

# HEALTHYLIVINGTIPS

## Family Caregivers and Transportation: A Few Survival Tips



If you're a family caregiver, providing transportation for your loved one can often be stressful.

Consider the following to make your task go more smoothly:

- Plan ahead and allow plenty of time.
- Show empathy and caring to your loved one.
- Avoid rush hour whenever possible.
- Create a calm environment (attempt to appear calm – fake it till you feel it).
- Ask for and accept help when offered.
- Explain where you're going.
- Be patient.
- Provide assistance with a gentle touch.
- Find out what assistance your community offers by contacting the Eldercare Locator.

### Useful Resources

*National Center on Senior Transportation (NCST)*

Includes resources on transportation options for older adults.

<http://www.seniortransportation.net>

*AAA Foundation for Traffic Safety*

Website offers useful tips and tools for older drivers and their families.

<http://www.aaafoundation.org/quizzes/index.cfm?button=driver55>



**AOA**  
Administration on Aging

FOR MORE INFORMATION ABOUT AOA U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES,  
ADMINISTRATION ON AGING, WASHINGTON, D.C. 20201

PHONE: (202) 619-0724 | FAX: (202) 357-3555 | EMAIL: [AOAINFO@AOA.GOV](mailto:AOAINFO@AOA.GOV) | WEB: [WWW.AOA.GOV](http://WWW.AOA.GOV) |

FACEBOOK: [WWW.FACEBOOK.COM/AOA.GOV](http://WWW.FACEBOOK.COM/AOA.GOV)