



Top Tips for using public transport—Adults

Preparation before travelling is often the most useful thing you can do. Follow our tips below...

Before Travelling

- Plan your route and save it on your phone
- Be clear on the timetable for the bus/train
- Prepare a checklist of landmarks, etc. to help with orientation on the journey
- Decide where you'd be most comfortable sitting
- Consider whether you need a friend/family member to travel with you
- Have a backup plan, e.g., if you miss your stop, there's a diversion, or you miss the bus/train
- Have your Tourette Scotland lanyard available

On the day:

- Don't rush. Give yourself plenty time so that you feel calm and together
- Check you know the route and the plan
- Check your phone is charged! Or perhaps take a portable charger with you
- Headphones with music can often reduce anxiety
- Chewing gum can sometimes be helpful in reducing vocal tics
- Fidgets can be helpful in keeping hands busy
- Have water with you

Preparation for the modality of transport

Bus:

- Some people find letting the driver know about their TS can reduce anxiety and tics. This is a personal choice
- Letting passengers nearby know could also be useful
- You could share the community information sheet (available on Tourette Scotland Website)

Train:

- You could let the guard know if you thought this would be helpful
- You could put the community information sheet on tables
- Being able to get up and move about can be helpful

How to deal with discrimination:

Transport infrastructure, services and certain specified vehicles have an obligation under the Equality Act 2010 to outlaw discrimination. So, if you are asked to get off a bus or train because of your Tourette's, you have the right to complain, and should go straight to the rail, bus, or taxi company to do so. If you do have to make a complaint, Tourette Scotland can assist with a supporting letter.

For more information, please contact Tourette Scotland at info@tourettescotland.org