



## ***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



# When there are concerns about driving....

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



# Mobility Managers

- A **mobility manager** can assist an individual or family identify their transportation needs and find the right 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

- **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

- **Before You Give up the Keys...Create a Roadmap for Transportation Independence** [http://www.nadtc.org/wp-content/uploads/GivingUpTheKeys\\_Final\\_508\\_AcrobatXI.pdf](http://www.nadtc.org/wp-content/uploads/GivingUpTheKeys_Final_508_AcrobatXI.pdf)
- **Identifying and Overcoming Transportation Barriers for Clients** [http://www.nadtc.org/wp-content/uploads/NADTC\\_InfoBrief\\_DesignFinal.pdf](http://www.nadtc.org/wp-content/uploads/NADTC_InfoBrief_DesignFinal.pdf)
- **Transportation Options for Older Adults and People with Disabilities** <http://www.nadtc.org/wp-content/uploads/NADTC-Transportation-Options-Booklet-2018.pdf>



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