buying ticket and railcards - [Apps](#)

Google "my maps": Desktop only; make routes on a map and saves them to come back to. You can also change points on your route to follow the route you want, rather than the preset choice. Find out how to use My Maps here - [My Maps](#)

Trainline: Book and plan train journeys across the UK. Find the app here - [The Trainline](#)

Taxis in Leeds, Bradford and Craven

- [Veezu](#)
- [Central Cars](#)
- [Roadrunners](#)
- [Arrow Cars](#)
- [Metro Taxis](#)
- [Leap Taxis](#)
- [Uber](#)

Tips for UK Travel

Travelling in the UK has been made easier with smartphones, so we can find bus stops, find bus times and plan a full journey. Here are some tips:

Headphones/ear defenders: Buses and trains can be loud. With engine noises and people talking, it can help to use headphones or ear defenders so you can relax.

Mobile phone: Make sure your phone is charged before you go on your journey. Your phone can help you track your journey, it keeps your tickets safe for you and you can use your phone for entertainment, but remember to get off at the right stop!

Bus apps can also tell you how busy the bus will be, so you are prepared or you can choose to wait for a less busy bus. Some apps have the option to save bus stops and routes as favourites, such as the First Bus app. Share your location with your friends/family/support network; you can do this on Google Maps or taxi apps.

Ask for help: The bus driver or train staff can help you know which stop to get off if you are worried. Let me know when you get on and sit close to the front so the driver can tell you when it's your stop.

Stim items/fidget toys: Bringing something to keep you comfortable and entertained will help on your journey.

Keep your bags close: Keep your bag on your knee or between your legs. Before you get off the bus/train, make sure you have everything with you. Do you have your headphones, phone, classes, coat, bag etc.

Notebook: A notebook can be good to write your schedule, bus stops and bus times in case you forget. You can also ask for help with these notes and show them to the bus driver or the train staff. A notebook can be helpful if you are non-verbal or unable to speak in the moment, as you can write down what you'd like to say.

Travel Concession Tickets/Support

As a disabled person, you may be able to apply for a concessional Disabled bus pass. You are entitled to a Disabled Person's Pass if you live in West Yorkshire and you are:

- Partially sighted (sight impaired)
- Profoundly or severely Deaf
- Without speech
- Someone who has a disability or injury, which has substantial and long-term adverse effect on your ability to walk
- Someone who does not have arms, or has a long-term loss of the use of both arms
- Someone who has a learning disability, which includes significant impairment of intelligence and social functioning
- Someone who has been, or would be, refused a driving licence on certain medical grounds (other than because of the misuse of alcohol or drugs)

Mental health problems are not a qualifying disability. However, if mental health problems are so severe that someone would be refused a driving licence then they may be able to apply under that category.

Evidence

You may qualify for a blind or disabled person's pass if you receive any of the following:

- Blue Badge (Disabled Person's Parking Permit) issued by your local council, valid for at least 6 months
- Higher rate mobility component of Disability Living Allowance
- Personal Independence Payment (PIP) with an award of at least 8 points for 'Moving Around' or 'Communicating Verbally' activities

Travel Concession Tickets/Support Continued

If you are unable to provide the evidence listed above, you can ask a medical professional to complete one of their Evidence Forms:

- [Blind or Partially Sighted Evidence Form](#)
- [Profoundly or Severely Deaf Evidence Form](#)
- [Without Speech Evidence Form](#)
- [Loss of Use of Both Arms Evidence Form](#)
- [Learning Disability Evidence Form](#)
- [Severe Walking Disability Evidence Form](#)
- [Unable to Drive on Medical Grounds Evidence Form](#)

Please note, if you are providing a medical evidence form you must also fill out an application form for your Travel Pass.

You can fill out the form [online](#), or if you are not able to apply online, please see the section applying through your local council to find out about other ways to apply.

Some medical professionals might charge a fee to provide you with a letter or to complete an evidence form. West Yorkshire Metro cannot help with any of the costs.

Links to information about the Disabled passes

- [West Yorkshire Metro: Disabled bus pass information](#)
- [Disabled Person's Railcard](#)
- [Access to Work: Can help cover costs of taxis to and from work if you are unable to use other forms of transport](#)
- [Transport for All: Information, tips and advice](#)
- [GOV.UK website guidance: Support to help with the cost of transport](#)

Useful links

[Worldpackers - Travel with Autism](#)

[National Autistic Society - Guide to Transport](#)

[West Yorkshire Metro](#) - bus and rail services in West Yorkshire, including Leeds and Bradford

[DalesBus](#) - bus and rail services in the Yorkshire Dales, including Craven

Contact Us



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Please leave a message for the Leeds Autism AIM or Bradford and Craven Autism AIM team.



leedsautismaim.org.uk / bradfordautismaim.org.uk



Facebook, Instagram, Bluesky and Threads:
[@leedsautismaim](#) / [@bradfordautismaim](#)

This guide was produced by the Autism AIM team, part of The Advonet Group. We are a free service co-led by and run for autistic adults (aged 18+) in the West Yorkshire area.