

If you need help when travelling...



USE THE CARD.

If you have a disability, you often need a little more time to get on and off public transport and to have a safe and comfortable journey to your destination.

The aim of the **SEStran Thistle Assistance Card** is to help anyone who has difficulty in using public transport because of their age, disability or illness and who perhaps can't communicate their requirements easily. It lets you tell the driver about any extra help you may need during your journey.

The driver will see what kind of help you need from the symbols used. You can also use the card to provide further information, for example which bus stop or station you need to get off at.

The symbols provided with the card are shown opposite – there are also blank stickers where you can fill in your own specific needs.

THE THISTLE ASSISTANCE CARD – HELPING TO MAKE YOUR JOURNEY AS SAFE AND COMFORTABLE AS POSSIBLE.



SIGHT



SPEECH



HEARING



MOBILITY



OTHER

Please wait for me to sit down

Please talk slowly and clearly

Let me know when we arrive at: