



SENIOR TRANSPORTATION Fact Sheet

All buses, trolleys, and Coaster trains have lift mechanisms to assist customers when boarding transit.

Accessible services are provided for persons with disabilities who cannot use public transit.

Supplemental Transportation Programs help seniors with ride sharing, escorts, flexible schedules, and low cost fees.

SANDAG

401 B Street, Suite 800
San Diego, CA 92101-4231
(619) 699-1900 • Fax (619) 699-1905
www.sandag.org

Transportation Options for San Diego Region Seniors

San Diego region seniors have a variety of transportation options available to them. For older adults, transportation is a crucial factor in preserving dignity, maximizing independence, and providing access to the full range of activities that contribute to their quality of life.

Public Transit



The San Diego region has many places to go and ways to get there. Buses, trains, and trolleys traverse the region in a coordinated effort which allows riders to transfer from one line to another, and travel around the San Diego region easily, comfortably, and safely. All buses, trolleys, and Coaster trains have lift mechanisms to assist customers to board in wheelchairs or with other mobility aides. In addition, many buses have a “kneeling” feature that allows the front of the bus to lower toward the curb, easing the first step into the bus. Seniors, 60 years and older, can purchase a monthly pass at a reduced rate.

ADA Paratransit

According to the Americans with Disabilities Act (ADA), transit districts must provide accessible services for persons with disabilities who cannot use public transit due to either a physical or cognitive condition. ADA Paratransit Service operates in the same areas as the public fixed route with its parameters set at $\frac{3}{4}$ of a mile of all operating fixed route bus and rail services.



Community Agencies & Supplemental Transportation Programs

Non-profit organizations, Health & Human Service agencies, local jurisdictions, or other small operators within the San Diego region offer a wide variety of transportation programs called Supplemental Transportation Programs or STPs. STPs are able to address numerous transportation needs of seniors including ride sharing, quantity and quality of life rides, escorts, flexible schedules, and low-cost fees. Examples of existing STPs include:

Local shuttles use agency drivers and vans to transport seniors for local trips to appointments and necessary errands.

Private automobile through volunteer drivers reimbursed by the sponsoring agency at a per mile rate, to transport older adults and adults with disabilities.

Nutrition programs provide seniors transportation to and from lunch programs. This service is often provided through the local senior center.

Taxi vouchers are provided to assist in subsidizing the cost of transportation.

Hospital transportation provides service to and from medical appointments. Hospitals with transportation programs: Bayview, Veterans, Pomerado Palomar Mental Health, Scripps Memorial, Sharp, and Tri-City.

Still driving? The American Association for Retired Persons (AARP)'s *55 Alive* program is designed to refresh the driving skills of older adults.

More information on Senior Transportation services is available through the following resources:

STRIDE San Diego



www.stridesd.org

This interactive, easy to use Web site provides individualized information and referral on alternative transportation available within the County of San Diego, including areas served, eligibility criteria, hours of operation, and other data.



United Way's INFO LINE of San Diego County



Greater San Diego: (619) 230-0997
North County Coastal: (760) 943-0997
North County Inland: (760) 740-0997
www.informsandiego.com

INFO LINE is a free, comprehensive information and referral service to a wide range of health, transportation, and social services in San Diego County.



Aging & Independence Services (AIS), Call Center



1-800-510-2020
Outside San Diego County,
1-800 339-4661
www.sandiego.networkofcare.org

AIS is a division of the County of San Diego. It provides a variety of services to older adults and adults with disabilities. The call center is a gateway to information, to report elder abuse, or to apply for a variety of services for older adults, persons with disabilities, and their families.



Metropolitan Transit Services (MTS) and North County Transit District (NCTD)



1-800-COMMUTE (266-6883)
www.sdcommute.com
www.gonctd.com

This regionwide phone number provides transit information and trip planning services.

Transit Travel Training



Greater San Diego: (619) 699-7330
North Coastal & Inland: (760) 726-5261

Learn to ride public transit with a transit travel trainer. Call you local Coordinated Transportation Service Agency (CTSA) for more information about Transit Travel Training.

Driving Skills Refresher Course



1-888-OUR-AARP (1-888-687-2277)
www.aarp.org

Through information and education, advocacy, and service, AARP is dedicated to addressing the needs and interests of persons 50 and older. 55 Alive is a course to renew the driving skills of older adults.