On behalf of the Training, Research and Education for Driving Safety (TREDS) program at the University of California San Diego, thank you for helping to promote safety for older drivers and other roadway users.

The “San Diego County Referral Guide for Older Roadway Users” contains resources to assist older adults and their family members with questions and concerns related to safe driving. Topics covered include driving assessment, refresher classes, adaptive equipment for vehicles, and transportation alternatives. Many older adults will outlive their driving ability by 6–10 years. Help is available to address the difficult topic of driving retirement and continued mobility.

We welcome your feedback and suggestions for additional resources to include in future editions of this Guide.

Working together, we can make San Diego County roadways safer for everyone.

Sincerely,

The TREDS Team
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Information and Referral

General Resources

2-1-1 San Diego
211sandiego.org/new/
San Diego County ......................................................................................... 2-1-1 or (858) 300-1211
Outside San Diego County .................................................................................. (800) 227-0997
Connects people with community, health, and disaster services through a free, 24/7 phone service and searchable online database. Provides resources about access to affordable health and housing options, help for ailing parents, transportation programs, and more.

ADULT PROTECTIVE SERVICES
sandiegocounty.gov/content/sdc/hhsa/programs/ais/adult_protective_services.html
For information or to make a report in San Diego County .............................................. (800) 510-2020
Outside San Diego County ...................................................................................... (800) 339-4661
Mandated reporters can submit reports here: AISWebReferral.org
Serves adults aged 65+ and dependent adults aged 18+. Investigates elder and dependent adult abuse, including cases of neglect and abandonment, as well as physical, sexual, and financial abuse.

AGING AND INDEPENDENCE SERVICES
sandiegocounty.gov/hhsa/programs/ais/
San Diego County ................................................................................................... (800) 510-2020
Outside San Diego County ...................................................................................... (800) 339-4661
Services for older adults, people with disabilities, and their family members to keep them safe in their homes and to promote healthy and vital living. Information provided on topics such as health promotion, in-home supportive services, mental health, veteran services, and transportation.

ALZHEIMER’S SAN DIEGO
alzsd.org/
San Diego County ................................................................................................. (800) 492-4400
Outside San Diego County ...................................................................................... (800) 272-3900
Information, education, care, and vital support for those with Alzheimer’s disease and their families. Can address driving issues and help families work through conversations about driving.

Alzheimer's Navigator
alzheimersnavigator.org/default.aspx
Guides caregivers with answers concerning loved ones with Alzheimer’s disease. Creates personalized action plans and links people to information, support, and local resources on topics such as driving, safety, financial planning, daily living, and care options.

ELDERCARE LOCATOR
eldercare.gov ........................................................................................................... (800) 677-1116
Nationwide service that connects older Americans and their caregivers with information on senior services and provides brochures and fact sheets on driving matters.
SOUTHERN CAREGIVER RESOURCE CENTER
caregivercenter.org/ ...................................................................................... (858) 268-4432
Support services for family members and caregivers of adults with chronic and/or disabling conditions, including case management and educational opportunities that focus on driving issues.

Driver-Related Resources

ADVOCATES FOR AGING
advocates4aging.com/ ...................................................................................... (619) 742-3368
Experienced driver services that include transportation analysis and planning, one-on-one ride-share coaching, and transportation management.

CALIFORNIA DMV SENIOR GUIDE FOR SAFE DRIVING
dmv.ca.gov/portal/wcm/connect/8a431ac8-535b-4783-b006-a6c6cf58ef18/dl625senior.pdf?MOD=AJPERES
Information for aging drivers covering topics such as assessing driving, making adjustments, the driver license renewal process, the reexamination process, and when to stop driving.

CALIFORNIA DMV SENIOR OMBUDSMAN PROGRAM
bit.ly/TREDS_DMV1
Orange/San Bernardino/San Diego Counties ........................................................................... (714) 705-1588
Ensures senior drivers are treated fairly and consistently with laws and regulations, and with dignity and respect. Serves as an informational resource to support seniors through the licensing process. Available to assist in individual cases as well as participate in outreach seminars to promote driver safety with emphasis on senior issues.

ChORUS: CLEARINGHOUSE FOR OLDER ROAD USER SAFETY
roadsafeseniors.org/
Information for aging drivers, passengers, pedestrians, and cyclists. Covers three major components of highway safety: roadways, road users, and vehicles. Includes a public forum where users can ask questions on safe driving, dangerous roads, and more.

FACILITATING ACCESS TO COORDINATED TRANSPORTATION (FACT)
factsd.org/ ................................................................................................................. (888) 924-3228
For San Diego County residents with barriers to mobility who are looking for transportation options.

TRAINING, RESEARCH AND EDUCATION FOR DRIVING SAFETY (TREDS)
treds.ucsd.edu ............................................................................................................. (858) 534-8524
Works to improve driver safety through education and training programs for health professionals, law enforcement, and the community, and conducts research to inform and improve public policy. TRESs also serves as a resource to professionals and the public on driving issues and referrals.
Fitness to Drive and Car Comfort

General Resources

ASSISTIVE ACCESSORIES FOR YOUR CAR
seniordriving.aaa.com/maintain-mobility-independence/car-buying-maintenance-assistive-accessories/assistive-accessories
Helps people choose accessories or make alterations to their cars to optimize driving performance and safety. Includes resources for adaptive vehicle devices designed for in-car use, such as hand controls, pedal extenders, and special mirrors.

CARFIT
car-fit.org/
Offers older adults the opportunity to assess how well their vehicle “fits” them. A team of specialists at a CarFit event, which includes technicians and/or health professionals, completes the process.

FLEXIBILITY FITNESS TRAINING FOR IMPROVING OLDER DRIVER PERFORMANCE
aaafoundation.org/sites/default/files/flexibility_brochure.pdf
Exercises designed to improve flexibility as it relates to driving. Useful for parallel parking, backing up, adjusting mirrors, and looking over shoulders.

REQUEST FOR DRIVER REEXAMINATION AT THE DMV
Reporting someone to the DMV does not necessarily mean they will lose their driving privilege. The goal is to preserve driving for as long as it is safe. The DMV can monitor at-risk drivers and impose licensing restrictions to prolong driving. If you are concerned about someone is driving, they can be reported to the DMV on the following form:

DMV Form DS699: concerned family members, neighbors, and friends can complete this form to request that the DMV re-evaluate a person’s ability to drive safely. (Appendix 1; page 23) dmv.ca.gov/portal/dmv/detail/forms/ds/ds699

SAFETY CONSIDERATIONS FOR ANY CAR CHECKLIST
thehartford.com/sites/thehartford/files/your-road-to-confidence.pdf
Page 21 of this resource includes a checklist of safety features that maximize safe driving for older drivers. (Appendix 6; page 28)

SMART FEATURES FOR OLDER DRIVERS
seniordriving.aaa.com/smartfeatures
Helps identify smart features in vehicles for older drivers to optimize their comfort and safety. Can be tailored for personal needs, including diminished vision, short-stature, limited knee range of motion, and arthritic hands.
Driver Refresher Courses

**AAA ROADWISE DRIVER**

seniordriving.aaa.com/maintain-mobility-independence/driver-improvement-courses-seniors

(877) 476-1254

Online or in-person course designed to help seniors be better, safer drivers. Price based on membership. Visit website for class locations.

**AARP DRIVER SAFETY COURSE**

aarp.org/driversafety

(800) 350-7025

Classroom and online driver safety course designed specifically for drivers 50+. Seniors review rules of the road, defensive driving techniques, and how to operate vehicles safely. Eight-hour course taught in two 4-hour sessions. Price based on membership. Visit website for class locations.

**AGE WELL DRIVE SMART**

chp.ca.gov/programs-services/programs/age-well-drive-smart

(858) 650-3600

Free classroom program created by the California Highway Patrol to raise awareness of senior driving and warning signs of diminished capabilities. Also reviews alternatives to driving. Contact the Public Information Office at the CHP Border Division for class locations.

**AMERICAN SAFETY COUNCIL MATURE DRIVER COURSE**

americansafetycouncil.com/online-courses/ca-mature-driver.aspx

(800) 732-4135

Online mature driver program comprised of text, pictures, and animations that reinforce safe driving concepts in a user-friendly format. Visit website for current pricing information.

**iDRIVE SAFELY**

idrivesafely.com/insurance-discount/mature/?vID=z3Xc&eID=827

(866) 388-9068

Six-hour, self-paced, online mature driver program uses fun and informative animation to make content easy to learn and retain. Visit website for current pricing information.

**IMPROV MATURE DRIVER COURSE**

myimprov.com/mature-driver/california/

(800) 660-8908

Fun online course that highlights helpful driving techniques to keep drivers safe. Brushes up on state-specific rules, regulations, and traffic facts. Visit website for current pricing information.

**TRAFFIC SAFETY CONSULTANTS MATURE DRIVER ONLINE**

cheapmaturedriver.com/

(800) 259-0530

Online crash prevention course designed specifically to educate older drivers about the effects that aging can have on a person’s ability to safely control a vehicle, and suggests helpful remedies and alternatives. Visit website for current pricing information.
Local Driving Schools

ALL STATE DRIVING SCHOOL
allstatedrivered.com/ ...........................................................................................(858) 565-0088

AMERICAN DRIVING SCHOOL
americandrivingschool.com/index.html...................................................................(760) 736-8288

GOLDEN STATE DRIVING SCHOOL
goldenstatedrivingschool.com/ ...............................................................................(619) 275-3711

TEEN DRIVING SCHOOL (*ALSO HAS ADULT CLASSES)
teendrivingschool.com/ ......................................................................................................(619) 282-7900

Adaptive Equipment for Vehicles
Local retailers that offer non-prescription items such as the handybar, leg lifter, and swivel seat

ERIC’S MEDICAL SUPPLY
ericsmedicalsupply.com/ 5251 Linda Vista Road, San Diego ..............................................(619) 298-9640

PERFORMANCE HEALTH
performancehealth.com/ (items available online only) ...........................................................(800) 323-5547

OTHER RETAILERS
Walmart, drug stores, automotive stores such as Pep Boys; online at Amazon.com

Certified Vehicle Modification Vendors
Local vendors that offer wheelchair lifts, driving controls, and other custom car modifications

ABILITY CENTER
abilitycenter.com/ 4797 Ruffner Street, San Diego ............................................................(858) 541-0552

MOBILITY WORKS
mobilityworks.com/ 8130 Parkway Drive, La Mesa ...............................................................(888) 540-8267

GOLDEN BOY MOBILITY
goldenboymobility.com/ 12130 Dearborn Place, San Diego ..............................................(858) 748-9414

PACIFIC MOBILITY
pacificmobility.com/ 1355 Grand Avenue #102, San Marcos ..............................................(866) 786-2966
Driver Rehabilitation Programs

San Diego County

SCRIPPS MEMORIAL HOSPITAL ENCINITAS
scrpp.org/drivingsimulator ........................................................................................................(760) 633-6507
Physical rehabilitation services include driving safety evaluations, clinical evaluations, virtual
assessment on interactive zero-risk driving simulators, and on-the-road testing. Physician referral
required. Call for current pricing information.

SHARP MEMORIAL HOSPITAL
sharp.com/services/rehab/adaptive-driving.cfm ........................................................................(858) 939-3866
Adapted driving program consists of pre-driving, behind-the-wheel assessments, and a discussion
about community resources. Offers consultation on DMV procedures, assesses need for adaptive
equipment, and provides preliminary training using recommended devices. Physician’s referral,
current driver’s license, and recent eye exam required. Call for current pricing information.

Outside San Diego County

CALIFORNIA PROGRAM LOCATOR
treds.ucsd.edu/driver-evaluation/
Contains information about California Occupational Therapist Driving Programs with professionals
who are trained in driving assessment and evaluation. A trained OT can help seniors determine how
health impairments and other limitations may be affecting their driving and then help develop and
implement a plan for how he or she can reduce their risks and stay safely mobile.

If your county is not listed, search nearby counties for a program.

National Program Locators

AMERICAN OCCUPATIONAL THERAPY ASSOCIATION
aota.org/Practice/Productive-Aging/Driving.aspx

ASSOCIATION OF DRIVER REHABILITATION SPECIALISTS
aded.site-ym.com/search/custom.asp?id=1984 ..............................................................................(866) 672-9466
Assessments

Self-Assessments

“AM I A SAFE DRIVER?”

nhtsa.gov/staticfiles/nti/pdf/812228-CliniciansGuideToOlderDrivers.pdf

Pages 208 and 209 in the Clinician’s Guide to Assessing and Counseling Older Drivers, 3rd Edition, offer a checklist of statements for an older driver to determine whether or not their driving is at risk. (Appendix 7; page 29)

DRIVERS 65 PLUS: CHECK YOUR PERFORMANCE

aaaafoundation.org/sites/default/files/driver65.pdf

Free, online self-rating form to help older drivers examine ability to keep driving safely. Consists of questions to identify strengths and weaknesses, along with suggestions to improve driving.

DRIVER PRACTICE TESTS AND TUTORIAL

Practice tests: dmv.ca.gov/portal/dmv/detail/pubs/interactive/tdrive/exam
California Drivers Handbook: dmv.ca.gov/web/eng_pdf/dl600.pdf
Sample practice tests for those required to take a written test for renewal of their driver license.

DRIVESHARP

drivesharpnow.com

Online brain training program to help older drivers see more, improve their ability to monitor multiple moving objects, and increase their processing speed in order to reduce their risk of crashing. Check website for current course pricing.

DRIVING DECISIONS WORKBOOK

deeplblue.lib.umich.edu/bitstream/handle/2027.42/1321/94135.0001.001.pdf?sequence=2&isAllowed=y

Self-assessment includes five sections having to do with areas that affect safe driving: on-the-road, seeing, thinking, getting around, and health.

DRIVING SAFELY WHILE AGING GRACEFULLY

nhtsa.gov/people/injury/olddrive/Driving%20Safety%20Aging%20Web/

Contains questions for older drivers to consider, including an outline of the physical effects of aging. Offers tips on how to cope with these changes so seniors can remain safe drivers longer.

LIFELONG DRIVER

lifelongdriver.com

Program to improve skills older drivers need to stay safe on the road. Online materials include computer-based training, point-of-view driving simulations, interactive video segments, at-home activities, and optional in-car exercises. Check website for current course pricing.
ROADWISE REVIEW ONLINE
aaaafoundation.org/roadwise-review-online
Free 30-minute online screening tool to help seniors measure mental and physical abilities important for safe driving and help identify areas that need improvement.

Medication Assessments

ROADWISE RX
roadwisex.com/
Online tool designed to help drivers learn more about their medications and how they may affect driving.

Assessments by Family Members/Caregivers

FITNESS-TO-DRIVE
fitnesstodrive.phhp.ufl.edu/
Screening assessment completed by someone concerned about an older driver with recommendations on actions to take. Evaluators should have driven with the person within the past three months.

REQUEST FOR DRIVER REEXAMINATION AT THE DMV
Reporting someone to the DMV does not necessarily mean they will lose their driving privilege. The goal is to preserve driving for as long as it is safe. The DMV can monitor at-risk drivers and impose licensing restrictions to prolong driving. If you are concerned about someone’s driving, they can be reported to the DMV on the following form:

DMV Form DS699: concerned family members, neighbors, and friends can complete this form to request that the DMV re-evaluate a person’s ability to drive safely. (Appendix 1; page 23)
dmv.ca.gov/portal/dmv/detail/forms/ds/ds699
Transitioning from Driving

Family Conversations

**DRIVER PLANNING AGREEMENT**
A guide for conversations about safe driving that allows families to strategize before future changes in driving abilities become a concern.

**DRIVEWELL: PROMOTING OLDER DRIVER SAFETY AND MOBILITY IN YOUR COMMUNITY**
Developed for people who work directly with older adults (including family members) to better understand and deal with issues related to older drivers, such as later-life dependence and mobility. Pages 44-52 outline tips for conversations with older drivers about their driving ability.

**HOW TO UNDERSTAND & INFLUENCE OLDER DRIVERS**
[nhtsa.gov/people/injury/olddrive/UnderstandOlderDrivers/](nhtsa.gov/people/injury/olddrive/UnderstandOlderDrivers/)
Step-by-step suggestions on how to initiate conversations with older adults about driving.

**LET’S TALK ABOUT DRIVING**
[caregiverstress.com/senior-safety/lets-talk-about-driving/](caregiverstress.com/senior-safety/lets-talk-about-driving/)
Helps families build a roadmap for limiting or stopping driving when the time is right. Includes an interactive Safe Driving Planner to help assess a senior loved one’s driving habits and provide tools for safe driving, options for driving reduction or cessation, and alternative transportation options.

**STEP-BY-STEP RESOURCES FOR FRIENDS AND FAMILIES**
[seniordriving.aaa.com/resources-family-friends](seniordriving.aaa.com/resources-family-friends)
Tools and resources for friends and families to effectively and compassionately help the senior driver in their lives.

**WE NEED TO TALK…**
Suggestions to help families address the subject of older driver safety and foster meaningful family conversations about the subject.
Planning Tools

**GETTING BY WITHOUT DRIVING**

nhtsa.gov/staticfiles/nti/older_drivers/pdf/812228_CliniciansGuideToOlderDrivers.pdf

Pages 210-211 of the resource offer older drivers suggestions on how to get by without driving. Includes alternative ways to meet transportation needs, such as having groceries and prescriptions delivered. (Appendix 8; page 31)

**“GETTING THERE” WORKSHEET**

thehartford.com/sites/thehartford/files/we-need-to-talk-2012.pdf

Pages 17-18 of the resource help older drivers identify the best alternative transportation methods in their area. (Appendix 9; page 33)

**TRANSPORTATION COST WORKSHEET**

thehartford.com/sites/thehartford/files/we-need-to-talk-2012.pdf

Page 19 of the resource helps drivers track costs involved in owning a car, such as regular operating and maintenance expenses. (Appendix 10; page 35)
Medical Providers

CLINICIAN’S GUIDE TO ASSESSING AND COUNSELING OLDER DRIVERS, 3RD EDITION
nhtsa.gov/staticfiles/nti/older_drivers/pdf/812228_CliniciansGuideToOlderDrivers.pdf

Updates and expands upon the Physician’s Guide to Assessing and Counseling Older Drivers. Assists clinicians to better identify older drivers at risk for crashes, help enhance driving safety, and ease transition to driving retirement if and when it becomes necessary.

PHYSICIAN REPORTING

Reporting someone to the DMV does not necessarily mean they will lose their driving privilege. The goal is to preserve driving for as long as it is safe. The DMV can monitor at-risk drivers and impose licensing restrictions to prolong driving.

Physicians are required to report conditions that cause lapses of consciousness, seizures, or diseases related to Alzheimer’s (and other dementia). Disorders characterized by lapses of consciousness refer to conditions that involve marked reduction of alertness or responsiveness to external stimuli, inability to perform one or more activities of daily living, and impaired sensory motor functions used to operate a motor vehicle.

Physicians are required to report a patient to the California Department of Public Health using the following form:

Confidentiality and Morbidity Report (CMR 110c): this form should be faxed to the California Department of Public Health at (858) 715-6458. CDPH will then notify the DMV. For faster action, physicians can also send the report directly to DMV. (Appendix 2; page 24) cdph.ca.gov/pubsforms/forms/CtrlDForms/cdph110c.pdf

Physicians can also report using this form:

Request for Driver Reexamination (DMV Form DS699): concerned physicians can complete this form to request that the DMV reevaluate a person’s ability to drive safely. (Appendix 1; page 23) dmv.ca.gov/portal/dmv/detail/forms/ds/ds699

Physicians can also report directly on office letterhead.

Once a driver is referred for re-examination, the DMV may request the driver provide the Driver Medical Evaluation Form (DMV Form DS326). The physician will be asked to complete information about the patient’s health status with respect to vision, current treatment, functional impairments, and other health matters. (Appendix 3; page 25) dmv.ca.gov/portal/wcm/connect/f92586ac-be7a-456b-af31-b35acc029982/DS+326+R5-2016+AS+WWW.pdf?MOD=AJPERES
Transportation

Health Insurance Companies

CARE1ST HEALTH PLAN ................................................................. (877) 433-2178
care1st.com/ca/members/members-services.asp?section=GetToKnowYourHealthPlan
Free transportation to doctor’s appointments. Some restrictions apply. Call 8am-6pm,
Monday through Friday, at least 24 hours in advance.

KAISER PERMANENTE ............................................................... (800) 443-0815
healthy.kaiserpermanente.org/html/kaiser/index.shtml
Some clinics offer transportation services; call for specific clinic information for Medicare members.

MOLINA HEALTHCARE ............................................................. (888) 665-4621
molin heaterscare.com/members/ca/en-US/hp/medicaid/medical/coverd/services/Pages/sendis.aspx
Offers shuttles in some communities of the county.

SCRIPPS ................................................................. (800) 727-4777
scripps.org/patients-and-visitors_hotels-and-lodging_transportation-discounts
Scripps has partnered with companies throughout San Diego that offer discounted rates for ground
transportation, including public transportation.

SHARP HEALTH PLAN ........................................................................ (619) 740-4288
sharp.com/hospitals/transportation-services.cfm
Free transportation services for non-emergency medical appointments at many of their locations.
Call for specific information based on location.

County-Wide Resources

FACILITATING ACCESS TO COORDINATED TRANSPORTATION (FACT)
factsd.org/ ............................................................................. (888) 924-3228
For San Diego County residents with barriers to mobility who are looking for transportation options.

RIDESHARE

WITH SMARTPHONE
Flywheel
flywheeln ow.com/
Cell phone application that allows users to hail the closest taxi.

(continued)
Lyft
lyft.com/
Ride-sharing cell phone application allows users to request rides. Offers several ride options, including a lower-cost carpool service. Payment is by credit card; no money changes hands.

Uber
uber.com/
Ride-sharing cell phone application allows users to request rides. Offers several ride options, including a lower-cost carpool service. Payment is by credit card; no money changes hands.

WITHOUT SMARTPHONE
Arrive Rides
arriverides.com/ .......................................................... (866) 626-9879
Arrive is a members-only service that arranges on-demand rides for people without smartphones by dispatching Lyft and Uber rides for members. Membership is $10 per month; rides cost usual fare plus $3 transportation fee. Available 9am-6pm PST. Fare estimated online and paid electronically.

GoGoGrandparent
gogograndparent.com/ .......................................................... (310) 400-5082
Uber ride ordering and delivery service available 24/7 for people without smartphones. Schedule rides for older relatives. Fare estimate offered online and paid electronically.

CARPOOL OPTIONS
iCommute
icommutesd.com
Assists commuters by providing carpool and ride-matching services, a subsidized vanpool program, transit solutions, regional support for biking, and the Guaranteed Ride Home Program.

Travelers Aid SenioRide San Diego
travelersaidsandiego.org/index.php?s=senior .......................................................... (619) 295-8393 x 314
Assists low and fixed income seniors with transportation options such as taxi vouchers, ride-sharing, volunteer drivers, and door-to-door services.

PUBLIC TRANSIT
511 San Diego Region
511sd.com/region511homeSplash .......................................................... 511 or (855) GO-SD-511 .......................................................... (855) 467-3511
Free phone and web service that consolidates San Diego’s regional transportation information into a one-stop resource. Provides up-to-the-minute information on traffic conditions, incidents and driving times, schedule, route, and fare information for public transportation, and more. Available 24 hours a day, 7 days a week.

DART (MTS Access) .......................................................... (877) 841-3278
Provides door-to-door service in areas with limited regular bus service.
SERVES: Rancho Bernardo, Mira Mesa, Sorrento Valley, Mid City, and Paradise Valley

Public Transit Services, Metropolitan Transit System (MTS) .......................................................... (619) 233-3004
Includes information on bus routes, trolley lines, and taxicabs.
SERVES: San Diego, El Cajon, Imperial Beach, La Mesa, Lemon Grove, Poway, and Santee
San Diego Metropolitan Transit System Rural Bus Services ........................................ (800) 858-0291

PRIVATE COMPANIES

Care 4U Mobility Non-Emergency Transportation
c4um.com/ ............................................................................................................. (858) 564-9069
24-hour non-emergency ADA accessible transportation for the general public throughout San Diego County and beyond. Includes charter service, door-to-door, and round trip transportation for grocery shopping, medical appointments, necessary errands, and social and recreational activities. Call for current pricing.

Safety First Transportation
safetyfirsttransport.com/index.html ............................................................................ (855) 907-0777
Provides complete, 24-hour transportation services to clients undergoing rehabilitation. Intended for individuals requiring specialized, timely transportation to appointments.

Refer to Appendices 4 and 5 on pages 26-27 for a breakdown of San Diego by Regions and Zip Codes

Central and North Central San Diego Area

NON-PROFIT / LOCAL FAITH-BASED VOLUNTEER DRIVERS

Community Christian Service Agency
ccsasandiego.org/
Cairemont ...................................................................................................................... (858) 274-2273
Pacific Beach ............................................................................................................. (858) 272-0163
Limited transportation assistance in the form of bus tokens to medical appointments and job interviews.

On the Go
jfssd.org/site/PageServer?pageName=programs_older_on_the_go
Reserve a ride ............................................................................................................. (858) 637-7320
New riders ................................................................................................................. (858) 637-3210
For adults aged 60+. $20 enrollment fee. Prices vary depending on service chosen.
Consists of five components:
- On the Go Excursions for organized outings
- On the Go Shuttles for group transportation
- Rides & Smiles operated by volunteer drivers
- On the Go Silver for individual riders for personal errands, and
- Taxi Scrip for requests that cannot be fulfilled with other services.
SERVES: North San Diego 92014, 92037, 92111, 92117, 92121, 92122, 92130
Out & About Peninsula (619) 223-1640
sdpsc.org/transportation.php ...................................................(619) 223-1640
Volunteers provide transportation services to local appointments and errands in designated service areas. Must be aged 62+ for most programs. $50 annual enrollment fee; donations accepted for some programs.
SERVES: Point Loma, Ocean Beach, and Midway Area 92106, 92107, 92110

Seniors A Go Go
elderhelpofsandiego.org/programs-and-services/seniors-go/ ..................(619) 284-9281
Volunteer drivers provide rides to people 60+ for medical appointments, errands, beauty salons and barber shops, social visits, libraries, and more.
SERVES: Mid-Central San Diego and Peninsula/Beaches, East County, and North County

MEDICAL CENTERS

American Medical Response: Scripps La Jolla Mobile Shuttle..........................(858) 492-3656
Provides transportation for patients from Scripps in La Jolla to their homes within a 10-mile radius.

American Medical Response: Scripps Mercy Shuttle ......................................(619) 294-8111
Provides transportation for patients from Scripps Mercy Hospital, Clinic, or Therapy Center to their homes.
**East County Area**

**NON-PROFIT / LOCAL FAITH-BASED VOLUNTEER DRIVERS**

**Fun, Love, and Care**

[funloveandcare.com/services](funloveandcare.com/services/) ................................................................. (619) 316-8341

Senior transportation, but no age restrictions. Services include door-to-door individualized transportation, airport transportation, and group transportation. Operates on set fee. Call for information and appointment.

SERVES: San Carlos, El Cajon, La Mesa, Santee, Lemon Grove, Lakeside, Allied Gardens, Spring Valley, Chula Vista, and National City

**On the Go**

[jfssd.org/site/PageServer?pagename=programs_older_on_the_go](jfssd.org/site/PageServer?pagename=programs_older_on_the_go) ................................................................. (858) 637-7320

For adults aged 60+. $20 enrollment fee. Prices vary depending on service chosen.

Consists of five components:

- On the Go Excursions for organized outings
- On the Go Shuttles for group transportation
- Rides & Smiles operated by volunteer drivers
- On the Go Silver for individual riders for personal errands, and
- Taxi Scrip for requests that cannot be fulfilled with other services.

SERVES: East San Diego 91941, 91942, 92108, 92109, 92110, 92115, 92116, 92119, 92120, 92123, 92124

**Rides4Neighbors**


For people 60+ or disabled adults who cannot drive. Rides provided by volunteer drivers.

Door-to-door rides provided for essential needs such as medical or dental appointments, shopping, personal care, banking, and more. Application must be completed before ride requests.

SERVES: La Mesa residents and neighboring East County communities. If elsewhere, call for referral.

**MEDICAL CENTER DRIVERS**

**Mountain Health Community Center**

[mtnhealth.org/services/senior-disabled-services.aspx](mtnhealth.org/services/senior-disabled-services.aspx) .................................................................(619) 445-6200

Designed to help 60+ or disabled persons be transported to doctor’s appointments, pick up prescriptions, and run errands such as grocery shopping. No cost to the client. Brief intake needed.

SERVES: Alpine, La Mesa, El Cajon, Santee, Lakeside and VA Hospital in La Jolla

**Sharp Transportation Services**

.................................................................(619) 740-4288

Free transportation services offered to senior and disabled patients for non-emergency medical appointments at Sharp facilities and physician offices, including Sharp Chula Vista Medical Center, Sharp Grossmont, and Sharp Memorial Hospital. Must be a patient receiving healthcare services from Sharp and must live in service area.

SERVES: Alpine, Chula Vista, El Cajon, Jamul, La Mesa, Lakeside, Lemon Grove, Santee, Spring Valley, Aqua Caliente 91901, 91941, 91942, 91977, 92019, 92020, 92021, 92040, 92071, 92105, 92114, 92115
North County – Coastal Area

NON-PROFIT/LOCAL FAITH-BASED VOLUNTEER DRIVERS

Del Mar Community Connections
dmcc.cc/offerTransport.html.................................................................(858) 792-7565
Transportation for seniors and other Del Mar residents who have limited mobility. The DMCC transportation services include Grocery Shuttle Service, Dial a Ride Taxi vouchers ($5 for $20 worth of rides), bus excursions for groups to local events, and volunteer drivers.
SERVES: Del Mar

Out & About Encinitas
ci.encinitas.ca.us/index.aspx?page=211 .................................................................(760) 943-2250
Volunteer driver program serving Encinitas residents 65+.
SERVES: Encinitas and Cardiff. Drivers also go to Carlsbad, Solana Beach, and San Diego to approved medical facilities

Solutions for Seniors on the Go!
ci.oceanside.ca.us/gov/ns/parks/senior/transit.asp .................................................................(760) 435-5253
For seniors 65+ with three options:
  • Taxi Scrip Purchase ($7 for ride booklet valued at $20)
  • Van services ($5 per one-way trip)
  • Volunteer driver services (free)
SERVES: Taxi trips anywhere in North County and van services is to locations within Oceanside, Carlsbad, and Vista, as well as to Scripps Encinitas, Palomar Medical Center Escondido, Camp Pendleton Naval Hospital, and any medical facility in San Marcos

MEDICAL CENTER DRIVERS

Vista Community Clinic, Horne Street
vistacommunityclinic.org/community-health/.................................................................(760) 631-5009
For ambulatory patients with no other means of transportation to/from a clinic location or to specialty appointments at other locations. Call for appointment or to confirm availability of service for appointments outside of Vista or Oceanside. Donations to clinic appreciated.
SERVES: Vista or Oceanside

North County – Inland Area

NON-PROFIT / LOCAL FAITH-BASED VOLUNTEER DRIVERS

Care Van, Foundation for Senior Care
sandiego.networkofcare.org/aging/services/agency.aspx?pid=CareVanFoundationforSeniorCare_4_1_0
Free transportation for elderly and disabled in service area to medical, dental and physical therapy appointments as well as pharmacies, grocery stores, Fallbrook Hospital, Fallbrook Family Health Center Clinics, Fallbrook Food Pantry and Fallbrook Adult Day Care Center. Available for people 65+ or with disabilities. Donations accepted.
SERVES: Fallbrook, Bonsall, Rainbow, and DeLuz
Lake San Marcos Kiwanis Club Care Drive Program ............................................... (760) 736-2995
Volunteer driver program for San Marcos residents to medical or dental appointments only.
Destinations include downtown areas and most North County cities. Donations accepted but not required. Call five business days in advance to leave a message requesting transportation.
Not available on Tuesdays.
SERVES: San Marcos and most North County cities

On the Go
jfsusd.org/site/PageServer?pagename=programs_older_on_the_go
Reserve a ride ................................................................................................................. (858) 637-7320
New riders ....................................................................................................................... (858) 637-3210
For adults aged 60+. $20 enrollment fee. Prices vary depending on service chosen.
Consists of five components:
• On the Go Excursions for organized outings
• On the Go Shuttles for group transportation
• Rides & Smiles operated by volunteer drivers
• On the Go Silver for individual riders for personal errands
• Taxi Scrip for requests that cannot be fulfilled with other services
SERVES: North County Inland 92029, 92064, 92126, 92127, 92128, 92129, 92131

Out & About Vista ............................................................(760) 639-6161
cityofvista.com/services/city-departments/recreation-comm-services/programs-services/senior-services/out-about
Transportation provided to Vista residents for various special events and points of interest.
Options for transport include 14-passenger minibus (restricted to within Vista City limits) and private volunteer vehicles that will take people outside of Vista. Call for more information including prices and intake process.
SERVES: Vista and some surrounding areas

TRANSMED for Seniors
friendsadhc.org/transmed/ ................................................................. (858) 449-5366
For people 60+ at no cost given income qualifications. Available Monday- Friday for non-emergency medical transportation provided to physician’s offices, medical facilities, or pharmacies within 10-15 mile radius of the Poway Adult Day Health Care Center. Ride Information Form must be completed and approved before making ride appointments.
SERVES: Poway and Ramona

MEDICAL CENTER DRIVERS

Indian Health Council, San Ysabel Clinic ............................................................... (760) 765-4203
Transportation provided to clinic for seniors and disabled persons. Must be American Indian.
SERVES: Ramona and Valley Center includes 92003, 92028, 92036, 92059, 92060, 92070, 92086

PUBLIC TRANSIT

Mass Transit, North County Transit District (NCTD) .................................................... (760) 966-6500
Reduced rates for seniors and people with disabilities upon proof of age or disability. Monthly passes and shorter-term passes available. No fees charged for travel training program, a special service to teach seniors and those with disabilities how to access NCTD local bus system.
SERVES: North Inland and Coastal Regions
Mass Transit for Disabled Individuals, North County Transit District.................... (760) 966-6500

For physically disabled only. Must have disability identification if disability is not visible and must indicate whether disability is temporary or permanent.
SERVES: Carlsbad, Del Mar, Escondido, Fallbrook, Oceanside, San Marcos, Solana Beach, Balley Center, Vista

South Bay Area

NON-PROFIT / LOCAL FAITH-BASED VOLUNTEER DRIVERS

Renewing Life Senior Transportation
renewinglife4sd.com/default.html.................................................................(619) 517-3239

No-cost transportation provided to low income seniors and individuals with disabilities living in the South Bay. Service sites include Congregational Towers, Harvest Ridge, Town Centre, and domestic violence shelters in the South Bay.
SERVES: 91902, 91910, 91911, 91913, 91914, 91915, 91932, 91950, 92118, 92135, 92154, 92155, 92173

PRIVATE COMPANIES

BAME Community Development Corporation: CommConnect
bamecdc.org/ .............................................................................................................. (619) 858-0563

For people 55+ for any purpose, usually limited to the South Bay region. Roundtrip price usually $9.00; if individuals cannot afford this, they are linked with outside agencies that can help cover cost.
SERVES: 92101, 92102, 92103, 92113, 92114
Appendices

1. DMV Form DS699: concerned family members, neighbors, and friends can complete this form to request that the DMV re-evaluate a person’s ability to drive safely.

Printable version: dmv.ca.gov/portal/wcm/connect/731f36d0-923a-4dc0-83b6-31f586944d24/ds699.pdf?MOD=AJPERES&CONVERT_TO=url&CACHEID=731f36d0-923a-4dc0-83b6-31f586944d24
2. CMR 110c: Physicians are required to report conditions that cause lapses of consciousness, seizures, or diseases related to Alzheimer’s (and other dementias) to the California Department of Public Health CDPH will notify the DMV. Fax to (858) 715-6458.
3. **DMV Form DS326:** The DMV may request a driver provide the **Driver Medical Evaluation (DMV Form DS326).** The physician will be asked to complete information about the patient’s health status with respect to vision, current treatment, functional impairments, and other health matters.

![Driver Medical Evaluation Form](image)

**Instructions to the Driver:** Please take this form to the medical professional most familiar with your health history and current medical condition. Before giving this form to your medical professional, complete and sign Sections 1-3. PLEASE PRINT LEGIBLY.

**Instructions to the Medical Professional:** Please complete Sections 5-13, on pages 2 through 5. The Department of Motor Vehicles (DMV) records indicate your patient may have a condition that could affect the safe operation of a motor vehicle. In this case, the department is concerned about the following condition:

**Section 1 — Driver Information**

<table>
<thead>
<tr>
<th>Name (Last, First, Middle)</th>
<th>Driver License No.</th>
<th>Birth Date</th>
<th>Field No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Street Address</td>
<td>City</td>
<td>Zip</td>
<td>Patient's Daytime or Home Phone No.</td>
</tr>
</tbody>
</table>

**Driver Must Complete Health History Below. (Please explain any “Yes” answers)**

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Head, neck, spinal injury, disorders or illnesses</td>
<td>Kidney disease, stones, blood in urine, or dialysis</td>
</tr>
<tr>
<td>Seizure, convulsions, or epilepsy</td>
<td>Muscular disease</td>
</tr>
<tr>
<td>Dizziness, fainting, or frequent headaches</td>
<td>Any permanent impairment</td>
</tr>
<tr>
<td>Eye problem (except cosmetic lenses)</td>
<td>Nervous or psychiatric disorder</td>
</tr>
<tr>
<td>Cardiovascular (heart or blood vessel) disease</td>
<td>Regular or frequent alcohol use</td>
</tr>
<tr>
<td>Heart attack, stroke, or paralysis</td>
<td>Problems with the use of alcohol or drugs</td>
</tr>
<tr>
<td>Lung disease (include tuberculosis, asthma or emphysema)</td>
<td>Other disorders or diseases</td>
</tr>
<tr>
<td>Nervous stomach, ulcer, or digestive problems</td>
<td>Any major illness, injury, or operations in last 5 years</td>
</tr>
<tr>
<td>Diabetes or high blood sugar</td>
<td>Currently taking medications</td>
</tr>
</tbody>
</table>

**Explanation:** (Include onset date, diagnosis, medication, doctor’s name and address and any current condition or limitation. Attach additional sheet, if needed.)

I certify (or declare) under penalty of perjury under the laws of the State of California that the foregoing is true and correct. I further certify that all information concerning my health is true and correct.

**Date:**

**Driver's Signature:**

**X**

**Section 2 — Driver's Advisory Statement**

Medical information is required under the authority of Divisions 6 and 7 of the California Vehicle Code (CVC). Failure to provide the information is cause for refusal to issue a license or to withdraw the driving privilege.

All records of the DMV, relating to the physical or mental condition of any person, are confidential and not open to public inspection (CVC §1808.5). Information used in determining driving qualifications is available to you and/or your representative with your signed authorization.

The department has sole responsibility for any decision regarding your driving qualifications and licensure. The department will also consider non-medical factors in reaching a decision.

**Section 3 — Medical Information Authorization**

**Medical Professional, Hospital, or Medical Facility Name and Address**

<table>
<thead>
<tr>
<th>Date</th>
<th>Medical Record Patient File No.</th>
</tr>
</thead>
</table>

I hereby authorize my medical professional or hospital to answer any questions from the DMV, or its employees, relating to my physical or mental condition, and/or drug and/or alcohol use, and to release any related information or records to the DMV or its employees. Any expense involved is to be charged to me and not to the DMV.

I hereby authorize the DMV to receive any information relating to my physical or mental condition, and/or drug and/or alcohol use or abuse, and to use the same in determining whether I have the ability to operate a motor vehicle safely.

**NOTE:** You may wish to make a copy of the completed Driver Medical Evaluation for your records.

**Signed:**

**X**

**Printable version:** [dmv.ca.gov/portal/wcm/connect/f92586ac-be7a-456b-af31-b35acc029982/DS+326+R5-2016+AS+WWW.pdf?MOD=AJPERES](http://www.dmv.ca.gov/portal/wcm/connect/f92586ac-be7a-456b-af31-b35acc029982/DS+326+R5-2016+AS+WWW.pdf?MOD=AJPERES)
4. San Diego by Regions

SOURCE:
sandiegocounty.gov/content/dam/sdc/live_well_san_diego/indicators/Map_and_Regional_Data.pdf
## 5. San Diego by Zip Code

<table>
<thead>
<tr>
<th>Central</th>
<th>East</th>
<th>North Central</th>
<th>North Coastal</th>
<th>North Inland</th>
<th>South</th>
</tr>
</thead>
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<td>92101</td>
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<td>92037</td>
<td>92007</td>
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<td>91902</td>
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<td>92536</td>
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</table>

**SOURCE:**
sandiegocounty.gov/hhsa/programs/bhs/documents/AMH_18G.pdf
## Shopping for Safety
### Safety Considerations for Any Car

<table>
<thead>
<tr>
<th>YES</th>
<th>NO</th>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Driver and passenger side airbags</td>
<td>Anti-lock braking system (ABS) on all four wheels</td>
<td></td>
<td></td>
</tr>
<tr>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Electronic Stability Control (ESC)</td>
<td>Power brakes (if non-ABS)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>☐</td>
<td>☐</td>
<td>☐</td>
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</tr>
<tr>
<td>Safety belts easy to reach, fasten, release</td>
<td>Power steering</td>
<td></td>
<td></td>
</tr>
<tr>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Safety belts fit snugly across hips and chest; slack can be removed</td>
<td>Instrument panel displays easy to read day and night</td>
<td></td>
<td></td>
</tr>
<tr>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Shoulder belt adjusts to fit you</td>
<td>Instrument panel controls easy to reach and use</td>
<td></td>
<td></td>
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<tr>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Rear seat lap and shoulder belts</td>
<td>Adjustable lighting feature on instrument panel</td>
<td></td>
<td></td>
</tr>
<tr>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Adjustable head restraints easy to move, don’t interfere with view</td>
<td>Adjustable power seats</td>
<td></td>
<td></td>
</tr>
<tr>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Head restraints for rear seats</td>
<td>Adjustable steering wheel</td>
<td></td>
<td></td>
</tr>
<tr>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Light, not dark, tint on windshield</td>
<td>Ample leg- and head-room</td>
<td></td>
<td></td>
</tr>
<tr>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Narrow windshield pillars for good view of road</td>
<td>Power mirrors, windows and locks</td>
<td></td>
<td></td>
</tr>
<tr>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Rear wiper (hatchback, station wagon or van)</td>
<td>Exterior color light, bright (for best visibility)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Sideview mirrors easily adjusted</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**SOURCE:**
7. “Am I a Safe Driver?”

Am I a Safe Driver?

Check the box if the statement applies to you.

☐ I get lost while driving.
☐ My friends or family members say they are worried about my driving.
☐ Other cars seem to appear from nowhere.
☐ I have trouble finding and reading signs in time to respond to them.
☐ Other drivers drive too fast.
☐ Other drivers often honk at me.
☐ Driving stresses me out.
☐ After driving, I feel tired.
☐ I feel sleepy when I drive.
☐ I have had more “near-misses” lately.
☐ Busy intersections bother me.
☐ Left-hand turns make me nervous.
☐ The glare from oncoming headlights bothers me.
☐ My medication makes me dizzy or drowsy.
☐ I have trouble turning the steering wheel.
☐ I have trouble pushing down the foot pedal.
☐ I have trouble looking over my shoulder when I back up.
☐ I have been stopped by the police for my driving.
☐ People no longer will accept rides from me.
☐ I have difficulty backing up.
☐ I have had accidents that were my fault in the past year.
☐ I am too cautious when driving.
☐ I sometimes forget to use my mirrors or signals.
☐ I sometimes forget to check for oncoming traffic.
☐ I have more trouble parking lately.

If you have checked any of the boxes, your safety may be at risk when you drive.
Talk to your doctor about ways to improve your safety when you drive.

SOURCE: nhtsa.gov/staticfiles/nti/pdf/812228-CliniciansGuideToOlderDrivers.pdf#page=222
Getting By Without Driving

Who doesn’t drive?

If you live long enough, you will eventually have to stop driving. The average male will have seven years without the ability to drive, and the average female ten years! Many people choose to stop driving because of the hassle and expense of auto insurance, car maintenance, and gasoline. Other people stop driving because they feel unsafe on the road. And some people have never learned to drive!

If you don’t drive, you’re in good company. Although most Americans use their cars to get around, many people get by just fine without one. In this sheet, we suggest ways to get by without driving.

Where can you find a ride?

Here are some ways to get a ride. See which ones work best for you.

- **Ask for a friend or relative for a ride.** Offer to pay for the gasoline.
- **Take public transportation.** Can a train, subway, or bus take you where you need to go? Call your regional transit authority and ask for directions.
- **Take a taxi cab.** To cut down costs, try sharing a cab with friends or find out if your community offers discounted fares for seniors.
- **Ride a senior transit shuttle.** Call your community center or local Area Agency on Aging to see if your neighborhood has a shuttle service.
- **Ask about volunteer drivers.** Call your community center, church, synagogue, temple, or mosque to see if they have a volunteer driver program.
- **Ride a Medi-car.** If you need a ride to your doctor’s office, call your local Area Agency on Aging to see if a Medi-car can get you there.
If you can’t go out to get something, have it come to you.

Many stores can deliver their products straight to your door.

- **Have your groceries delivered.** Many stores deliver for free or for a low fee. You can even call your family and friends, or volunteers from your local community center, church, synagogue, temple, or mosque to see if someone can pick up your groceries.

- **Order your medicines by mail.** Not only is this more convenient—it’s often less expensive, too.

  Order only from pharmacies that you know and trust. Some pharmacists will also deliver medications to the home.

- **Have your meals delivered to you.** Many restaurants will deliver meals for free or for a low fee. Also, you may be eligible for Meals-on-Wheels, a program that delivers hot meals at low cost. Call your local Area Agency on Aging for more information about Meals-on-Wheels.

- **Shop from catalogs.** You can buy almost anything you need from catalogs: clothing, pet food, toiletries, gifts, and more! Many catalogs are now online, with the most recent selections available from Internet websites.

**SOURCE:** [nhtsa.gov/staticfiles/nti/pdf/812228-CliniciansGuideToOlderDrivers.pdf#page=225](https://nhtsa.gov/staticfiles/nti/pdf/812228-CliniciansGuideToOlderDrivers.pdf#page=225)
9. “Getting There” Worksheet

FOR THE FAMILY

“GETTING THERE” WORKSHEET

Prior to talking to an older driver about limiting or stopping driving, thought should be given to ways the driver can remain engaged in life’s activities. No single method of transportation is likely to meet all needs. This worksheet is designed to help you identify available transportation alternatives in your area.

FAMILY/FRIENDS

Family and friends are the top alternative to driving for older adults. This mode of transportation may seem more familiar, comfortable and social to many older adults. That said, there may be conflicting feelings of burdening or inconveniencing others. Some older adults may want to do something in exchange for the ride.

Questions to Ask
1. Are people available to provide rides at the times required?
2. To what extent are family or friends able or willing to provide rides.
3. Do people provide the rides willingly or do they resent having to adjust their schedules?
4. Is there something the older adult can “trade” for a ride (making dinner, taking the driver to lunch, paying for gas)?

Notes:

DEMAND-RESPONSIVE SERVICES OR PARATRANSIT

Often referred to as the Dial-a-Ride or Elderly and Disabled Transportation Service, these programs are almost always subsidized by government funds and provide door-to-door service and offer rides by appointment. Fares or donations are common. Many use vans and offer accessible services for riders with special needs.

Questions to Ask
1. Is there a minimum age or other physical or cognitive criteria for using the service?
2. How much does it cost?
3. Can an account be set up in advance with the service?
4. How far in advance do reservations need to be made?

Continued
PRIVATE PROGRAM SERVICES
Services such as adult day centers, housing programs, stores, malls, or other businesses may offer transportation for program participants or customers.

Questions to Ask
1. What ride destinations are provided?
2. Is there a cost?
3. What hours does the service run?
4. What are the routes?
5. Is there any assistance available to people with physical or other health constraints?
6. Is there assistance for people with bags, etc.?
7. Is pre-registration with the service required?
8. Are wheelchair lifts available?

6. Can an account be set up in advance with the service?
7. How are tips handled with an account system?
8. Will drivers provide assistance with bags, packages, etc.?
9. Can the service accommodate wheelchairs?

Notes:

MASS TRANSIT
Public transportation, where available, can be an affordable option for some older adults.

Questions to Ask
1. How much does it cost?
2. Are there discounts for older/disabled people?
3. Can an account be set up in advance with the service? Or are there monthly passes?
4. What hours does the service run?
5. What geographic area does the service cover?
6. Will drivers provide assistance with bags, packages, etc.?
7. Can companions accompany the person on the service?
8. Are wheelchair lifts available?
9. Does the older adult have cognitive or physical limitations that prevent him or her from using this mode of transportation?

Notes:
10. Transportation Cost Worksheet

**FOR THE DRIVER**

### TRANSPORTATION COST WORKSHEET

Owning and operating a vehicle can be more expensive than you think! By writing down your actual expenses, you can get an idea of how much money could be available for alternative transportation if you were to stop driving.

To determine the annual expense to own and operate a car, list all the related expenses below. Don’t forget to multiply by 12 for monthly expenses, or by 52 for weekly expenses. For less frequent expenses, such as tires, estimate the cost and divide by the number of years between expenses. Once you have the annual expense for owning and operating the vehicle, you can get a better idea of how much you are already spending on transportation.

<table>
<thead>
<tr>
<th>VEHICLE COST PER YEAR</th>
<th>ANNUAL COST</th>
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<tbody>
<tr>
<td>Car/Lease Payment</td>
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<tr>
<td>Regular Operating Expenses</td>
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<tr>
<td>- Gas</td>
<td></td>
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<tr>
<td>- Washer Fluid</td>
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<td>- Parking</td>
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<td>- Tolls</td>
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<td>- Other</td>
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<td>Regular Maintenance</td>
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<tr>
<td>- Oil Changes</td>
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<tr>
<td>- Minor Tune-ups</td>
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<tr>
<td>- Wiper Blades</td>
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<tr>
<td>- Lights</td>
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<td>- Car Wash/Wax</td>
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<tr>
<td>- Other</td>
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<tr>
<td>Long-Term Maintenance</td>
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<tr>
<td>(Estimate the cost and divide by the number of years between expenses)</td>
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<tr>
<td>- Tires</td>
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<td>- Brakes</td>
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<td>- Major Tune-ups</td>
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<tr>
<td>- Repair/Replace Parts</td>
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<tr>
<td>- Other</td>
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<tr>
<td>Insurance – Annual Cost</td>
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<tr>
<td>Motor Club/Bootside Assistance</td>
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<tr>
<td>Registration-License Plate Fees</td>
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<tr>
<td>License Fees</td>
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<tr>
<td>Vehicle Inspection/Emissions Fees</td>
<td></td>
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</tbody>
</table>

| Total Cost Per Year | $ |

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*We Need to Talk: Family Conversations with Older Drivers*