



CENTRALINA
Area Agency on Aging

The New Transportation Guide and Resources
December 12, 2024

Transportation

Transportation is important to all of us--it links individuals to social connections, religious activities, medical appointments, groceries, pharmacies, and much more.

Consider how you would maintain your connection to the community if you could not drive?

“According to the American Journal of Public Health, individuals on average can expect to live between 6 to 10 years retired from driving.”



Transportation

Transportation remains among the top unmet needs identified among older and disabled adults.

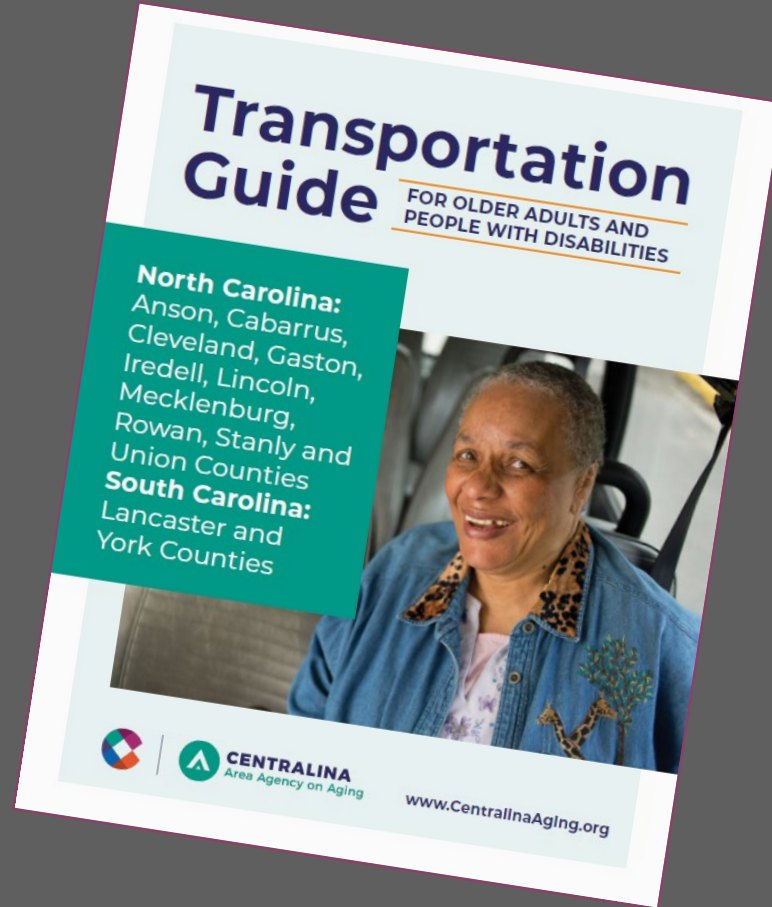
Goals for today's presentation:

1. Raise awareness of this unmet need.
2. Increase familiarity of local transportation resources for ourselves and our loved ones.
3. Encourage individuals to develop transportation alternatives as part of their long-term aging plan.



Transportation Guide

- Designed to assist older adults and people with disabilities seeking transportation services.
- Provided as a resource for professionals, older adults, and their caregivers.
- Available online and in Spanish.
- Newly Updated!



Transportation Needs Checklist

This checklist is a companion to the Transportation Guide for Older Adults and People with Disabilities. A mobility counselor can help walk you through how to fill this out to clarify your transportation needs based on where you need to go, your personal support network and available public or private transit services.

MY TRANSPORTATION NEEDS

Fill out the chart with the places you regularly go, including medical appointments, grocery stores, pharmacies, places of worship, work, volunteer or social activities, hair salons/barbershops and the homes of friends or family. Then list how you currently get there and possible alternatives.

Where do I go?	How do I get there?	What are my alternatives?

Transportation Needs Checklist

TRANSPORTATION OPTIONS IN MY COMMUNITY

List the various public and private transportation services available in your area, including public transit, paratransit, volunteer services, shared ride services and demand response.

Transportation Option	Contact Information	Cost	Will take me to: (doctor, grocery, etc.)

MY PERSONAL TRANSPORTATION SUPPORT NETWORK

Name of family, friend, neighbor or co-worker	Contact Information	Gives me a ride to

Key Considerations: Planning Your Trip

Are accessible vehicles available?

What is the cost of this service?

How long will I have to wait?

Can my caregiver ride with me?

What is your coverage area?





Newly Updated Transportation Guide 2.0

Updated Transportation Guide 2.0

features:

**Expanded Ridesharing
Information**

What ridesharing is and how it works

How to book rides with Uber and Lyft

Scheduling through GoGoGrandparent and Lively

How to pay

Using a service animal, wheelchair, or other mobility device

How professionals can book rides for others.

Driver Planning Agreement

Encourages drivers to plan and discuss alternate transportation options with loved ones before the need to retire from driving.

- Acknowledges the driver may become unable to drive in the future.
- Identifies a trusted designee to help address this challenging issue and explore other options.
- Prioritizes safety and the importance of continued mobility.

-Agreement is adapted from the American Automobiles Association & the American Occupational Therapy Association Driver Planning Agreement

Driver Planning Agreement

I acknowledge that my ability to drive safely may be affected as I age. This tool can be used for planning with a trusted designee to ensure my safety and the safety of others while also maintaining my mobility and independence.

The most important thing my designee can do is to help me explore options to keep me driving safely. Examples include consulting a physician, occupational therapist or optometrist as needed, taking a driver safety course or developing a driver safety plan to help decide where and when I drive.

My designee will help me explore other forms of transportation including those listed in this transportation guide. These options may complement my driving or be used as a substitute to extend my mobility if driving becomes unsafe.

I trust my designee to prioritize my safety and mobility. Should it become necessary to discuss my continued driving, I designate _____ to address this issue with me.

Signed: _____ Date: _____
Your Signature

Signed: _____ Date: _____
Designee

Adapted from the American Automobiles Association & the American Occupational Therapy Association Driver Planning Agreement.





Additional Training Resources

Transportation Toolkit

In addition to the Transportation Guide, be sure to check out the Transportation Toolkit for additional resources, such as:

- Driver Safety Resources
- Accessible Transportation Information
- Transportation Games & Fun



Transportation Training

www.centralinaaging.org

Centralina AAA Transportation Mini-Series

Short recordings about transportation considerations for older adults and people with disabilities.

Recorded and Upcoming Webinars

- Beyond Driving with Dignity
- Age-Friendly Communities: Walkability and Pedestrian Safety





For more information, contact:

Katie Kutcher - kkutcher@centralina.org or 704-348-2705

Laurie Abounader – labounader@centralina.org or 704-688-6501

THANK YOU


704-372-2416 | info@centralina.org | 10735 David Taylor Drive,
Suite 250, Charlotte, NC 28262 | **www.centralina.org**

Older Driver Safety

<https://www.ncseniordriver.org/request/>

ncseniordriver.org/request/

☆

 **NC SeniorDriver.org**
Promoting safety for all drivers

I'm a driver

I'm a caregiver


I'm a professional

Information Card request form

Developed by the UNC Highway Safety Research Center, the NC Senior Driver Information Card is designed to help individuals, family members, and professionals better understand aging and driving.

To view a PDF of the Information Card, [click here](#).

If you would like to order free NC Senior Driver Information Cards for use by your organization, please fill out the form below.



Abilities, vehicles, and roads change throughout life. Safe drivers understand and adjust to these changes.

Learn about changes.

- Most people experience changes to their body, mind, and medication as they age.
- These changes might affect a person's ability to drive safely.
- In some cases, drivers can take steps to limit how much these changes affect driving.

Set safe limits.

- Many drivers choose to limit their driving to situations that are more likely to be safe.
- Daylight to late evening, light traffic, familiar routes, and shorter trips are examples of limits some drivers set.

Make a plan to stay independent.

- Learn about alternative transportation options.
- Practice new types of transportation with friends & family.
- Carpool with others.

Talk early. Talk often. Listen.

- Talk to friends & family about driving.
- Share your concerns.
- Make a plan together.

Name *

First

Last

Older Driver Planning Tool

<https://www.roadsafeseniors.org/build-your-road-map>

Older Driver Transportation Planning Tool

CHORUS
Clearinghouse for Older Road User Safety

INFO FOR ▾ TOOLS ▾ STATE INFO LIBRARY BLOG & NEWS SEARCH

Older Driver Transportation Planning Tool

BUILD YOUR TRANSPORTATION PLAN

* Required

What state do you live in?

- None - ▾

What is your age?

1. Have you ever assessed your own safe driving ability?

☐ Yes ☐ No

2. Have you had several minor crashes within the last three years?

☐ Yes ☐ No

3. Have you had a vision examination within the past 12 months?

☐ Yes ☐ No

Older Driver Plan

<https://www.roadsafeseniors.org/build-your-road-map>

ChORUS Safe Driver To-Do List (Short Version)

This checklist can be printed, posted on your refrigerator or a wall, and used to keep you on the road to mobility.

Questions

- ☐ Visit ChORUS to take a short driver safety self-assessment.
- ☐ Consider scheduling CarFit.
- ☐ Make an appointment to see a driving rehabilitation specialist.
- ☐ Schedule an annual eye exam.
- ☐ Talk with your medical provider about how new or changes in medications may affect driving.
- ☐ Adjust your driving habits to remain safe on the road.
- ☐ Consider assessing your driving safety.
- ☐ Visit ChORUS to learn the signs for when you may need to change your driving habits.
- ☐ Learn about and use the safety features in your car.
- ☐ Learn about transportation options available in your community.
- ☐ Start using alternate transportation options identified.
- ☐ Use the ChORUS Transportation Budgeting Tool to help you plan for your future mobility.
- ☐ Schedule a formal assessment to evaluate your driving skills.
- ☐ Have your personalized transportation plan in place.