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What kind of transportation assistance do you need?

The following questions may help you choose the best way to meet your transportation needs:

- Has the change in your health affected your ability to climb stairs, drive, or bend to get into car seats?
- Will it be safe for you to drive yourself?
- Do you feel comfortable asking family and friends to help you?
- If a relative or caregiver gives you a ride, can you get into the vehicle? Do you need a stepstool to get into the vehicle? Is there a grab handle?
- Are you familiar with public or private transportation options (e.g., buses, volunteer drivers, paratransit vehicles, taxis, church or service agency vans) in your area?
- Do you have health issues that might affect your use of public transportation? For example, are you able to ride with others? Can you ride for up to an hour or more? Are you able to travel alone? Will you be able to use stairs, lifts, or ramps to enter a vehicle or to reach your destination?

Discuss your transportation needs

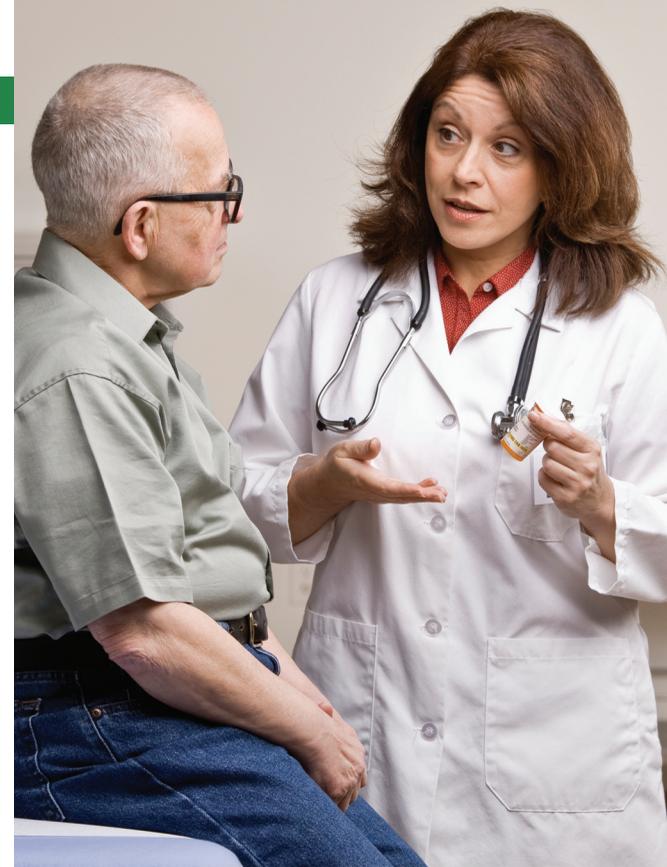
Talk with your physician and health care providers about the type of transportation you will need following your medical procedure.

Talk with your family, friends or caregivers about how they may be able to help you with your transportation needs.

Additional considerations when making transportation choices

Consider your health

- Will you need to use a cane, walker, crutches, or wheelchair?
- Will you need door-to-door or door-through-door service?
- Follow up with your physician or health care provider about whether the change in your health is temporary or permanent.



Consider public or private transportation options

- Ask your physician or health care providers if they can suggest transportation options.
- Use the yellow pages or other phone directories—search the “transportation” section for public and private providers (i.e. taxi companies and volunteer driver programs).

- Dial local 211 or 311 telephone service. Follow the instructions for transportation options.
- Search the Internet for public and private transportation options. Identify available services and schedule options. In your search, use the name of your town and state with these keywords: transit, transportation, transportation assistance, and volunteer drivers.
- Contact local centers for independent living.
- Contact your area agency on aging or the Eldercare Locator to find out about transportation options for older adults.
- If you are a veteran, contact a local Veterans Service Organization.

Local phone numbers:

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