

Transportation Options by Professor Golden with Oasis Learning at the 2019 Technology Fair

In this Tech talk, I cover; Why Transportation is important? Different types of transportation. Assessing Transportation providers. What's available in *your* area? How to use it? Price?

Important to stay mobile because....

- One-half of Americans 65+ do **not** have access to public transportation
- More than half of all non-drivers 65+ **stay at home** because they don't have transportation
- A study of the problems seniors face with transportation was conducted by the Beverly Foundation in partnership with the U.S. Department of Transportation and the AAA Foundation for Traffic Safety, they found....
 - **“Next to health, transportation is the most important issue for seniors.”**

It's important for seniors to remain mobile;

1. To keep their social independence with friends and family
2. To reduce feelings of isolation and loneliness
3. Those who stay active live longer
4. Improves memory
5. Decreases depression
6. Improves emotional health

Types of Transportation

- Volunteer Driver Programs
- Para-transit Service
- Door-through-Door Service
- Personal Transportation Options for Seniors
- Supplemental Transportation Programs for Seniors (STPs)
- ITN (Independent Transportation Network) America
- Medical Transport

Volunteer Driver Programs

Nonprofits, sometimes faith-based, with a network of volunteers who offer transportation for shopping, recreation, doctor's appointments and other needs. Reservations are required. Cost is minimal and sometimes free. (A few listed below.)

Example of Volunteer Program:

[Jewish Family Service \(JFS\) of San Diego | On the Go](#)

8788 Balboa Ave San Diego, CA 92123

Phone [\(858\) 637-3210](tel:858-637-3210)

Website: <https://jfssd.org/our-services/older-adults/on-the-go-transportation-solutions-for-older-adults/>

Fees: Transportation options range from donations to fee based services. Suggested donations range depending on destination (no one refused a ride if unable to make a donation).

[Travelers Aid Society of San Diego | SenioRide](#)

701 B Street, Suite 1775 San Diego, CA 92101

Phone [619\) 295-8393 Ext 314](tel:619-295-8393)

Website: www.travelersaidsandiego.org

All of SD County, 60+ or disabled, income under \$25,000 for individual and \$40k for household

Fill out app -- qualify for low income – FREE rides!

Volunteer drivers, or MTS, or taxi scripts

Para-transit Service

Private agencies specifically designed to accommodate seniors and others with limited mobility.

Door-through-Door Service: provide drivers who offer personal assistance (wheelchair help, help with bags, etc.)

- First you need to qualify - show your mobility issues prevent you from taking regular public transit
- Qualifications include;
 - What your disability is
 - Your level of functionality and mobility
 - Obstacles that prevent you from reaching public transit on your own
 - Environmental conditions

Example of Para-transit Service

- North County Transit District
 - Lift [Paratransit](#) \$5 rides
- MTS San Diego also
 - Reservations needed

Example of Door-through-Door

Familycare@AtYourHomeFamilycare.com

Phone 888.326.2273 All SD County

- Not only for seniors
- Call to have them assess your needs
- Driver waits, for all outings
- \$29.75 per hr, with 2 hr minimum

Personal Transportation Options for Seniors

- **Supplemental Transportation Programs for Seniors (STPs)**, which are grassroots organizations run by staff and volunteers and funded through grants and donations. (Listed below)
- **ITN (Independent Transportation Network) America** uses paid and volunteer drivers to provide door-to-door service 7 days a week, 24 hours a day. There's a pick up charge and mileage charge with a minimum charge per location. There's also a membership fees. (Listed below)

Independent Transportation Network

[ElderHelp of San Diego Seniors A Go Go](#)

3860 Calle Fortunada Suite 101

San Diego, CA 92123

Phone [\(619\) 284-9281](tel:619-284-9281)

Website: <https://www.elderhelpofsandiego.org/solutions-for-living/seniors-a-go-go/>

- You must be 60 or older
- Reside in our [service area](#)
- You must be able to get in and out of a car with minimal assistance
- You must be able to advocate for yourself

Medical Transportation Options

Insurance Covered Transportation

- Depending on your insurance provider, your health coverage may include a certain amount of transportation for medical purposes. *Call your insurance provider and find out what your options are and how to take advantage of them.*
- If you have Medicaid (MediCal), a significant amount of your medical transportation is covered.

Other Options

- Assisted living facilities have their own
- Most Senior Centers that serve meals offer transportation to the meal and back (Plus*)
- Check your insurance providers' website
- [Embark](#) – Helps you plan your route in at least 12 different major public transit systems across the country
- Senior Transport [2-1-1](#)
- Senior Transportation in San Diego
 - <https://www.care.com/senior-transportation/san-diego-ca>

Assessing a Transportation Provider

- Are there any requirements to qualify for the service?
- Are the rides for wheelchair users and the disabled?
- Are family members able to serve as an escort? Is there an additional charge?
- Is the service door-to-door or curb-to-curb?
- What is the service area?
- Will the driver assist with bags, wheelchairs, etc.?
- Are rides provided on the weekends, evenings and holidays?
- If others are riding at the same time, what is the maximum time for pick up and drop off?
- What is the cost?
- How are fees calculated?
- Are there any discounts? E.g., Is my income a factor?
- Is there a membership fee?
- Is a reservation needed? How far in advance?
- Will my insurance pay for rides?

North County

[Oceanside's Solutions for Seniors on the Go](#)

(760) 435-5155

- **Volunteer Driver Services**
This service is free and is a door-through-door transportation option. **The primary focus is to provide rides to medical-related appointments.**
- **Taxi Scrip Purchase**
Curb-to-curb transportation - costs \$8 for a ride booklet valued at \$20.
- **Ride Service**
Costs \$5 per one-way trip and is a door-to-door transportation option
- Seven days a week from 6:00 am to 6:00 pm, to any location within Oceanside, Carlsbad, and Vista
- Requires a 72 hour advance notice and reservations can be made up to 7 days in advance.
- For more information on Ride FACT call (760) 754-1252.

[City of Escondido | Escondido Senior Center](#)

210 E Park Ave Escondido, CA 92025

Phone [\(760\) 839-4688](tel:(760)839-4688)

Website: <https://www.escondido.org/escondido-senior-center.aspx>

- Van service for meals
- Taxi vouchers from Senior Service Council (760) 480-0611
- 9-11:30 am Tues & Thursday, low income, *must apply in person*

[City of Vista | Out and About Vista](#)

1400 Vale Terrace Drive Vista, CA 92084

Phone [\(760\) 643-5284](tel:(760)643-5284)

Website: <https://www.cityofvista.com/services/city-departments/recreation-comm-services/programs-services/senior-services/out-about>

- 60+ van service to meals
- PLUS **Out and About** shuttle service, \$5, medical appts too
- Volunteer driver program too, \$6- \$12, residents only, fill out app

[City of Encinitas | Out and About Transportation Program](#)

1140 Oakcrest Park Drive Encinitas, CA 92024

Phone [\(760\) 943-2256](tel:(760)943-2256)

Website: <http://www.encinitasca.gov/Resident/Senior-Citizens>

[City of Coronado | Seniors Out and About](#)

1825 Strand Way Coronado, CA 92118

Phone [\(619\) 522-6302](tel:(619)522-6302)

Website: <https://www.coronado.ca.us/cms/one.aspx?pageId=5749905>

LaMesa & East County

Their *Out and About Program* is called **Rides4Neighbors**

- Door-to-door, provided by volunteer drivers
- Riders must be 60+ or disabled adults who cannot drive due to their age or disability.
- For residents in La Mesa and neighboring east county communities
- An application must be completed and rides must be requested 5 business days prior to the appointment.
- Call **667-1321** to see if you are eligible or to receive an [application](#).

Point Loma

- [Peninsula Shepherd Center](#) is the hub for seniors in Point Loma. There is no physical senior center in this area.
- Provide transportation to grocery stores, errands, doctor appointments and Sunday church service.
- Call for information 619-223-1640

Carlsbad

[City of Carlsbad | Transportation](#)

1200 Carlsbad Village Drive Carlsbad, CA 92008

Phone [\(760\) 602-4650](tel:760-602-4650)

Website: <http://www.carlsbadca.gov/services/depts/parks/programs/seniors/transportation.asp>

- Daily lunch program at the Carlsbad Senior Center
- Medical appointments - excluding ongoing therapy (service area limited)
- Wednesday shopping (Walmart & Stater Brothers)
- Requested donation is \$2 each way.
- Registration is required. Call 760-602-4650.

Del Mar

[Del Mar Community Connections | Del Mar Transportation Services](#)

Address: 225 9th Street Del Mar, CA 92014

Phone [\(858\) 792-7565](tel:858-792-7565)

Website: www.dmcc.cc

- Residents only
- Volunteer program
- Complete app
- No costs
- Reservations 7 days in advance

Uber or Lyft

- [Uber](#) and [Lyft](#) – great apps for getting a ride quickly and conveniently
- Usually for a *relatively* low price
- *Demo on phone*
- **Uber:** Does not *regularly* provide senior discounts. However, the company has provided savings on uberSENIOR Day, which has been held on the first day of the month in limited markets.
- Ride Sharing - [Lyft Line](#) or [uberPOOL](#)
- Once at your destination, just say thank you and goodbye.
- The cost will be charged to your credit card.
- The entire transaction is handled online, so there is no need to exchange cash or give a tip (unless you want to).
- Ready to come home? Just perform the same action in reverse, using your home address.

GoGoGrandparent

For those without smartphones, this hotline allows you to call a number from any ordinary phone and be connected with an operator who will help you secure a ride from Uber or Lyft. 24/7

5055 Sweetwater Rd

Bonita, CA 91902

Phone [\(855\) 464-6872](tel:(855)464-6872)

Website: <http://www.gogograndparent.com>

GreatCall and Lyft

- Jitterbug phones, press zero and speak with an operator, who books the Lyft ride for them.

RideWith24 and Uber

- Uber has recently partnered with 24Hr Home Care's operator service RideWith24 who provides public access to Uber via a toll-free number (1-800-522-1516).

Last but not least.....

Best Electric Scooter for Adults 2019 - Reviews and Buyer's [Guide](#)

Medicare Part B (Medical Insurance) covers power-operated vehicles (**scooters**), walkers, and wheelchairs as durable medical equipment (DME). **Medicare** helps cover DME if the doctor treating your condition submits a written order stating that you have a medical need for a wheelchair or **scooter** for use in your home.

Stay Mobile!

- As you can see, there are *many* of ways to stay mobile
- Lots of them low-cost to free!
- Volunteers to help
- Don't become a shut-in
- Help others get signed up and get out!
- Handout on this information available on my website: <https://goldenservices.net/>

Other classes taught by Professor Golden through Oasis Learning		
Being Safe Online	YouTube	Cutting the Cord
Twitter	Snapchat, Pinterest, Nextdoor	What is the Cloud?
Instagram	Buying & Selling Online	Human Sexuality