



Transportation is a critical component in the life of every adult, as it ensures that services are accessible, employment is possible, and the medical care is within reach. Robust transportation systems are one facet of a system that can ensure that individuals with disabilities have the opportunity to fully interact with their community, but it is also one of the most difficult systems to navigate. Some people may have the ability to drive their own vehicles (with [modifications](#)), while others cannot. [Public transit](#) is often one of the best options for this group of people, but availability of services can vary greatly depending on location, weather conditions, and other factors. Many cities also have [paratransit](#) or Dial-a-Ride services available, though it is best to contact your local city transit administration to figure out when services are available, how much they cost, and how often they run.



To learn more about available transportation options, check out our pages on:

- [Paying for Vehicular Modifications](#)
- [Public Transit for Disabilities](#)