



Online Newsletter *Volume 1, Number 1: August 2002*

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[Sandra Strech](#), San Diego County Transportation Program Coordinator of Aging and Independence Services, 858-495-5061.

San Francisco Bay Area Metropolitan Transportation Commission workshop coordinator [Paul Lutey](#) at 415-267-4896.

Jewish Family and Children's Service of San Francisco Volunteer Coordinator [Debbi Goodman](#), 415-449-3832.

Jewish Family Children's Services of the East Bay Director [Katana Simmons](#).

Bay Area Community Services' [Carol Ivanoff](#), 510-986-8900, or [Bobbie Bond](#) of the Oakland Commission on Aging, 510-238-3121.

Other stories this issue:

[Older Adults Are Driving Transportation Policy](#)

[Why Older Adults Don't Walk](#)

[Scrambling for Safety](#)

Community Transportation Programs for Older Adults

The following community programs in California are examples of the kinds of transportation programs for older adults that provide alternatives to driving.

SAN DIEGO COUNTY

San Diego County's Aging and Independence Services, part of the county's Health and Human Services Agency, has set out to comprehensively address transportation needs for seniors in the community. Current programs include:

Specialized Transportation Referral and Information for the Disabled and Elderly, STRIDE

The County is launching an Internet-based transportation database for social service agencies and the public called "Specialized Transportation Referral and Information for the Disabled and Elderly," or STRIDE. Users will be able to input personal preferences, such as location, special needs, or fee range, and be provided with information on transportation options meeting their criteria.

Taxi Vouchers

Taxi vouchers are made available through two senior centers, the Senior Community Center in downtown San Diego and the Poway Regional Express Senior Transportation Organization.

Travel Training

Individuals and groups receive free classroom training on the use of public transportation. Students then take public transit trips to practice their new skills, earning free transit passes upon completion of the training. Initial evaluation of the program has shown that seniors who complete it are continuing to use public transit.

Volunteer Escorts and Drivers

Volunteer caregivers and escorts accompany or drive seniors to destinations of their choice. Escorts may be current caregivers, or provided by participating organizations throughout the county. Driver escorts are screened and trained in safety and sensitivity and

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typically accompany passengers on all their trips.

Shuttle Programs

Senior shuttle transportation and mileage reimbursement programs are provided throughout the San Diego metropolitan area. One such program, the "Out and About" Vista Senior Transportation program at the Brengle Terrace Senior Center, was recently awarded a Healthy Lifestyles and Wellness first place award in the California Park and Recreation Society Aging Section's Spotlight on Senior Center Awards.

For more information on these programs and other San Diego County efforts to enhance transportation for older adults, contact Sandra Strech, Transportation Program Coordinator of Aging and Independence Services, at 858-495-5061 or email her at sstreca@co.san-diego.ca.us.

SAN FRANCISCO BAY AREA

Older Adults Transportation Workshops

The Metropolitan Transportation Commission (MTC), the transportation planning, coordinating and financing agency for the nine-county San Francisco Bay Area, is conducting a study to develop a strategy to address the growing transportation needs of older adults. The MTC is holding workshops to address transportation barriers and needs for older adults. For more information, contact Paul Lutey at 415-267-4896 or email him at plutey@nelsonnygaard.com.

Driver Escort Programs

"Be the Wheels" is a fee-based program offered by the Jewish Family and Children's Services in San Francisco to help seniors get to medical appointments and go grocery shopping. For the past 25 years, a corps of volunteer escort drivers has been providing seniors with door-to-door transportation as well as assistance during and after trips. In addition to safe transportation, the program can also provide seniors with social contact and friendship. "Besides getting a ride, seniors also make a friend and have someone to talk to," said Volunteer Coordinator Debbi Goodman. For more information or to volunteer, contact her at 415-449-3832.

"Seniors in Motion" is a new Berkeley-based program offered through the Jewish Family Children's Services of the East Bay. It was started with funding from a local philanthropist who wanted to improve transportation services for other seniors after experiencing transportation barriers herself with the loss of her driving license. Serving senior centers in the East Bay, volunteer drivers provide rides to all destinations as well as in-home assistance. "The loss of your driver's license should not affect your quality of life. We wanted to provide rides to all the places that seniors were already going," said Director Katana Simmons. For more information or to volunteer, email Simmons at ksimmons@jfcs-eastbay.org.



Shuttle Service

In West Oakland, a free shuttle service is currently serving 600 seniors at five participating senior sites. The shuttle operates three days a week and provides transportation between four locations: the West Oakland Health Center, Gateway Marketplace, Oakland Main Post Office, and the West Oakland Senior Center, which also offers riders lunches provided by Bay Area Community Services (BACS). For more information, contact Carol Ivanoff of BACS at 510-986-8900, or Bobbie Bond of the Commission on Aging at 510-238-3121.
