

GETTING OLDER AND GETTING AROUND SACRAMENTO



The need for transportation is important for all of us, even as we age. For an older person, simply getting to a doctor's appointment can be a matter of life and death. Oftentimes, the lack of transportation causes an older person to become isolated and depressed at a time in life when social connections are needed most. The aging process can affect one's ability to drive safely, and many seniors will modify driving strategies or discontinue driving altogether. Also, as Sacramento is one of the top U.S. cities where a car is needed to get around easily, older adults find greater challenges in accessing transportation to fulfill their needs.

TRANSPORTATION: A MAJOR CHALLENGE TO LIVING INDEPENDENTLY

There are several common roadblocks to older people's ability to "get around":



Health problems may affect one's ability to drive to places they always have gone, such as the grocery store or a friend's home.



Physical difficulties may prevent walking to a bus stop or waiting at a light rail station, especially during summer or winter weather.



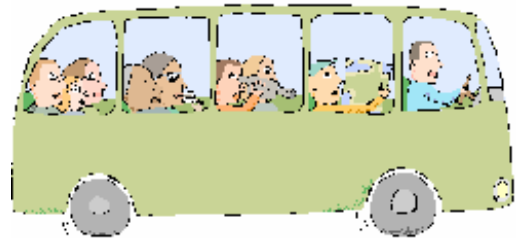
Income can determine transportation choices.
1 Many cannot afford the expenses of owning a car
1 Seniors on fixed incomes are less able to pay for a taxi or other service



A greater living distance from urban centers can mean several hours riding, changing routes, and waiting times by public transit, making a thirty-minute round trip car ride to the shopping mall an all-day ordeal for an elderly person.



Some seniors, particularly women, have relied on a spouse for their transportation and become "stranded" at home when widowed.



By 2020, nearly 17% of ALL Californians will be Seniors. However, we can all do something to help. YOU can make a difference!

HELPING SENIORS TO STAY ON THE ROAD



While it is truly unsafe for some seniors, most can continue driving into advanced age.

Here are some tips to help an older person continue driving safely:

Limit dangers by using safe driving strategies:

- Choose a familiar route with well-lit streets, clear signals and road markings
- Alter your route to use intersections with right turns rather than left turns
- Avoid freeway driving and traffic congestion
- Drive between dawn and dusk

Be positive and supportive, including the person you are trying to help in all decisions

Recommend a driver refresher course such as 55 Alive. Call AARP (916) 446-2277 to find a class near you.

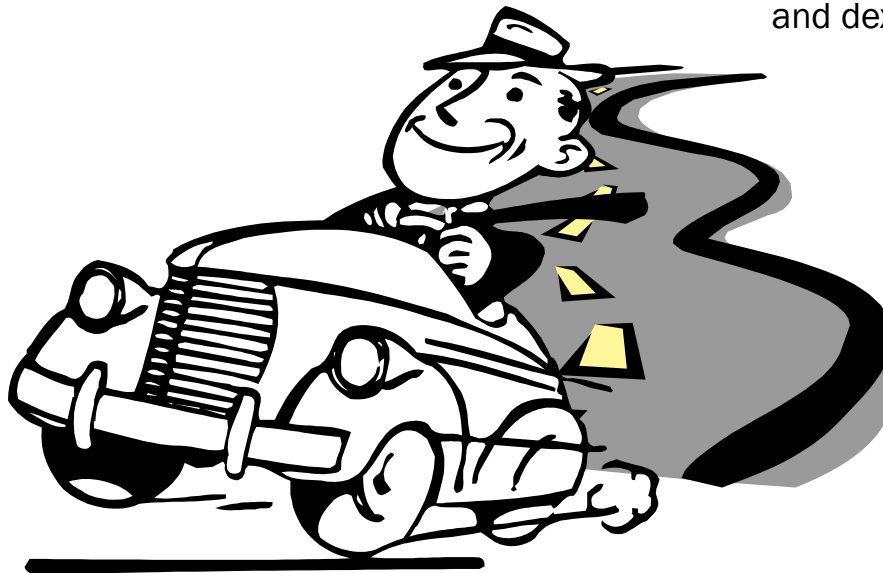
Discuss driver safety precautions, correcting errors and overcoming fears

Check the vehicle for safety

- Adjust mirrors, driver's seat, and steering wheel properly
- **ALWAYS** wear a seat-belt

Encourage good health habits

- Have a vision examination regularly and wear proper prescription eye wear
- Review medications that may affect driving ability and drive only while not using those that cause drowsiness
- **Exercise regularly** to improve reaction time and dexterity












ARE YOU CONCERNED ABOUT AN ELDERLY DRIVER?








AGE alone does not determine an individual's ability to drive. However, poor health (especially uncorrected vision and hearing problems) and delayed reaction time can be an issue for some seniors. Fortunately, nine out of ten elderly persons will voluntarily give up their driver's license when it is no longer safe to drive.

Here are some signs that a senior may be experiencing difficulty on the road:

-  **Getting lost while driving on familiar routes**
-  **Having been stopped by a police officer and received a warning, even if not cited**
-  **Experiencing several moving violations near misses, or collisions over the past three years**
-  **Changing lanes without signaling**
-  **Running stop signs and lights**
-  **Straying into other lanes**
-  **Driving too fast or too slow for safety**
-  **Making jerky stops or starts**
-  **Finding problems at intersections especially with left turns**


What YOU Can Do


-  **Encourage the senior to get a physical check up**
-  **Talk to the senior about any driving concerns and difficulties they may be having**
-  **Learn about what services are available in the community**
-  **Consider alternative transportation options**
-  **Plan for transportation needs**





HOW TO HELP: WORK WITH YOUR NEIGHBORS TO MAKE A DIFFERENCE!





 Share information about available transportation services in the community with an elderly neighbor who does not drive


 Offer a senior neighbor a ride to the grocery store or doctor appointment

 When you are providing transportation, be sure to use a disabled parking permit (better parking spot!)


 Assist an elderly neighbor in filling out an application for Paratransit services


 Help an older person to get from their home to a bus stop or light rail station safely

 Share safe driving tips and ideas to stay on the road with senior neighbors


 Work with your neighbors to organize a van pool or ride share for neighborhood elderly


 Wait at a bus stop with a frail senior neighbor to ensure safe boarding

 Share information with a neighborhood senior about Regional Transit's mobility training, a course designed to help seniors use the Regional Transit system. Training includes "practice rides" with a coach.

 Recommend mature driver courses for older adults in your neighborhood. The AARP offers a driver refresher course, 55 Alive, for drivers 55 years and older. This program helps drivers to renew driving skills and to stay safely on the road.

For more information about AARP's 55 Alive Program, contact the California State Office at (916) 446-2277.

 Be supportive and encouraging to an elderly neighbor who can no longer drive

 Start your own Caring Neighborhood! Work with neighbors to provide extra help to the elderly in your neighborhood

Call (916) 566-1594 for more information on how you and your neighbors can make a difference in your neighborhood!

Caring Neighborhoods Program, City of Sacramento

South Natomas Community Center, 2921 Truxel Road, Sacramento, CA 95833

Telephone: (916) 566-1594 E-Mail: tgray@cityofsacramento.org

www.caringneighborhoods.org

Updated: 8/8/2005

*"Make **your** neighborhood a **better** place to live!"*



ALTERNATIVE TRANSPORTATION OPTIONS

Major Public Transportation Services

Sacramento Regional Transit (916) 321-2877 www.sacrt.com

- Seniors 62+, Bus/Light Rail Fares: \$0.75, \$1.75 Daily Pass, \$30 Monthly Pass (Unlimited Use)
- Seniors 75+ years, **FREE** Lifetime Pass, eligibility appointments at downtown office, \$3 ID Card
- Mobility training, available through Paratransit Inc., is a FREE course to help seniors use Regional Transit buses and light rail safely and effectively. Training includes practice rides with a coach. Call (916) 429-2009, x 352.

○ **NEIGHBORHOOD RIDE SHUTTLE SERVICE** (916) 556-0250

- Serves Carmichael, Citrus Heights, Del Paso Heights, Downtown Sacramento (Alkali Flat/Dos Rios), Florin Road/Meadowview, Elk Grove/Laguna, UC Davis Medical Center/65th Street
- Provides curb-to-curb service and route deviation up to $\frac{3}{4}$ mile from select fixed routes for Seniors 62+ years. Connects neighbors to RT bus and light rail fixed routes in spite of accessibility obstacles such as weather conditions, sidewalk impediments, distance from home to RT route stop, etc.
- Neighborhood Shuttle Fares: \$1 per trip (except for those using a discount fare), plus \$1 each way for route deviation up to $\frac{3}{4}$ mile from RT fixed route, FREE route deviation for Seniors eligible for Paratransit services
- Call at least one day in advance to schedule service, Sunday through Friday, 10am-6pm.

Paratransit, Inc. (916) 429-2009 www.paratransit.org

- For seniors 75+ years and/or individuals with a disability and in need of door-to-door service to use Public Transit
- Door-to-door service offering passenger mobility assistance
- Fares: \$3 each way, \$8 to the Airport
- Schedule service at least 2 days in advance
- Users must meet with a Regional Transit representative to be approved for use of Paratransit services. Paratransit will provide transportation to approval appointments for applicants in need.

E-Tran, Elk Grove Transit (916) 683-8726 www.e-tran.org

- Fares for Seniors 62+: \$0.75 Fare, \$1.75 Daily Pass, \$30 Monthly Pass
- Route deviation available to Seniors 62+ for \$0.50 additional fare. One day advance reservation required. Will travel up to $\frac{3}{4}$ mile off route. Call 429-2667.

Folsom Stage Line (916) 355-8395 www.folsom.ca.us/index_text.asp?page=160

- Fare \$1.50 each way, \$60 monthly pass
- Connects to Sacramento Regional Transit bus and light rail service

South County Transit (209) 745-3052 or (800) 338-8676 www.sctlink.com

- Serves Galt, Elk Grove, Delta, South Sacramento, and surrounding areas
- Provides curb-to-curb service to and from destination for Seniors/Disabled and those living a distance from bus stops
- Connects to RT bus and light rail routes in Sacramento
- Fares: \$0.75 each connecting route, \$1.75 full route loop, \$3 round trip full route loop, \$1.75 Galt to Sacramento, \$0.75 Galt to Elk Grove

Smaller Transportation Services

Dial-A-Ride

- **Elk Grove** (916) 686-4736 or (916) 685-3160 (Senior Center of Elk Grove)
 - Fare: \$1 each way
 - Serves Seniors in Elk Grove and parts of South Sacramento
 - Schedule service 1 week in advance

- **Delta** (209) 745-3052 or (800) 338-8676 (South County Transit)
www.sctlink.com/index.html
 - Schedule service 1 day in advance
 - Thursday service to Sacramento: Downtown Plaza, Sutter General Hospital, Sacramento Medical Center
 - Fare: Seniors 65+ years: \$0.75 within Delta, \$3 to Sacramento

- **Folsom** (916) 355-8347 (Folsom Stage Line)
www.folsom.ca.us/index_expand_text.asp?page=1485
 - Fare: \$2.50 each way, \$75 monthly pass
 - Serves Seniors within the Folsom City Limits
 - Schedule service 1 day in advance, call before 2 p.m.
 - Registration required
 - Family members and friends can accompany Seniors

- **Galt** (209) 745-3052 or (800) 338-8676 (South County Transit)
www.sctlink.com/index.html
 - Fare: \$0.75 each way within Galt
 - Schedule service 1 day in advance

- **Southeast Sacramento County** (209) 745-3052 or (800) 338-8676
(South County Transit) www.sctlink.com/index.html
 - Fare: Seniors 65+: \$1.50 each way
 - Schedule service 1 day in advance

Galt Community Concilio, Inc., Senior Services Program (209) 745-9174, ask for Gloria

- *FREE* service, accepts donations
- Serves Seniors in Galt and surrounding areas, including Walnut Grove and Isleton, including zip codes 95615, 95632, 95638, 95641, 95690, 95693, 95758
- Schedule service 1 week in advance

Health Reach (916) 733-0318

- *FREE* service for qualifying Seniors/Disabled and their caregivers
- Serves Oak Park, Del Paso Heights, Downtown, South Sacramento
- Schedule service 1.5 to 2 weeks in advance

Stanford Settlement (916) 927-1303 www.stanfordsettlement.org

- Serves Seniors 60+ years
- Includes North and South Natomas and parts of North Sacramento, including zip codes 95815, 95833, 95834, 95835, 95838
- Schedule service at least 2 days in advance

Sacramento Lao Family Community (916) 424-0864 or (916) 213-7453

(Driver, Ken Vang)

- Serves **ALL** Seniors in South Sacramento
- Lingual in Hmong, Laotian, Mien
- Call in advance to schedule service based on availability
- **FREE** service, accepts donations

Asian Community Center (916) 393-9026 ext. 33

- Provides door-to-door shuttle service
- Serves **ALL** Seniors in 95831, 95822, 95818, and 95814 zip codes
- Fare: \$2 each way
- Schedule service 1 day in advance
- Priority given to participants in Asian Community Center Programs

Greater Sacramento Urban League (916) 286-8600 www.gsul.org

- Provides transportation to medical appointments
- **FREE** service for Seniors 60+ years in North Sacramento, zip codes 95815 and 95838
- Registration is required
- Schedule service 2 days in advance
- Available Mondays and Tuesdays, 8am- 12pm

North Natomas Transportation Management Association (916) 429-2667

or (916) 808-7735 www.northnatomastma.org

- Community Shuttle program in North Natomas
- **FREE** curb-to-curb service
- Schedule service 1 day in advance

Saints (916) 568-5093

- Transportation for seniors
- Fares charged for service
- Registration is required

American Cancer Society (916)446-7933 ext.325 or (800) 227-2345

- Provides transportation to Cancer Treatment Centers
- **FREE** service for elderly cancer patients
- Schedule service 3 days in advance

Private Transportation Services

- o Available in the yellow pages under subjects: Taxicabs, Disabled Services, Transportation, Airport Transportation Service, Ambulance Service, Medical Transportation, Disabled Persons' Access, Senior Citizens Service and Organizations, and Transit Lines
- o Some medical transportation services accept payment by private insurance/Medi-Cal
- o Some taxicab services offer discount fares for seniors