

This information is forwarded by the **Love Thy Neighbor Ministry** at Saint Rose of Lima Catholic Church, Milton FL.

Source of Information: The Catholic Foundation of Northwest Florida. Due to the many references, some may not be current but have many useful reference sources. Emails are sent using the Blind Carbon Copy (BCC) method.

This quality of life series focuses primarily on senior citizens plus other supplemental information. You do not have to be a Senior to make use of this information. If you know of a Senior, a parishioner or a neighbor who could use this information you are invited to give them a copy of this email. Fellowship through improved communications is guided by the second greatest commandment. Sometimes an act of kindness can be as simple as a phone call, a visit, or receipt of an email.

Suggestion: Create a separate folder of this information for ease of future reference.

For information about our Parish, click on the following link: <http://parishesonline.com/scripts/HostedSites/Org.asp?ID=14423>

Our parish spirit is rising, is rising.

Transportation Options for Seniors Who No Longer Drive

http://www.legacygifts.org/savvy_senior.jsp?WebID=GL2004-0129&D=200831

Savvy Senior

Dear Savvy Senior,

Transportation Options for Seniors Who No Longer Drive 0708d

Dear Savvy Senior,

Where can I find out about alternative transportation options for my 80-year-old mother? She's nearing the point where she needs to give up driving and will need some help getting around.

Yielding Daughter

Dear Yielding,

Alternative transportation options for your mother will depend on where she lives. Here's what you should know.

Growing Concern

With more than 7 million older Americans who no longer drive - and that number is expected to double in the next 25 years - the need for more alternative transportation programs is urgent.

For these seniors, community transportation services are an essential link to their doctor's appointments, stores, social activities and more. But the problem is that while most urban areas may offer seniors a variety of transportation alternatives, the options may be few to none for those living in the suburbs, small towns and rural areas.

Types of Transportation

Before you start searching, it's good to know the different types of transportation services that may be available. Depending on where she lives, here is a list of potential options.

Family and friends: This is the favorite and most often used alternative for seniors. Get a list of possible candidates as well as their willingness, availability and contact information.

Local transportation programs: These are locally developed programs that are often sponsored by nonprofit organizations or churches. These services may charge a nominal fee or accept donations and often operate with the help of volunteer drivers.

Demand response services: Often referred to as "dial-a-ride" or "elderly and disabled transportation service," these government-funded programs provide door-to-door transportation services by appointment and usually charge a small fee or donation on a per ride basis. Many use vans and offer accessible services for riders with special needs.

Taxi or car service: These private services offer flexible scheduling but can be expensive. Some taxi/car services may be willing to set up accounts that allow other family members to pay for services and some may offer senior discounts. Be sure to ask.

Private program services: Hospitals, health clinics, senior centers, adult day centers, malls or other businesses may offer transportation for program participants or customers.

Mass transit: Public transportation (buses, trains, subways, etc.) where available, can also be an affordable option and may offer senior reduced rates.

Where to Look

To find out what transportation options are available in your mom's community, your best resource is her nearby Area Agency on Aging. Call the Eldercare Locator at 800-677-1116, or visit www.eldercare.gov to get the local agency's number. Also check with the department of transportation in her state (www.fhwa.dot.gov/webstate.htm), and the yellow pages in her telephone book under "transportation" or "community services."

When to Quit Driving?

If you and your mom don't see eye-to-eye on her driving ability, see if she'd be willing to meet with a driver rehabilitation specialist. These are professionals who can evaluate your mom's ability to operate her vehicle safely and make recommendations to help keep her safe. To learn more or to locate a specialist in your area, visit www1.aota.org/olderdriver or www.driver-ed.org. Another option is to have her take the AARP Driver Safety Course (www.aarp.org/families/driver_safety; 888-227-7669). And a wonderful informational resource is the "Family Conversations with Older Drivers" web site at www.thehartford.com/talkwitholderdrivers.

Savvy Tip: If there are no transportation services available where your mother lives, take a look at the Beverly Foundation's TurnKey Kit. An online resource that offers "how-to" information on how to get a local transportation program started. Visit www.beverlyfoundation.org or call 626-792-2292 to learn more.