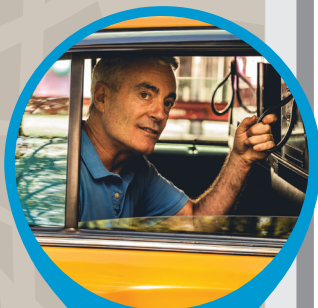


# Before You Give Up The Keys Create a Roadmap for Transportation Independence



Connecting You to Community Services



## Transportation Challenges & Well-Being

Older adult  
non-drivers take...

**15%** **fewer** trips  
to the doctor

**65%** **fewer** trips to  
visit family,  
friends, church

**60%** **fewer** shopping  
trips

Bailey, Linda (2004), "Aging Americans:  
Stranded without Options" Surface  
Transportation Policy Project

Learn

**O**lder people who are able to maintain connections to family, friends and the broader community are more likely to enjoy the benefits of aging in place. However, we often associate our ability to live independently with our ability to drive. So what happens if, one day, you are no longer able to drive?

We developed this brochure to help you do three important things—learn, prepare and act—so that, should you need to give up the keys, you will already have a roadmap to guide you toward a healthy, happy and safe non-driving future.

## Are My Driving Skills Changing?

Chances are the physical and sensory skills you need to be a good driver are likely to decline as you age, and, as a result, you may have already changed some of your driving habits. For example, you no longer like driving...

- **after dark** because your night vision has worsened
- **on the freeway** because your reaction time is slower
- **while making a left turn** because you can't always judge the distance between oncoming cars

### Assessment of Readiness for Mobility Transition Tool

[www.umsl.edu/mtci/ARMT/tool.html](http://www.umsl.edu/mtci/ARMT/tool.html)

### National Aging and Disability Transportation Center's "Older Driver Safety & Transition for Mature Driver"

[www.nadtc.org/wp-content/uploads/Older\\_Driver\\_Safety\\_and\\_Transition\\_Mature-Cover.pdf](http://www.nadtc.org/wp-content/uploads/Older_Driver_Safety_and_Transition_Mature-Cover.pdf)

### National Institutes of Health "Older Drivers" Webpage

[www.nia.nih.gov/health/older-drivers](http://www.nia.nih.gov/health/older-drivers)

### American Occupational Therapy Association's "Driving Safely As You Age" Tip Sheet

[www.aota.org/-/media/Corporate/Files/AboutOT/consumers/Adults/Driving-Tip-Sheet.pdf](http://www.aota.org/-/media/Corporate/Files/AboutOT/consumers/Adults/Driving-Tip-Sheet.pdf)

### American Occupational Therapy Association's "Keeping Older Drivers Safe" Tip Sheet (also available in Spanish)

[www.aota.org/-/media/Corporate/Files/AboutOT/consumers/Adults/Older-Driver.pdf](http://www.aota.org/-/media/Corporate/Files/AboutOT/consumers/Adults/Older-Driver.pdf)



**78%** of family caregivers provide transportation for loved ones, making it the **most requested type of assistance** by older adults.

National Family Caregiver Alliance  
and AARP Public Policy Institute,  
2015 Report on Caregiving in the U.S.



**Challenges accessing transportation ranked as the #1 reason** people contacted the Eldercare Locator in 2016.

National Association of Area Agencies on Aging, 2016 Making Connections: Consumer Needs in an Aging America

## How Can I Become a Better Driver?

It's a good idea to evaluate and strengthen your driving skills, even though you still consider yourself a good driver.

- Check in periodically with family and friends to see if they have any concerns about your driving safety; they may notice changes you might have missed.
- Get regular eye exams and health check-ups to confirm that you have no underlying conditions that could impair your ability to drive.
- Have your driving skills evaluated by a driving specialist and take a refresher driving course if needed.

### AOTA Driver Rehabilitation Specialists

[www.aota.org/olderdriver](http://www.aota.org/olderdriver)

### AARP Driver Safety Course

[www.aarp.org/auto/driver-safety/](http://www.aarp.org/auto/driver-safety/)

### CarFit Personal Vehicle Assessment

[www.car-fit.org](http://www.car-fit.org)

### National Highway Traffic Safety Administration (NHTSA): Older Drivers

[www.nhtsa.gov/road-safety/older-drivers](http://www.nhtsa.gov/road-safety/older-drivers)

### Clearinghouse for Older Road User Safety (Chorus)

[www.roadsafeseniors.org](http://www.roadsafeseniors.org)

## What Transportation Options Might Be Available?

You may be fortunate to have a personal transportation support network that includes friends, family, co-workers and others who are willing to provide you with a ride to the doctor, grocery store or other destinations. However, additional transportation options may be available to enable you to travel with independence and choice.

### Alternative Transportation Options

- **Public transit** (operates on a regular schedule and offers specific routes)
- **Specialized transportation or paratransit** (a service for older adults and people with disabilities who are unable to use public transit)
- **Volunteer transportation** (one-on-one rides in a volunteer's vehicle that can be reserved on demand)
- **Transportation with assistance** (riders receive additional support at pick-up and destination)
- **Private-pay transportation** (services such as taxis, Uber and Lyft are available on demand)



With the boom in the 65-plus population, there has been a corresponding **spike in the number of non-drivers of more than 1.1 million** between 2001 and 2009.

AARP Public Policy Institute,  
2009 National Household Travel Survey



**Female non-drivers outnumber male non-drivers three to one.**

AARP Public Policy Institute,  
2009 National Household Travel Survey



**N**ow that you have a general understanding of the alternative transportation options that may be available, you are likely to feel more confident about embracing the idea of a non-driving future that keeps you as connected with your family, friends and the wider community as you are now. But to make that future a reality, it's important to prepare before you have to give up the keys, to ensure the smoothest transition possible.

**It's time to roll up your sleeves and identify the transportation options that exist in your community today.** To help you tackle this research, contact your local Area Agency on Aging and ask to speak with a mobility counselor or other staff member familiar with the range of transportation options available. To find the Area Agency on Aging in your community, speak with an information specialist at the Eldercare Locator at 1.800.677.1116 or contact them via email or online chat at [eldercare.acl.gov](http://eldercare.acl.gov). The Eldercare Locator's call center operates Monday–Friday from 9:00 a.m. to 8:00 p.m. ET.

You can also contact your local transit agency and ask about available public transportation options, as well as specialized transportation services. To find the local transit agency near you, check the American Public Transportation Association webpage directory at [www.apta.com/resources/links/unitedstates/Pages/default.aspx](http://www.apta.com/resources/links/unitedstates/Pages/default.aspx).

# Prepare





**Transit use by people age 65-plus**, as a share of all the trips they take, **increased by 40 percent** between 2001 and 2009.

AARP Public Policy Institute,  
2009 National Household Travel Survey



**Older adults** took more than **1 billion trips on public transportation** in 2009, a **55 percent increase** over trips in 2001.

AARP Public Policy Institute,  
2009 National Household Travel Survey



**Y**ou now know which transportation options are available in your community, so it's time to evaluate your specific needs and determine whether the existing options cover all of your transportation bases.

## How Do I Become More Comfortable Taking Public Transit?

You may have never, or rarely, taken public transit or other local transportation services, so it's no wonder you may be intimidated by the prospect of riding a bus or subway. Travel training programs, aimed at teaching older adults and people with disabilities how to take public transportation independently, are becoming increasingly available.

- Check with your public transit agency to see if there's a travel training course available.
- Meet with a mobility counselor or other staff from your local Area Agency on Aging to get details on the training programs offered in your community.
- Ask a family member, friend or neighbor to ride along with you on your first public transit outing to increase your level of confidence.

Use the enclosed "My Transportation Needs Checklist" to develop a detailed transportation plan that meets your needs.

# Act

# My Transportation Needs Checklist

## 1. Transportation Options in My Community

To learn more about the transportation options in your area, speak with a mobility counselor at your local Area Agency on Aging or transit agency.

Transportation Option:	Contact Information:	Cost:	Will take me to: (Doctor, Grocery, etc.)
Public Transit			
Specialized Transportation or Paratransit			
Volunteer Transportation			
Transportation with Assistance			
Private Pay Transportation			

## 2. My Personal Transportation Support Network

Name of Family, Friend, Neighbor or Co-Worker:	Contact Information:	Gives me a ride to:

### 3. My Transportation Needs

Where do I go now?	How do I get there now?	What are the alternative ways I could get there?
Doctor Appointment		
Pharmacy		
Grocery Shopping		
Other Shopping (Clothes, home goods, etc.)		
Social and Cultural Activities		
Places of Worship		
Work		
Volunteer Activities		
Hair Salon/Barbershop		

## Acknowledgements

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This brochure is published by the **Eldercare Locator** and the **National Aging and Disability Transportation Center**.



Connecting You to Community Services



**Eldercare Locator** is the only national information and referral resource to provide support to consumers across the spectrum of issues affecting older Americans. Established in 1991 and funded by the Administration for Community Living, it is administered by the National Association of Area Agencies on Aging. [eldercare.acl.gov](http://eldercare.acl.gov) or (800) 677-1116

The mission of the **National Aging and Disability Transportation Center (NADTC)** is to promote the availability and accessibility of transportation options for older adults, people with disabilities and caregivers. NADTC is a program funded by the Federal Transit Administration and administered by Easterseals and the National Association of Area Agencies on Aging (n4a) with guidance from the U.S. Department of Health and Human Services, Administration for Community Living. [www.nadtc.org](http://www.nadtc.org) or (866) 983-3222

The **National Association of Area Agencies on Aging (n4a)** is a 501(c)(3) membership association representing America's national network of 622 Area Agencies on Aging and more than 250 Title VI Native American aging programs. The mission of n4a is to build the capacity of its members so they can better help older adults and people with disabilities live with dignity and choices in their homes and communities for as long as possible. [www.n4a.org](http://www.n4a.org)

**Easterseals** is the leading non-profit provider of services for individuals with autism, developmental disabilities, physical disabilities and other special needs. For nearly 100 years, we have been offering help, hope, and answers to children and adults living with disabilities, and to the families who love them. Through therapy, training, education and support services, Easterseals creates life-changing solutions so that people with disabilities can live, learn, work and play. [www.easterseals.com](http://www.easterseals.com)

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