SAN DIEGO COUNTY REFERRAL GUIDE FOR OLDER ROADWAY USERS

RESOURCES TO PROMOTE SAFE DRIVING AND MOBILITY

VISIT TRED.S.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 “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 courses, 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
# Table of Contents

**Information and Referral** ..................................................................................................................... 4  
General Resources ..................................................................................................................................... 4  
Driver-Related Resources ...................................................................................................................... 5  

**Fitness to Drive and Car Comfort** ..................................................................................................... 6  
General Resources ..................................................................................................................................... 6  
Driver Refresher Courses .......................................................................................................................... 7  
Local Driving Schools ............................................................................................................................... 8  
Adaptive Equipment for Vehicles ............................................................................................................ 8  
Certified Vehicle Modification Vendors .................................................................................................. 8  
Driver Rehabilitation Programs .............................................................................................................. 9  

**Assessments** ......................................................................................................................................... 10  
Self-Assessments ....................................................................................................................................... 10  
Medication Assessments ............................................................................................................................ 11  
Assessments by Family Members/Caregivers ......................................................................................... 11  

**Transitioning from Driving** .............................................................................................................. 12  
Family Conversations ............................................................................................................................... 12  
Planning Tools ......................................................................................................................................... 13  

**Medical Providers** ............................................................................................................................... 14  

**Transportation** ..................................................................................................................................... 15  
Health Insurance Companies ................................................................................................................... 15  
County-Wide Resources ........................................................................................................................... 15  
Central and North Central San Diego Area .............................................................................................. 17  
East County Area ....................................................................................................................................... 19  
North County – Coastal .............................................................................................................................. 20  
North County – Inland ............................................................................................................................... 20  
South Bay Area ......................................................................................................................................... 22
Information and Referral

General Resources

2-1-1
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 ...................................................................................................... (858) 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, including 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

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. 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/
San Diego County ......................................................................................... (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) 534-9330
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. Process is completed by a team of specialists at a CarFit event, which includes technicians and/or health professionals.

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 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. (also in 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 and that 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** ........................................................... (877) 476-1254
semiordriving.aaa.com/maintain-mobility-independence/driver-improvement-courses-seniors
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**........................................................... (858) 650-3619
chp.ca.gov/programs-services/programs/age-well-drive-smart
Free classroom program created by the California Highway Patrol, designed 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**
maturedrivercourse.com/california/ ........................................................... (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, and 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

PATTERSON MEDICAL
pattersonmedical.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

BETTER LIFE MOBILITY
betterlifemobility.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) 782-4724
Driver Rehabilitation Programs

San Diego County

SCRIPPS MEMORIAL HOSPITAL ENCINITAS
scrpps.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/adapted-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 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. (also in Appendix 7; page 29)

DRIVERS 65 PLUS: CHECK YOUR PERFORMANCE

seniordriving.aaa.com/sites/default/files/Driver652.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

drivesharppnow.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

deeplear.lib.umich.edu/bitstream/handle/2027.42/1321/94135.0001.001.pdf?sequence=2&isAllowed=y
Self-assessment includes five sections, each 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%20Safely%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. Materials online 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
aaafoundation.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
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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**

[seniordriving.aaa.com/sites/default/files/Driver-Planning-Agreement.pdf](seniordriving.aaa.com/sites/default/files/Driver-Planning-Agreement.pdf)

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. (also in 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. (also in 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. (also in Appendix 10; page 35)
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 who will notify DMV. For faster action, clinicians can also send the report directly to DMV. (Appendix 2; page 24)
[cdph.ca.gov/pubsforms/forms/CtrldForms/cdph110c.pdf](http://cdph.ca.gov/pubsforms/forms/CtrldForms/cdph110c.pdf)

Physicians can also report on the:

**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](http://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 a 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](http://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/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/
San Diego County ...........................................................................(888) 924-3228
For San Diego County residents with barriers to mobility who are looking for transportation options.

**RIDESHARE**

**Flywheel**
flywheelnw.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 and 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 and no money changes hands.

GoGoGrandparent ................................................................. (310) 400-5082
gogograndparent.com/
This is an Uber service for those who don’t have smartphones. Clients call and the service orders a ride from Uber. Can also deliver meals or household items to the home. Offers a Control Panel for families to request services for older adults and receive texts that will provide by-the-minute updates. Pricing depends on distance. No service charge in addition to the Uber pricing. Fare estimate offered online. Payment is by credit card and no money changes hands.

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.

Traveler’s Aid SenioRide San Diego ........................................ (619) 295-8393 x 314
travelersaidsandiego.org/index.php?s=senior
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 Diego Region ....................................................................511 or (855) GO-SD-511
511sd.com/region511homeSplash
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


PRIVATE COMPANIES

Care 4U Mobility Non-Emergency Transportation

24-hour non-emergency ADA accessible transportation for 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

Provides complete, 24-hour transportation services to clients undergoing rehabilitation. Aimed for individuals requiring specialized, timely transportation to appointments.

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

Central and North Central San Diego Area

NON-PROFIT / LOCAL FAITH-BASED VOLUNTEER DRIVERS

Community Christian Service Agency

Clairemont

Pacific Beach

Limited transportation assistance in the form of bus tokens to medical appointments and job interviews.

iTN Greater San Diego

Membership-based; people aged 60+ and visually impaired adults are eligible to join. Riders pre-fund a Personal Transportation Account and receive monthly statement details about payments and charges. No money exchanged in the car and tips not accepted.
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: Eastern San Diego 91941, 91942, 92108, 92110, 92115, 92116, 92119, 92120, 92123, 92124 Northern San Diego 92014, 92037, 92111, 92117, 92121, 92122, 92130 and North County Inland 92029, 92064, 92126, 92127, 92128, 92129, 92131

Out & About Peninsula .............................................................. (619) 223-1640
sdpsc.org/transportation.php
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 .............................................................. (619) 284-9281
elderhelpofsandiego.org/programs-and-services/seniors-go/
Volunteer drivers provide rides to people 60+ for medical appointments, errands, beauty salons/barber shops, social visits, libraries, and more.
SERVES: Mid-Central San Diego and Peninsula/Beaches, East County, and North County

Senior Transportation Network ................................................................. (619) 282-0073
seniortransportationnetwork.org/
Low-cost, flexible transportation for San Diego County seniors and their families. Volunteer drivers use their own vehicles to transport seniors to medical, dental, eye, foot care, and other essential appointments. Drivers wait with seniors until ready to return home.
SERVES: 92105, 92108, 92109, 92110, 92111, 92117, 92121, 92122, 92123, 92126, 92131

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 back to their homes.
East County Area

NON-PROFIT / LOCAL FAITH-BASED VOLUNTEER DRIVERS

Fun, Love, and Care ......................................................... (619) 316-8341
funloveandcare.com/services/
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
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: Eastern San Diego 91941, 91942, 92108, 92109, 92110, 92115, 92116, 92119, 92120, 92123, 92124 Northern San Diego 92014, 92037, 92111, 92117, 92121, 92122, 92130 and North County Inland 92029, 92064, 92126, 92127, 92128, 92129, 92131

Rides4Neighbors ................................................................. (619) 667-1321
cityoflamesa.com/index.aspx?nid=991
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 ........................................ (619) 445-6200 ext. 500
mtnhealth.org/services/senior-disabled-services.aspx
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 to 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.
SERVICES: 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

NON-PROFIT/LOCAL FAITH-BASED VOLUNTEER DRIVERS

Del Mar Community Connections ................................................................. (858) 792-7565
dmcc.cc/offerTransport.html
Transportation for seniors and other Del Mar City 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.

Out & About Encinitas ................................................................. (760) 943-2250
ci.encinitas.ca.us/index.aspx?page=211
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! ................................................................. (760) 435-5253
ci.oceanside.ca.us/gov/ns/parks/senior/transit.asp
For seniors 65+ with three options:
• Taxi Scrip Purchase ($7 for ride booklet valued at $20)
• Van services ($5 per one-way trip) and
• Volunteer driver services (free).
SERVES: Taxi trips are for anywhere in North County and van service 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 ................................................................. (760) 631-5009
vistacommunityclinic.org/community-health/
For ambulatory patients with no other means of transportation to/from a clinic location or to specialty appointment 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

NON-PROFIT / LOCAL FAITH-BASED VOLUNTEER DRIVERS

Care Van, Foundation for Senior Care ................................................................. (760) 723-7570
foundationforseniorcare.org/services/senior-care-van/
Free transportation for elderly and disabled in service area to medical, dental and physical therapy appointments, 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 areas
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. Not available on Tuesdays.

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
- Taxi Scrip for requests that cannot be fulfilled with other services
SERVES: Eastern San Diego 91941, 91942, 92108, 92109, 92110, 92115, 92116, 92119, 92120,
92123, 92124 Northern San Diego 92014, 92037, 92111, 92117, 92121, 92122, 92130 and 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 in Vista.
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.

TRANSMED for Seniors ............................................................ (858) 449-5366
friendsadhc.org/transmed/
For people 60+ at no cost given income qualifications. 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 (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) 966-6527
For physically disabled only. Must have disability identification if disability isn’t visible and must indicate whether disability is temporary or permanent.

Fallbrook Taxi ...............................................................(888) 401-8294
Seniors and disabled persons in Fallbrook receive a 10% discount on pre-purchased taxi scrips. Will deliver prescriptions and groceries to the home if requested.

South Bay Area

NON-PROFIT / LOCAL FAITH-BASED VOLUNTEER DRIVERS

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

PRIVATE COMPANIES

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

REQUEST FOR DRIVER REEXAMINATION

INSTRUCTIONS:
1. Complete this form if you wish the Department of Motor Vehicles (DMV) to re-evaluate a driver's ability to drive safely.
2. Sign this request in the signature block provided. You may request that your name not be revealed to the individual being reported. Confidentiality will be honored to the fullest extent possible.
3. Take your completed request to any DMV office or mail to: DMV, Driver Safety Office (see addresses below for your local office.)

NAME OF PERSON BEING REPORTED
DATE OF BIRTH OR REPORTER'S AGE* 

DRIVER LICENSE NUMBER 
VEHICLE LICENSE PLATE NUMBER, IF AVAILABLE

DRIVER ADDRESS* CITY** STATE** ZIP CODE**

DRIVER CONDITION—Check all appropriate boxes below. Please use the space below to provide specific details, if known, about the driver's medical (physical or mental) condition such as name of disease or illness, any medications taken, etc.

- Medical Condition
- Physical Condition
- Mental/Emotional Condition
- Vision Condition
- Weakness or Coordination Problems
- Difficulty Walking

DIFFICULTY WALKING

DRIVER BEHAVIOR—Check appropriate boxes for driving problems you have observed: (Use space below if needed for additional comments.)

- Does not see or react to other cars, pedestrians, etc.
- Drives in wrong lane
- Drives on wrong side of the road
- Acts violent or aggressive when driving
- Drives too slow, or stops for no reason
- Has trouble steering, braking, or otherwise controlling car
- Is confused by traffic
- Gets lost or confused while driving near home
- Fails to look at traffic signals, other cars, pedestrians, etc.
- Makes turns from wrong lane

You may use the space below to further describe the driver's condition(s) or action(s) which lead you to believe this driver should be reevaluated by DMV.

[Additional space for descriptions]

RELATIVE □ Friend □ Caregiver □ Vision Specialist □ Court/Code □ Other □

Check here if you would like to have your name kept confidential. Confidentiality will be honored to the fullest extent possible. Unsigned records will not be considered.

NAME (Please print)* 
DAYTIME TELEPHONE NUMBER *

YOUR MAILING ADDRESS (City, State, Zip Code)*

SIGNATURE* DATE*

YOU MAY MAIL OR TAKE THIS COMPLETED FORM TO YOUR LOCAL DRIVER SAFETY OFFICE AT ONE OF THESE LOCATIONS:

- Bakersfield, 5800 District Blvd., Ste. 100-B, Bakersfield, 93313
- City of Commerce, 2801 E.lauson Ave., Ste. 250
  Commerce, 90040-2950
- City of Orange, 700 The City Dr., Ste. 420
  Orange, 92668-4941
- Covina, 1365 N. Grand Ave., Ste. 101, Covina, 91724-4048
- El Segundo, 300 N. Sepulveda Blvd, Ste. 2075,
  El Segundo, 90245-470
- Fresno, 2510 S. East Ave., Ste. 310, Fresno, 93705-5112
- Oakland, 7777 Oakport St., Ste. 220, Oakland, 94621-1906
- Oxnard, 2051 N. Solar Dr, Ste. 100, Oxnard, 93036-2650
- Redding, 2650 Churn Creek Rd., Ste. 200, Redding, 96003-1169
- Sacramento, 4700 Broadway 2nd Flr, Sacramento, 95829-1501
- San Bernardino, 1845 Business Center Dr., Ste 212,
  San Bernardino, 92408-3447
- San Diego, 1455 Friars Rd., Ste. 400, San Diego, 92106-4579
- San Francisco, 1377 Folsom St, 2nd Floor, San Francisco, 94117-2296
- San Jose, 30 Great Oaks Blvd., Ste. 104, San Jose, 95119-1514
- Stockton, 710 N. American St., Stockton, 95202-1833
- Van Nuns, 1650 Van Nuns Blvd., Ste. 205, Van Nuns, 94101-3333

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, who 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**

(Medical information is CONFIDENTIAL under California Vehicle Code §1608.5 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>NAME (LAST, FIRST, MIDDLE)</th>
<th>DRIVER 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>PHONE NO.</td>
</tr>
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</table>

**DRIVER MUST COMPLETE HEALTH HISTORY BELOW** (Please explain any “YES” answers)

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

**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 §1608.5). 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**

<table>
<thead>
<tr>
<th>MEDICAL PROFESSIONAL, HOSPITAL, OR MEDICAL FACILITY (NAME AND ADDRESS)</th>
<th>MEDICAL RECORD/PATIENT FILE NO.</th>
</tr>
</thead>
<tbody>
<tr>
<td>DATE</td>
<td>MEDICAL RECORD/PATIENT FILE NO.</td>
</tr>
</tbody>
</table>

I hereby authorize my medical professional or hospital to answer any questions from the DMV, 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 and 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.

**SIGNATURE**

**DATE**

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**Printable version:** [dmv.ca.gov/portal/wcm/connect/f92586ac-be7a-456b-af31-b35acc029982/DS+326+R5-2016+AS+WWW.pdf?MOD=AJPERES](http://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>
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<th>Central</th>
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<th>North Inland</th>
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**SOURCE:**
sandiegocounty.gov/hhsa/programs/bhs/documents/AMH_18G.pdf
6. Safety Considerations for Any Car Checklist

Shopping for Safety

Safety Considerations for Any Car

<table>
<thead>
<tr>
<th>YES</th>
<th>NO</th>
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</table>
| ☐   | ☐  | Driver and passenger side airbags
| ☐   | ☐  | Electronic Stability Control (ESC)
| ☐   | ☐  | Safety belts easy to reach, fasten, release
| ☐   | ☐  | Safety belts fit snugly across hips and chest; slack can be removed
| ☐   | ☐  | Shoulder belt adjusts to fit you
| ☐   | ☐  | Rear seat lap and shoulder belts
| ☐   | ☐  | Adjustable head restraints easy to move, don’t interfere with view
| ☐   | ☐  | Head restraints for rear seats
| ☐   | ☐  | Light, not dark, tint on windshield
| ☐   | ☐  | Narrow windshield pillars for good view of road
| ☐   | ☐  | Rear wiper (hatchback, station wagon or van)
| ☐   | ☐  | Sideview mirrors easily adjusted

<table>
<thead>
<tr>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
</table>
| ☐   | ☐  | Anti-lock braking system (ABS) on all four wheels
| ☐   | ☐  | Power brakes (if non-ABS)
| ☐   | ☐  | Power steering
| ☐   | ☐  | Instrument panel displays easy to read day and night
| ☐   | ☐  | Instrument panel controls easy to reach and use
| ☐   | ☐  | Adjustable lighting feature on instrument panel
| ☐   | ☐  | Adjustable power seats
| ☐   | ☐  | Adjustable steering wheel
| ☐   | ☐  | Ample leg- and head-room
| ☐   | ☐  | Power mirrors, windows and locks
| ☐   | ☐  | Exterior color light, bright (for best visibility)
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.
8. Getting By Without Driving

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.
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:_________________________________________________
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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. 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?

Notes:_________________________________________________
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LOCAL PROGRAMS THAT OFFER RIDES

These are locally developed programs, often sponsored by faith-based or non-profit organizations, which provide rides for older adults. They may charge nominal fees or accept donations and often operate with the help of volunteer drivers.

Questions to Ask

1. What programs are available in my area?
2. Is there a cost?
3. What hours and days of the week does the service run?
4. What are the routes or areas of service?
5. Are there limits to the number of rides in a given time period?
6. Is there any assistance available to people with physical or other health constraints?
7. Is there assistance for people with bags, etc.?
8. Is pre-registration with the service required?
9. Are wheelchair lifts available?

Notes:_________________________________________________
_________________________________________________
_________________________________________________

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?
9. Can an account be set up in advance with the service?
10. How are tips handled with an account system?
11. Will drivers provide assistance with bags, packages, etc.?
12. 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.

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

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