

# Getting Around as an Inpatient

During your stay in rehabilitation, you may decide to have an outing. Many services can help you get around the city.

## Wheelchair Accessible Buses

Wheelchair accessible buses are available in Toronto and surrounding areas. They offer transportation at low prices. Most of these services cost a standard transit fare per one-way trip. When using these services, you must schedule pick up times in advance. Getting to your destination will take longer than taxis. Routes often include detours to pick up other passengers. Some services allow you to bring one or more guests. To use these services, you must complete a registration form. Registration usually takes a few weeks.

### Wheel-Trans (Toronto Transit Commission)

The City of Toronto's wheelchair accessible door-to-door transportation services for people with disabilities.

- Reservations: 416-393-4222
- Customer Service: 416-393-4111

## Wheelchair Taxi Services

Many taxi services have wheelchair-accessible mini-vans. These are modified vans with a ramp and special seatbelts. It is best to book these taxis as early as possible. When you call, ask for a wheelchair taxi and a price quote.

## Toronto Transit Commission (TTC)

The TTC has many accessible subway stops with elevators to the ground level. Most buses and some streetcars are wheelchair accessible. It is best to check with the TTC before using the subway to make sure the elevators are in service. Accessible bus routes and stations can be seen on TTC's website ([www.ttc.ca](http://www.ttc.ca)).

- Elevator Status: 416-539-5438
- Customer Information: 416-393-4636



Contact your Recreation Therapist for more information.

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## Triplinx

This App can help you plan your trip using conventional transit (buses, streetcars and subway) in the Greater Toronto and Hamilton area.

- Download the App and open it on your smartphone to request a trip.
- Click on the Accessible Trip option.
- Enter your pick up location and drop off address to be sure you get information on wheelchair accessible transit.

## Uber WAV (Wheelchair Accessible Vehicle)

This is an on-demand service with Uber.

- Download the App and open it on your smartphone to request a trip.
- Enter your pick up location and drop off address
- Confirm WAV at the bottom on the screen and click “Select”.

## Lyft WAV (Wheelchair Accessible Vehicle)

This is an on-demand service with Lyft.

- Download the App and open it on your smartphone to request a trip.
- Turn on Wheelchair Access in settings
- Turn on Access mode to be matched with a WAV vehicle.
- Enter your pick up location and drop off address

## Regular Vehicle

With practice, some people can transfer from their wheelchair to a regular car seat. Ask your therapist about transfer training. Every car is different so it is often best to practice with the actual vehicle you will be using. For more about this, check out the [Spinal Cord Essentials Car Transfer with Assistance](#) handout.



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