



A Plan For Senior Care's Guide To Transportation Options

Studies show that when adults no longer have a means of transportation, it can affect their quality of life. To help with the lack of socialization, feeling dependent, depression or diminishing health use our guide to learn about options to help your loved one get around town.

PUBLIC TRANSPORTATION – Many public transportation organizations offer options to seniors and individuals with disabilities. Programs can include demonstrations on how to ride, route options and discounts. Contact your local public transportation systems for schedules and other options in your area.

- Buses – contact your local public bus system
- Light rail or train – www.amtrak.com/seniors-travel-by-train



PARA-TRANSIT – Private companies offer transportation for those who are wheelchair bound or are unable to utilize public transportation. For a fee, they offer door to door service. You can locate companies online, from your local senior center, doctors' offices or your local hospital.

VOLUNTEER & LOCAL PROGRAMS – Most cities have transportation options for seniors. Check with your local senior center and hospitals to learn about programs offered. Area Agencies on Aging is also a great resource. www.n4a.org/transportation

TRANSPORTATION COMPANIES

- Uber Assist is designed to provide additional assistance to seniors and people with disabilities. Drivers are specifically trained to help riders into vehicles and can accommodate folding wheelchairs, walkers, and scooters- www.uber.com
- Lyft offers elderly assistance upon request- www.lyft.com
- California Yellow Cab - www.californiayellowcab.com

MEDICAL INSURANCE – Check with your loved one's medical insurance company to see if they cover nonemergency transportation to doctor visits. Some plans cover taxi services.

QUESTIONS TO ASK WHEN HIRING TRANSPORTATION

- What does the service offer, schedules, service areas, rates, available discounts?
- Does one need to qualify for service?
- Will the services come to the door for pick up or does the senior need to be at the curb?
- Is there an additional cost for an escort?
- Can the transportation accommodate one in a wheelchair or who is disabled?

If your loved one is struggling at home to care for her/himself and you would like to explore senior care and housing options, please give us a call today. We will be happy to create a personalized care plan for your loved one.