

HEALTHYLIVINGTIPS

Transportation Choices to Keep You Mobile



Staying mobile may often involve using multiple transportation options available in your community.

Your options may include:

- Asking a friend, relative or neighbor for a ride
- Walking when possible
- Public transportation (buses and rail)—Many areas offer discounted rates for seniors
- Paratransit (door-to-door, door-through-door and dial-a-ride)
- Carpools and vanpools
- Volunteer driver programs
- Special transportation programs (shuttles offered by hospitals and faith-based and community organizations)

Useful Resources

Transportation Options for Older Americans: Choices for Mobility Independence

This brochure describes various types of transportation services for older adults.
http://www.eldercare.gov/ELDERCARE.NET/Public/Resources/Brochures/docs/Trans_Options_Panels.pdf

National Center on Senior Transportation (NCST)

Includes resources on transportation options for older adults on how to address the need for driving retirement.

<http://www.seniortransportation.net>

Trends in Senior Transportation: Tips for Drivers and Passengers

This NCST publication provides common sense ideas to address real transportation issues.

http://seniortransportation.easterseals.com/site/DocServer/NCST_Trends_tips_drivers_passengers.pdf?docID=145666

AAA Foundation for Traffic Safety

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

<http://www.seniordrivers.org>

Eldercare Locator

Find out what is available in your community by contacting the Eldercare Locator at 1-800-677-1116 or visit www.eldercare.gov.



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