Driver Safety and Transition: Keys to Independent Living

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The impact of not having access to transportation

- Older people often outlive their ability to drive: women by 10 years, men by 7 years
- Older adults who stop driving take 15% fewer trips to the doctor, 59% fewer shopping trips and 65% fewer social, family, religious and other life-enhancing trips
- Half of older non-drivers do not leave their homes on any given day
- 3.6 million Americans miss or delay non-emergency medical care because of lack of transportation
- Only 10% of the Medicaid population uses NEMT (nonemergency medical transportation), representing @ 1% of total Medicaid spending
- 78% of family caregivers provide or arrange transportation
Community Transportation Options

- Driving
- Walking/Biking
- Non-Emergency Medical Transportation
- Public Transit: Fixed Route, Dial-a-Ride
- Paratransit
- Shared Ride: Uber, Lyft
- Taxis
- Transportation Voucher Programs
- Volunteer Driver Programs
- Information and Referral/Assistance ~ “Transportation Options Counseling”
- One-Call/One-Click Transportation Resource Centers
- Travel Training
- Mobility Management
The 5 A’s of Passenger Friendly Transportation

- Availability
- Acceptability
- Accessibility
- Adaptability
- Affordability

Helen Kerschner: The Beverly Foundation/National Volunteer Transportation Center
Older adults can and should:

- Check in with family and friends about driving
- Get regular eye exams and health check-ups
- Have driving skills evaluated by a driving specialist
- Take a driving refresher course
- Explore local transportation options BEFORE driving is no longer a safe option
Resources for helping someone when there are driving concerns

- AOTA Driver Rehabilitation Specialists
- AARP Driver Safety Course
- CarFit Personal Vehicle Assessment
- Mobility Manager
- Travel Training
A **mobility manager** can assist an individual or family identify their transportation needs and find the rights options to meet those needs.

Mobility managers may be called different things (transportation specialist, travel counselor, information specialist, etc.).

They work in a variety of local settings: Public Transit, Aging and Disability Resource Center, Area Agency on Aging, Center for Independent Living....
Travel training teaches critical skills that support independent travel and enable people to stay connected to their communities.

Travel training may include: an assessment of needs and identification of individual goals; one-on-one or classroom instruction; one or more travel experiences.

Travel trainers may be professionals or volunteers, and may work or volunteer for a transit agency or be provided by human services agencies.

Peer travel trainers, sometimes called “bus buddies” work well for older adults and people with disabilities.

An important measure of success is the extent to which trainees actually use the transportation system.
Transportation is both a personal and a community concern

• Individuals need to know:
  • Who provides information about transportation?
  • What transportation options are available?
  • What is the cost? Are there programs available to pay some or all of the cost?
  • Is help available to guide you through the choices and make the best decision to fit your needs?
  • What if you have a bad experience?

• Organizations that work with older adults and people with disabilities need to know:
  • Why is transportation critical?
  • What transportation services are available?
  • Are there gaps in service?
  • Who has information about transportation?
  • Who provides transportation services?
  • What can you do to improve transportation for the clients you serve?
Making a Transportation Plan

1. What options are available?
2. What is the cost?
3. Will this service work for me?
4. Who is in my personal transportation support network?
5. Where do I go now? How do I get there? Is there an alternative way to get there?

It takes more than a ride....even with the best intentions, arranging transportation for people with chronic care needs can still fall apart.
A few additional resources


