RIVERSIDE COUNTY REFERRAL GUIDE FOR OLDER ROADWAY USERS

TREDS
TRAINING, RESEARCH AND EDUCATION FOR DRIVING SAFETY

RESOURCES TO PROMOTE SAFE DRIVING AND MOBILITY

VISIT TREDS.UCSD.EDU FOR MORE INFORMATION
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 “Riverside 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 Riverside County roadways safer for everyone.

Sincerely,

The TREDS Team
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Information and Referral

General Resources

COMMUNITY CONNECT 2-1-1 RIVERSIDE
connectriverside.org
Riverside County ................................................................. 2-1-1 or (951) 686-4402
24/7 HelpLine ........................................................................ (951) 686-HELP
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 (APS)
dpss.co.riverside.ca.us/adult-services-division/adult-protective-services
For information or to make a report in Riverside County ...................................................(800) 491-7123
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.

RIVERSIDE COUNTY OFFICE ON AGING, AGING & DISABILITY RESOURCE CENTER
rcaging.org/
Riverside County ................................................................. (800) 510-2020
Outside Riverside County ........................................................ (951) 867-3800
The Office on Aging provides over 24 different programs and services, either directly or through contracted providers, which allow older adults to remain independent and living in their homes and communities. All Office on Aging programs and services are free to those who meet the minimum qualifications for each program.

ALZHEIMER’S ASSOCIATION
alz.org/socal/
Riverside 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 and is available 24/7.

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.
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

**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

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.

**TRAINING, RESEARCH AND EDUCATION FOR DRIVING SAFETY (TREDS)**

treds.ucsd.edu

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. TREDS 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’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 18)
  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 4; page 21)

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

Online course designed to help seniors be better, safer drivers. Price based on membership.

**AARP SMART DRIVER COURSE**

local.aarp.org/riverside-ca/aarp-events/

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**

https://www.chp.ca.gov/Programs-Services/Programs/Age-Well-Drive-Smart

Beaumont ...................................................................................... (951) 769-2000
Indio .................................................................................................... (760) 772-5300
Morongo Basin ...................................................................................(760) 366-3707
Riverside ............................................................................................ (951) 637-8000

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.

**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

RIVERSIDE DRIVING SCHOOL
riversidedrivingschool.com/ ...............................(951) 900-4930

TRD ECONOMY DRIVING SCHOOL
trdeconomy.com 5892 Magnolia Ave., Riverside ..............................(951) 788-2543

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

IN & OUT MOBILITY
inandoutmobility.com/
Coachella Valley residents.................................................................(760) 324-7790

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/ 711 S. Allen Street, San Bernardino.................................(858) 541-0552

MOBILITY WORKS
mobilityworks.com/ 7239 Indiana Avenue, Riverside.................................(877) 275-4907

For Financial Assistance

FREEDOM TECH LOAN
freedomtech.org/ .................................................................(916) 737-5358
The FreedomTech Financial Loan Program provides Californians with affordable financial loans to purchase needed assistive technology, including adaptive driving equipment. Financial loans range from $500 to $15,000.
Driver Rehabilitation Programs

Riverside County

HANDICAP DRIVER TRAINING
22691 Norbert St., Perris ................................................................. (951) 515-5125
Assists experienced drivers and first time drivers who have acquired or have a developmental disability. For seasoned elderly drivers, a complete reassessment of driving skills can reassure clients and their families that they are driving safely. Vehicle modifications and adaptive equipment are recommended as needed through clinical and behind-the-wheel evaluations.

Outside Riverside 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)
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 5; page 22)

DRIVERS 65 PLUS: CHECK YOUR PERFORMANCE

aaafoundation.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

deepline.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 18)
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 6; page 24)

“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 7; page 26)

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 8; page 28)
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 19) 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 18) 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 20) 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
molinahealthcare.com/members/ca/en-US/hp/medicaid/medical/covered/services/Pages/sendis.aspx
Offers shuttles in some communities of the county.

**RIVERSIDE UNIVERSITY HEALTH SYSTEM** .............................. (800) 794-3544
ruhealth.org/en-us/medical-center/patients-Visitors/Pages/TransportationCourtesyVanService.aspx
First come, first serve basis. Transportation needs to be scheduled five days in advance.

County-Wide Resources

**RIDE SHARE**

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

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

RIVERSIDE COUNTY COMMUTER SERVICES
rivcocommuter.rc-hr.com/Home.aspx (951) 955-1188
Assists commuters by providing carpool and ride-matching services.

PUBLIC TRANSIT

511 Riverside Region
ie511.org/ 511 or (877) MYIE511 (877) 694-3511
Free phone and web service that consolidates Riverside’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.

City of Riverside Special Transportation (RST)
riversidetransit.com/index.php/dial-a-ride/what-is-dial-a-ride (951) 687-8080
Special transportation for seniors 60 years of age or older, or those with disabilities who reside in the City of Riverside and are traveling with the City of Riverside.

Dial-A-Ride (DAR)
riversidetransit.com/index.php/dial-a-ride/what-is-dial-a-ride
Banning (951) 922-3525
Beaumont (951) 769-8532
Corona (951) 734-7220
Dial-A-Ride is an origin-to-destination advanced reservation transportation service for seniors and persons with disabilities who reside within Western Riverside County. Dial-A-Ride vehicles travel to areas within three-quarters of a mile of an RTA local fixed route.

Palo Verde Valley Transit
Blythe (760) 922-4900
Desert Roadrunner provides deviated fixed-route bus service upon request. Fare: $1.65 (general Public) $0.80 (seniors and people with disabilities) plus $0.80 for route deviation service.

Riverside Transit Agency (RTA) (800) 795-7887
Fixed route buses.

SunLine Transit Agency
https://www.sunline.org/
Coachella Valley (800) 347-8628
SunLine provides on-demand curb-to-curb paratransit serviced to qualifying clients within ¾ of a mile on either side of SunBus routes. Fare: $1.50 (same city) or $2.00 (city to city)
PRIVATE COMPANIES

Angel Helpers at Your Service
riverside.networkofcare.org/aging/services/agency.aspx?pid=AngelHelpersatYourService_38_1_0
(951) 768-2251
Provides services to seniors and persons with disabilities who are in need of transportation assistance for shopping, errands, pharmacy visits, doctor’s appointments, salon/barbershop appointments. Also assists with home organization, assistance organizing bills and other areas of the home.
SERVES: Corona, Riverside, Norco, Perris, Sun City, Menifee, Murrieta, Lake Elsinore, Temecula, Hemet, San Jacinto and possible other cities; please call.

Desert Blind and Handicapped Association
desertblind.org/ (760) 969-5025
Transportation for blind, elderly & handicapped. Will transport for grocery shopping, doctor’s appointments and other personal needs. Outreach worker for the blind including counseling. $50 membership fee. Transportation $1.00 each way locally if person is a member.
For greater distances the charges are more. Donations accepted.
SERVES: Palm Springs & Cathedral City

Guardian Medical Transportation
guardianmedtransport.com/ (951) 926-4468
Provides after hours transportation for non-emergency appointments, 4AM – 6PM, Monday through Friday.

Helping Hands Medical Transportation
hhtransports.com/ (866) 900-0227
Provides transportation to appointments, social events, airports.

NON-PROFIT / LOCAL FAITH-BASED VOLUNTEER DRIVERS

Care-A-Van Transit System
riverside.networkofcare.org/aging/services/agency.aspx?pid=CAREAVANTRANSITSYSTEMHEMETPrimeo fLifInc_38_1_0 (951) 791-3572
Reserve a ride.
Provides transportation to seniors, disabled individuals, and people with low income in the Hemet-San Jacinto area. This service is for doctor’s appointments, grocery shopping, etc. They also go to the VA Hospital in Loma Linda or Murrieta every Monday at 8:30am. $3 donation each way.
Transit hours are 8:00a.m. and 2:15p.m. Monday - Friday.
SERVES: Hemet, San Jacinto, Sun City, Menifee

Independent Living Partnership; Trip Program (TRIP)
riverside.networkofcare.org/aging/services/agency.aspx?pid=TRANSPORTATIONREIMBURSEMENTA NDINFORMATIONPROJECTTRIPRiversideCountyOfficeonAging_38_1_0 (951) 867-3800
TRIP is one of the special services in Riverside County that complements public transportation by reimbursing volunteers to transport individuals where no transit service exists or when the individual is too frail, ill, or unable to use public transportation for other reasons.

Moreno Valley Transit Service; MoVan
riverside.networkofcare.org/aging/services/agency.aspx?pid=MORENOVALLEYTRANSITSERVICEMoVanMorenoValleyTransitService_38_1_0 (800) 351-6571
Travels within the city of Moreno Valley; will travel outside Moreno Valley only for doctor’s appointments for a $2.00 donation. For seniors 60+ years of age and disabled adults. Available 8:00 am until 3:00 pm Monday through Friday.
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.

   ![Request for Driver Reexamination Form](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.

**CONFIDENTIAL MORBIDITY REPORT**

PLEASE NOTE: Use this form for reporting lapses of consciousness, Alzheimer's disease or other conditions which may impair the ability to operate a motor vehicle safely (pursuant to H&S 103900).

**CONDITION BEING REPORTED**

<table>
<thead>
<tr>
<th>Patient Name - Last Name</th>
<th>First Name</th>
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<th>Ethnicity (check one)</th>
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<tr>
<th>Home Telephone Number</th>
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<table>
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<tr>
<th>Email Address</th>
<th>Primary Language</th>
<th>Other</th>
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<table>
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<tr>
<th>Birth Date (mm/dd/yyyy)</th>
<th>Age</th>
<th>Gender</th>
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<tbody>
<tr>
<td></td>
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<td>Male</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Female</td>
</tr>
<tr>
<td></td>
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<td>Other</td>
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<table>
<thead>
<tr>
<th>Pregnant?</th>
<th>Estimated Delivery Date (mm/dd/yyyy)</th>
<th>Country of Birth</th>
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<table>
<thead>
<tr>
<th>Occupation or Job Title</th>
<th>Occupational or Exposure Setting (check all that apply)</th>
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<tbody>
<tr>
<td></td>
<td>Food Service</td>
</tr>
<tr>
<td></td>
<td>Day Care</td>
</tr>
<tr>
<td></td>
<td>Health Care</td>
</tr>
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</table>

<table>
<thead>
<tr>
<th>Date of Onset (mm/dd/yyyy)</th>
<th>Date of First Specimen Collection (mm/dd/yyyy)</th>
<th>Date of Diagnosis (mm/dd/yyyy)</th>
</tr>
</thead>
</table>

**DEPARTMENT OF MOTOR VEHICLES (DMV)**

California Driver License or Identification Card Number (eight characters): 

1. If this report is based upon episodic lapses of consciousness, when was the most recent episode?

(a) (mm/dd/yyyy) (b) (mm/dd/yyyy) (c) (mm/dd/yyyy) (d) (mm/dd/yyyy) (e) (mm/dd/yyyy) (f) (mm/dd/yyyy)

2. If there have been multiple episodes of loss of consciousness or control within the past three years, please indicate the dates if they are known to you.

3. Within the past 12 months, has there been an episode of loss of consciousness or control while driving?

   (a) Yes (b) No (c) Uncertain

4. Are there additional lapses of consciousness likely to occur?

   (a) Yes (b) No (c) Uncertain

5. If the patient has had episodes of nocturnal seizures, is there likelihood of lapses of consciousness occurring while he/she is awake?

   (a) Yes (b) No (c) Uncertain

6. Has this patient been diagnosed with dementia or Alzheimer’s disease?

   (a) Yes (b) No (c) Uncertain

7. Would you currently advise this patient not to drive because of his/her medical condition?

   (a) Yes (b) No (c) Uncertain

8. Does this patient’s condition represent a permanent driving disability?

   (a) Yes (b) No (c) Uncertain

9. Would you recommend a driving evaluation by DMV?

   (a) Yes (b) No (c) Uncertain

**Remarks:**

Printable version: cdph.ca.gov/pubsforms/forms/CtrldForms/cdph110c.pdf
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.

---

**DMV MEDICAL EVALUATION**

(Medical information is CONFIDENTIAL under California Vehicle Code §1808.5 CVC)

**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>Driver's Name (Last, First, Middle)</th>
<th>Driver's License No.</th>
<th>Birth Date</th>
<th>Field File</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 correctable 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>Medical Professional, Hospital, or Medical Facility Name and Address</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-a5e1-b35acc029982/DS+326+R5-2016+AS+WWW.pdf?MOD=AJPERES
# Shopping for Safety

## Safety Considerations for Any Car

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</tbody>
</table>

**SOURCE:**
thehartford.com/sites/thehartford/files/your-road-to-confidence.pdf#page=23
5. “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.

208
☐ 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
7. “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 PARATRANSPORT

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. Fees 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?

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: ____________________________________________
_________________________________________________
_________________________________________________

TAXI/CAR SERVICE
These private services offer flexible scheduling and charge a fee. Many older adults may perceive these services as “expensive” or “a luxury” but they can cost much less than owning and maintaining a car. Some taxi/car services may be willing to set up accounts that allow other family members to pay for services.

Questions to Ask
1. How much does it cost?
2. How is the cost calculated?
3. How long in advance should I call for a ride?
4. Do you offer any guarantee on response time?
5. Are there geographic limits to where you provide service?
8. 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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</thead>
<tbody>
<tr>
<td>Car/Lease Payment</td>
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</tr>
</tbody>
</table>

Regular Operating Expenses

- Gas
- Washer Fluid
- Parking
- Tolls
- Other

Regular Maintenance

- Oil Changes
- Minor Tune-ups
- Wiper Blades
- Lights
- Car Wash/Wax
- Other

Long-Term Maintenance

(Estimate the cost and divide by the number of years between expenses)

- Tires
- Brakes
- Major Tune-ups
- Repair/Replace Parts
- Other

Insurance – Annual Cost

Motor Club/Roadside Assistance

Registration/License Plate Fees

License Fees

Vehicle Inspection/Emissions Fees

| Total Cost Per Year | $ |

We Need to Talk: Family Conversations with Older Drivers