



Transportation
Resources,
Information,
Planning, and
Partnership for
Seniors

TRIPPS Tips for Riding the T

TRIPPS volunteer and T-riding expert Barbara has the following tips for older adults looking to start (or continue!) riding the T on a regular basis.

1. Ride the T at off hours—not during rush hour (which are generally 7-10 am and 4-6 pm).
2. Check the MBTA web site or the Transit app to make sure your trip is accessible (e.g. on the Green Line, the **Boylston** and **Hynes** T stops do not have elevators or escalators)
3. Use a Senior CharlieCard. They save money and time when boarding the trains and buses.
4. When putting value on your Senior Charlie Card, you can use cash or credit card. When using cash, the fare machines only give back coins not dollar bills!
5. When getting on the T, have your Senior Charlie Card ready so you can tap it on the fare box. Take your seat immediately.

6. There are seats at the front of the train car and buses reserved for seniors and persons with disabilities.
7. Advocate for yourself and ask someone for a seat on a crowded bus or train. You can also ask the driver to help you.
8. For the some Green line trains and buses, look for the yellow strip to request your stop.
9. Keep your belongings close to you.