

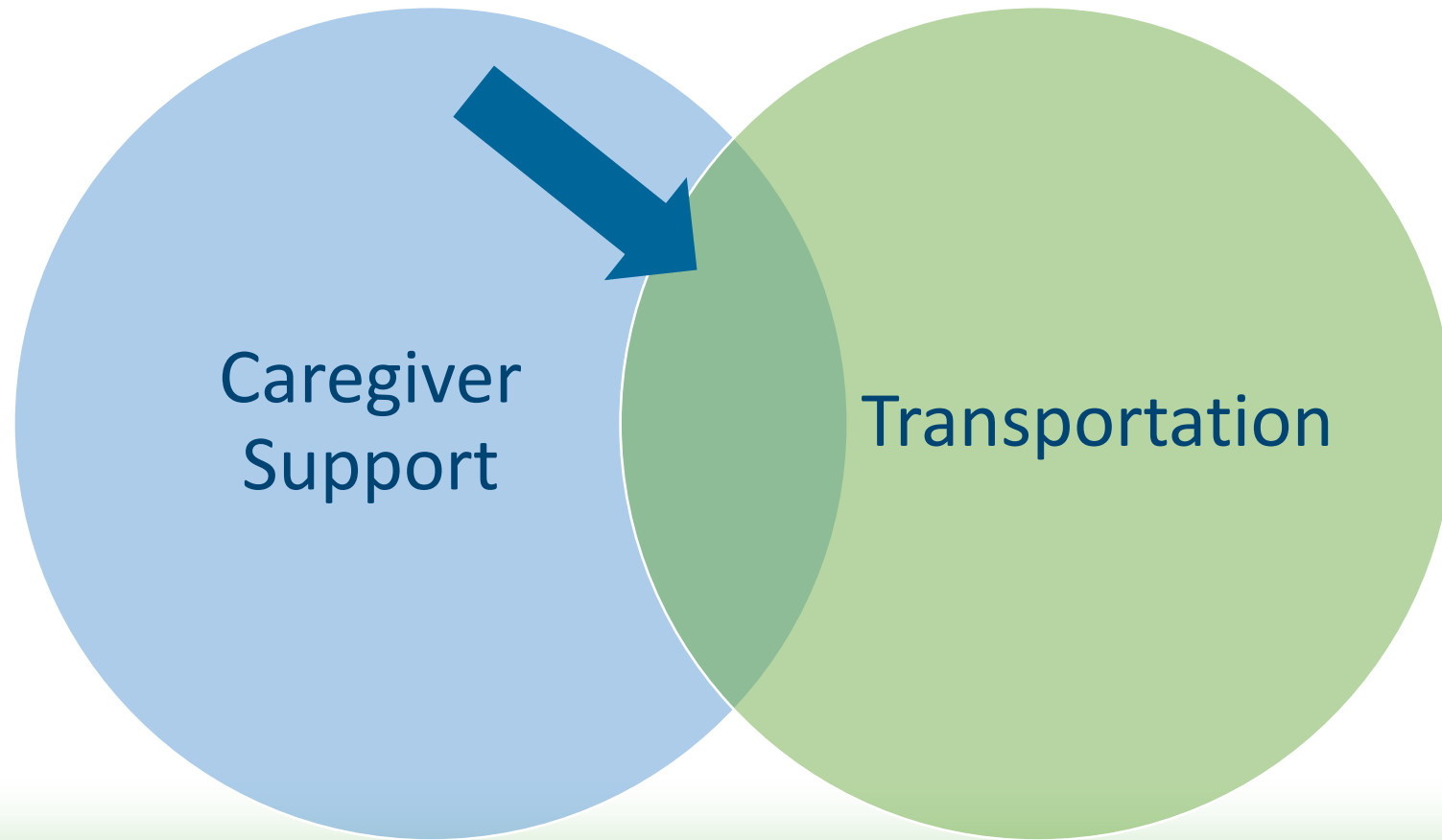


# *Amplifying Voices of Caregivers in Transportation*

*Jane Mahoney, Training & Technical Assistance Specialist  
National Aging & Disability Transportation Center*



# Caregiver Support and Transportation Intersect





# Who Are Family Caregivers?

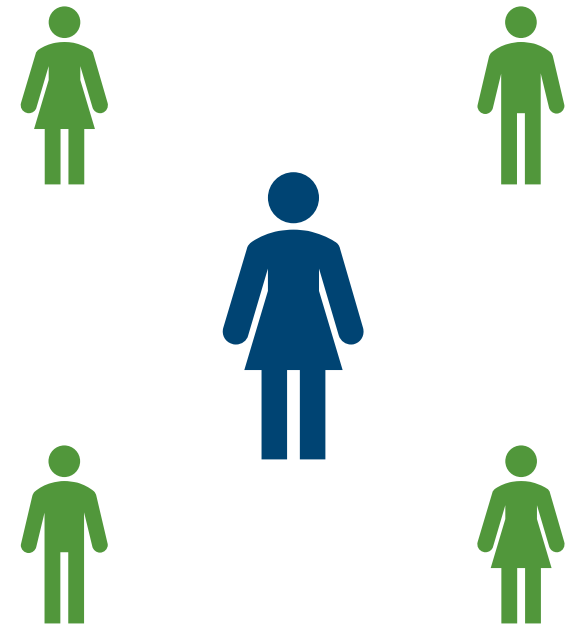
# Family Caregiver Definition

- A person who helps someone care for themselves.
- Has a relationship with the person – relative, friend, neighbor.
- The tasks are usually things the person used to do on their own.
- Their assistance enables them to live in the community.
- Usually not compensated for their work.
- Can be short or long term.
- May or may not live with the person they are caring for.

# Profile of Family Caregiver

53 million caregivers in the US – 21% of the adult population

- 61% are women
- 49.4 is the average age of caregiver
- 50% are caring for a parent
- 12% are caring for a spouse/partner
- 61% are employed





# What Do Family Caregivers Do?

- Household tasks, meals, paperwork, bills etc.
- Medical and other appointments
- Transportation for shopping, errands, socialization
- Dressing, grooming, bathing, walking, etc.
- Supervision and safety
- Medications and medical tasks

# Time Spent Caregiving

On average, caregivers spend **23.7 hours/week** providing care.  
(Median = 10 hours/week)

- **32%** provides care for **21 hours or more** each week
  - Equivalent to working half-time
- **21%** perform **41 or more hours** of care each week
  - Equivalent to a full-time job

# Caregiving Affects Health and Wellbeing

Self-Rated Health	Caregivers	General Adult Population
Excellent/Very Good	41%	62%
Fair/Poor	21%	12%



# Caregiver Stress

- Emotional stress
- Role confusion
- Workload
- Lack of time for self-care



# Common Caregiver Responses

- “I’m not a caregiver. I am their (spouse, daughter...)”
- “I’m too tired to look for help - it’s easier just to do it myself.”
- “I can do it better than anyone.” or “He won’t let anyone else do it.”
- “I don’t know what help I need; I don’t know what to ask for.”
- “I didn’t know that type of help was available.”



# Caregiver Support and Transportation

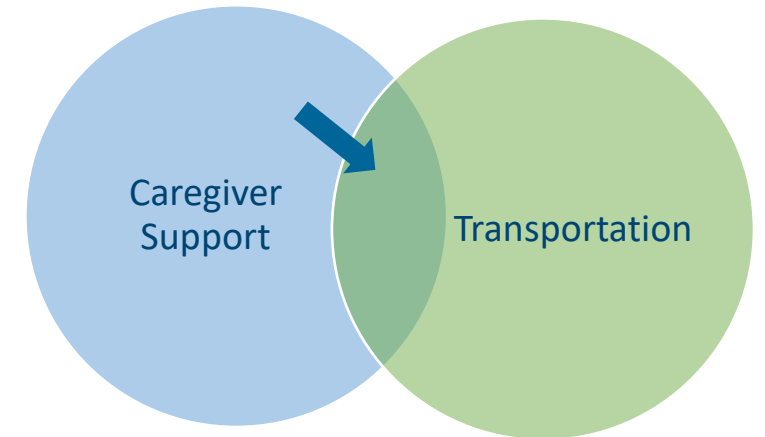
# Caregiving and Transportation

## 2020 National Alliance for Caregiving/AARP Survey

- 80% provide transportation
- 78% help with grocery and other shopping

## 2021 NADTC DEI National Survey

- 78% provide transportation
- 42% arrange transportation



# Trips Caregivers are Providing

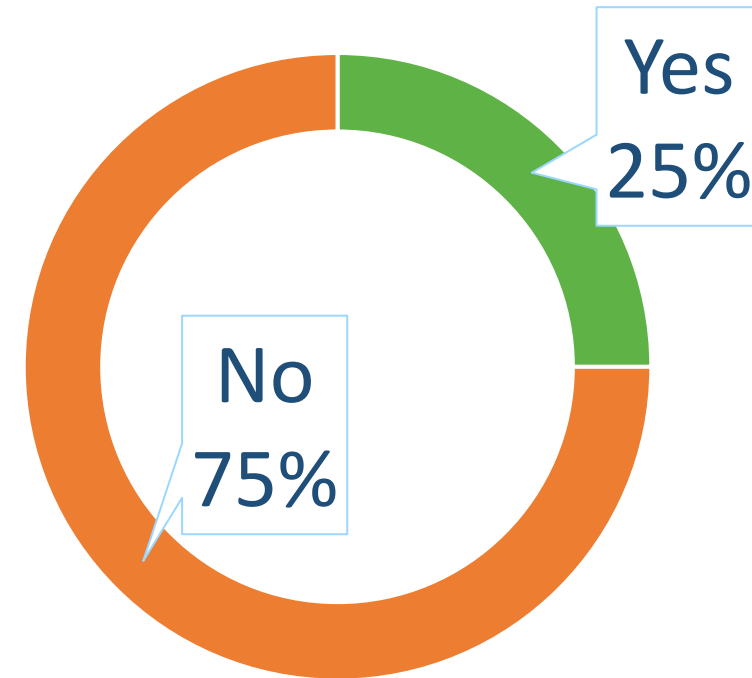
- Medical appointments and pharmacy
- Grocery shopping and other stores
- Social activities – church, community events, visit family or friends
- Day program/employment/volunteering

Could your agency help with these trips?

# The Zinger

Have you used a transportation service to help with caregiving?

- 25% Yes
- **75% No**





# Potential Barriers to Using Transportation

- They have never used public transportation
- Getting to the bus stop and from bus to destination
- Issues around accessibility
- Need for supervision
- **Lack of knowledge about available transportation services**



# How Transportation Programs Can Support Family Caregivers

# Services That Support Caregivers

- Mobility management
- Travel training
- Bus buddies
- Comprehensive driver training
- First mile/last mile services
- Door to door and door *through* door service

# More Ways to Support Caregivers

- Caregivers ride along free of charge
- Cashless payment options
- Reminder calls
- Pharmacy stop after medical appointment
- Outreach to caregivers about transportation options

# Reframe Transportation Services

Talk about transportation as a way to provide **respite**.

- Respite = a rest or short break from something difficult.
- Respite is having someone take over a task or responsibility to give them a break.
- Providing transportation is removing a task from a caregiver's to-do list!

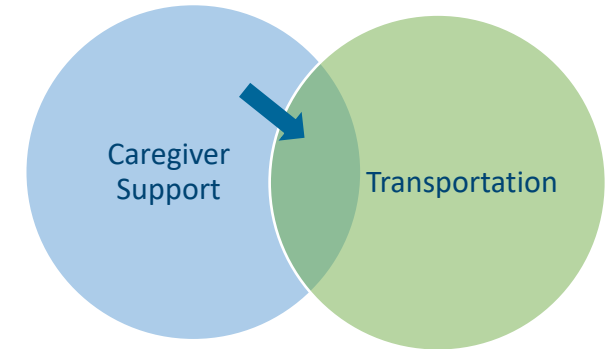
# Intentionally Seek Caregiver Input

- Take surveys to caregiver support meetings and events
- Interview caregivers or caregiver support professionals
- Convene a focus group with caregivers
- Learn ways to better serve family caregivers in your community



# Connect with Caregiver Support Agencies

- Learn about local caregiver support programs
- Discover where your programs intersect
- Join each others' committees/coalitions
- Consider partnering on mutually beneficial project



“Alone we can do so little; together we can do so much.” ~Helen Keller



# Promising Practices

# Bayside Community Network - Elkton, MD

- Residential & Day Program for adults with developmental disabilities
- Partners with local transit agency
  - Provide tailored transportation for all their services
  - Provide travel training that is designed for people with disabilities

# Chaperone Transportation Program - CT

- Area Agency on Aging of South-Central Connecticut
  - TrustedRide Certified Chaperone program
  - Uses volunteers as chaperones to provide door through door service
  - Accompanies rider to medical appointment
  - Assist with filling prescription after appointment



# Homewatch Caregivers – St. Cloud, MN

- Home care agency provides volunteer transportation services
- Separating transportation services frees up personal care workers
- Door *through* door - will help get ready for trip
- Will do 2 stops per ride

# Dementia Friendly Transit – Rock County, WI

- Collaboration between Dementia Friendly Coalition and public transit
- More to come in upcoming module





# NADTC Resources

- Transportation Options for Older Adults and People with Disabilities
- Dementia, Caregiving and Transportation handout and toolkit
- Travel Training Instruction using FTA Section 5310 case studies
- National Center for Mobility Management – list of state mobility management websites
- Coordination Committee Toolkit
- NADTC Website - [www.nadtc.org](http://www.nadtc.org)

Jane Mahoney

[jmahoney@easterseals.com](mailto:jmahoney@easterseals.com)

312-579-5093



**Call toll-free:** 866.983.3222

**Email:** [contact@nadtc.org](mailto:contact@nadtc.org)

**Web:** <http://www.nadtc.org>

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