

# 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](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](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](http://www.eldercare.gov).



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