

# ORANGE 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](https://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 “Orange 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 Orange County roadways safer for everyone.*

*Sincerely,*

*The TREDS Team*

*Special thank you to the Transportation Subcommittee of the Orange County Strategic Plan for Aging Initiative and Xuan Tran, MPHc, for compiling Orange County resources.*



*PDF versions of this guide are available at [www.ocagingplan.org](http://www.ocagingplan.org) and [treds.ucsd.edu](http://treds.ucsd.edu)*

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# **Information and Referral**

## General Resources

### **2-1-1 Orange County**

[211oc.org](http://211oc.org) ..... 2-1-1  
Connects people with local health and human services through a free, 24/7 phone service and searchable online database. Provides information about access to affordable health and housing options, transportation programs, and more.

### **Adult Day Services Coalition**

[ocadulday.services.org](http://ocadulday.services.org) ..... 800-510-2020  
The Orange County Adult Day Services Coalition (OCADSC) is a consortium of adult day centers and serves as the quality standards organization. Visit the website to learn more about the difference in social and health models of care and availability of transportation services to and from each adult day center.

### **Adult Protective Services**

[ssa.ocgov.com/abuse/elder/why/elder](http://ssa.ocgov.com/abuse/elder/why/elder)  
Investigates elder and dependent abuse, including cases of neglect and abandonment, as well as physical, sexual, and financial abuse, in adults aged 65+ and dependent adults aged 18+.  
To report abuse occurring in the community or at home ..... 800-451-5155  
To report abuse occurring in a licensed care facility (Ombudsman) ..... 714-479-0107

### **Alzheimer's Association - Orange County Chapter**

[alz.org/oc](http://alz.org/oc) ..... 949-426-8544  
24/7 Helpline ..... 800-272-3900  
Provides no-cost care and support to families living with Alzheimer's disease and related dementias through a 24/7 Helpline, care consultations, support groups, early stage programs, message boards, MedicAlert + Safe Return®, local resources and referrals, and family, professional and community education.

### **Alzheimer's Orange County**

[alzoc.org](http://alzoc.org) ..... 949-955-9000  
24/7 Helpline ..... 844-435-7259  
Provides no-cost programs and services for local families affected by Alzheimer's disease and dementia, including: family and professional education classes, care consultations, early stage services, support groups, the Memories in the Making art program, free memory screenings, and information on local clinical trials. Alzheimer's Orange County also operates 2 adult day care centers in Laguna Woods and Garden Grove.

### **Council on Aging – Southern California**

[coasc.org](http://coasc.org) ..... 714-479-0107  
Provides direct services to families of older adults and persons with disabilities through its six programs: Long-Term Care Residential Ombudsman, Health Insurance Counseling and Advocacy Program (HICAP), Caring Connections / ReConnect, Care Management, the Benefits Enrollment Program, and the Financial Abuse Specialist Team (FAST).

**Dayle McIntosh Center**

[daylemc.org](http://daylemc.org) ..... 714-621-3300

Provides disability resources and advocacy to persons with disabilities in Orange County. Offers a range of services such as Aging with Vision Loss, Benefits Advocacy, Mobility Management Program (i.e. travel training), and Community Transition Services.

**Eldercare Locator**

[eldercare.gov](http://eldercare.gov) ..... 800-677-1116

Nationwide service that connects older Americans and their caregivers with information on senior services and driving matters.

**Family Caregiver Resource Center**

[caregiveroc.org](http://caregiveroc.org) ..... 714-446-5030

Assists families coping with the physical, emotional, and financial responsibilities of caregiving for an adult over age 60. Services include family consultation, assessment and care planning, support counseling, psycho-educational seminars, respite planning, and community education.

**Office on Aging Information and Assistance**

[officeonaging.ocgov.com](http://officeonaging.ocgov.com) ..... 714-480-6450

Toll-free ..... 800-510-2020

Call center for information, classes, and referrals for transportation, mental health, adult day care, financial assistance, housing, legal aid, nutrition, health care, and more. Open Monday through Friday, 8:00 a.m. to 5:00 p.m.

**Driver-Related Resources**

**AARP Driver Safety**

[aarp.org/auto/driver-safety/](http://aarp.org/auto/driver-safety/)

Offers driving assessments and online seminars to refresh driving skills and provides safe driving resources for older adults and families.

**California Department of Motor Vehicles (DMV) ..... 800-777-0133**

[dmv.ca.gov](http://dmv.ca.gov)

Download forms, find a local DMV office, and get information about your vehicle and license.

**California DMV Senior Guide for Safe Driving**

[dmv.ca.gov/portal/dmv/detail/pubs/senior\\_toc/toc](http://dmv.ca.gov/portal/dmv/detail/pubs/senior_toc/toc)

Contains information about driving assessments, making vehicle adjustments, the driver license renewal process, the reexamination process, and when to stop driving.

**California DMV Senior Ombudsman Program ..... 714-705-1588**

Ensures senior drivers are treated fairly and consistently with laws and regulations. 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/](http://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.

**National Institute on Aging – Driving Safety and Alzheimer’s Disease**

<https://www.nia.nih.gov/health/driving-safety-and-alzheimers-disease>

Includes information on Alzheimer’s disease, driving safety and other transportation options.

**SaferCar – The National Highway Traffic Safety Administration**

[safercar.gov](http://safercar.gov)

Provides vehicle crash test and rollover ratings, as well as information about safety technology.

**Training, Research and Education for Driving Safety (TREDS)**

[treds.ucsd.edu](http://treds.ucsd.edu) ..... 858-534-8386

Improves driver safety through education and training programs for health professionals, law enforcement, and the community. Conducts research to inform and improve public policy. Provides resources to professionals and the public on driving issues and referrals.

**Veteran Transportation Programs and Resources**

\*The Orange County Transportation Authority provides funding for Senior Non-Emergency Medical Transportation programs.

**ABRAZAR, Inc. Senior Non-Emergency Medical Transportation\* ..... 714-893-3581**

[abrazarinc.com/programs-services/transportation/snemt-customer-service.html](http://abrazarinc.com/programs-services/transportation/snemt-customer-service.html)

Participants must be at least 60 years of age and reside within the North Orange County and Central West service area (see website). Rides are limited to 15 miles within Orange County and within 10 miles outside of Orange County. Rides are available to the following locations which may exceed the 15-mile limit: Long Beach VA, Kaiser Lakeview and Irvine/Sand Canyon, UCI Medical Center in Orange, St. Joseph’s Hospital in Orange, Newport Beach Dialysis Center, and Whitaker Wellness Institute in Newport Beach. There is a \$2.00 donation per trip and care attendants ride free of charge. Rides must be scheduled 5 days in advance.

**Age Well Senior Services Senior Non-Emergency Medical Transportation\* ..... 714-855-8033**

[agewellseniorservices.org/transportation/](http://agewellseniorservices.org/transportation/)

Participants must be at least 60 years of age and reside within the South Orange County designated service area (see website). Rides are available to the following locations: Long Beach VA, Kaiser Lakeview and Kraemer Medical Offices in Anaheim, UCI Medical Center in Orange, St. Joseph’s Hospital in Orange, Newport Beach Dialysis Center, and Whitaker Wellness Institute in Newport Beach. There is a \$2.00 donation per trip and care attendants ride free of charge. Rides must be scheduled 1 day in advance.

**California Department of Motor Vehicles (DMV)**.....800-777-0133  
[dmv.ca.gov](http://dmv.ca.gov)

Download forms, find a local DMV office, and learn how to obtain a disabled veteran license plate or add the veteran designation to your DL/ID Card.

**DAV Transportation Network – Disabled American Veterans**

[dav.org/veterans/i-need-a-ride](http://dav.org/veterans/i-need-a-ride).....310-283-5796

Volunteer network providing free transportation for U.S. disabled veterans to and from the Long Beach Veteran’s Administration Medical Center. Registration required. Trips require 7-10-day advance notice.

**Orange County Veterans Services Office**

[veterans.ocgov.com/about](http://veterans.ocgov.com/about)

The OC Veterans Services Office works collaboratively with nationally chartered veterans’ organizations to assure that veterans and their dependents receive the entitlements they have earned for their military service. To obtain a veteran designation on your DL/ID card to help you enable access to certain privileges, benefits, or compensation associated with being a veteran without having to carry and produce a Certificate of Release or Discharge from Active Duty, visit the following website: [dmv.ca.gov/portal/dmv/detail/coi/veterans/veterans\\_driver\\_license](http://dmv.ca.gov/portal/dmv/detail/coi/veterans/veterans_driver_license)

**VA Community Relations and Referral Center**

[va.gov/directory/guide/facility.asp?ID=6446](http://va.gov/directory/guide/facility.asp?ID=6446).....844-838-8300

888 W. Santa Ana Blvd, Suite #150. Santa Ana, CA 92701

The VA Long Beach Community Resources and Referral Center provides case management, peer support, transportation for homeless veterans, locker use, emergency food, and clothing.

**VOALA – Battle Buddy Bridge Program**

[voala.org/services/veterans](http://voala.org/services/veterans).....714-615-1659

2100 N. Broadway, Suite #300. Santa Ana, CA 92706

[battlebuddybridgeoc@voala.org](mailto:battlebuddybridgeoc@voala.org)

Offers peer-to-peer support, information, and referrals to veterans and active duty military in acquiring transportation, food, benefits assessments, legal assistance, mental health care/counseling, service animals, furniture, and housing resources.

# Transportation

## Countywide Transportation Programs

\*The Orange County Transportation Authority provides funding for all Senior Mobility and Senior Non-Emergency Medical Transportation Programs.

### **ACCESS - Orange County Transportation Authority**

[octa.net/Getting-Around/Bus/Access-Service/Overview/](http://octa.net/Getting-Around/Bus/Access-Service/Overview/) ..... 714-560-5956

For Orange County residents who are disabled and unable to use regular bus service. Passengers must meet Americans with Disabilities (ADA) eligibility criteria. Interview and certification by ACCESS required.

### **Radiant Health Centers – formerly AIDS Services Foundation**

[Radianthealthcenters.org/services](http://Radianthealthcenters.org/services) ..... 949-809-5700

Transports eligible clients to health care and social services appointments through public and private means.

### **OCTA Same-Day Taxi Service**

[octa.net/Getting-Around/Bus/Access-Service/Overview/](http://octa.net/Getting-Around/Bus/Access-Service/Overview/) ..... 877-628-2232

Non-ADA program for ACCESS-eligible customers. Same-day taxi service is available from 7 am to 8 pm seven days a week. Base fare of \$3.60 for a five-mile ride; any additional costs above the five-mile trip are paid by the customer.

### **Senior Non-Emergency Medical Transportation**

[officeonaging.ocgov.com/services/snemt](http://officeonaging.ocgov.com/services/snemt) ..... 714-480-6450

Participants must be at least 60 years of age and must register beforehand. There is a voluntary \$2.00 donation fee per one-way trip. Care attendants may ride free. There is a limit of 16 one-way trips per month. Schedule transportation at least 5 business days before the appointment.

**SNEMT North Orange County – ABRAZAR, Inc.\*** ..... 714-702-1433

[abrazarinc.com/programs-services/transportation/snemt-customer-service.html](http://abrazarinc.com/programs-services/transportation/snemt-customer-service.html)

Anaheim - Anaheim Hills - Brea - Buena Park - El Modena - Fullerton - La Habra - La Palma - Loma Linda - Olive - Orange - Orange Hills - Orange Park Acres - Placentia - Villa Park - Yorba Linda

**SNEMT Central Orange County - ABRAZAR, Inc.\*** ..... 714-891-9500

[abrazarinc.com/programs-services/transportation/snemt-customer-service.html](http://abrazarinc.com/programs-services/transportation/snemt-customer-service.html)

Costa Mesa - Cowan Heights - Cypress - Fountain Valley - Garden Grove - Huntington Beach - La Palma - Lemon Heights - Los Alamitos - Midway City - Rossmoor - Santa Ana - Seal Beach - Stanton - Sunset Beach - Surfside - Tustin - Tustin Heights - Westminster

**SNEMT South Orange County – Age Well\*** ..... 949-855-9766

[agewellseniorservices.org/transport](http://agewellseniorservices.org/transport)

Irvine - Newport Beach - Lake Forest - Aliso Viejo - Laguna Hills - Laguna Niguel - Dana Point - Mission Viejo - San Juan Capistrano - Rancho Santa Margarita - Laguna Beach - Laguna Woods

**Silver Streak – Jewish Federation & Family Services of Orange County\*** .....949-387-1922  
[familyservicesoc.org/senior-care/transportation](http://familyservicesoc.org/senior-care/transportation)

Transportation for 60+ Orange County residents who are unable to drive. Volunteer drivers provide transportation to doctor's appointments, groceries, and errands. Also offers group shuttle service and discount taxi vouchers. There is a voluntary \$2.50 fee per 12 miles (one-way trip). Pre-enrollment required. Trips require one-week advance notice.

**Road to Recovery - American Cancer Society**  
[cancer.org](http://cancer.org) .....800-227-2345 x 5

Transportation for medical appointments directly related to cancer treatment within Orange County. Registration required. Reservations must be made 7-10 business days in advance. One additional passenger is permitted.

**Korean American Seniors Association (Members only)\*** .....714-530-6705

Transportation for age 60+ members in Anaheim, Buena Park, Fountain Valley, Garden Grove, Huntington Beach, Orange, Santa Ana, and Westminster. Membership application required.

**Southland Integrated Services\*** .....714-558-3097  
[thevncoc.org/main\\_office.html#transportation](http://thevncoc.org/main_office.html#transportation)

Senior Non-Emergency Medical Transportation Program for seniors 60+ to and from medical appointments in Fountain Valley, Garden Grove, Santa Ana, Stanton, and Westminster. Each one-way trip costs \$2.00. Reservations must be made at least 3 business days in advance.

**Orange County Group Ambulance Providers**  
[Healthdisasteroc.org/ems/afh/ambulance](http://Healthdisasteroc.org/ems/afh/ambulance)

Provides a listing of Orange County providers. Please call for service area and fees. Contact your health insurance before using services.

**Orange County Taxicab Companies**  
[octa.net/060208/OCTAP.aspx](http://octa.net/060208/OCTAP.aspx)

Provides a listing of taxicab companies permitted by the Orange County Transportation Authority.

## Public Transit

### Amtrak

[Amtrak.com](http://Amtrak.com) .....800-872-7245

Daily trips to and from Los Angeles, Santa Barbara, and San Diego with stops in Orange County. Check website for more information on discounts available for seniors (62+), veterans, persons with disabilities, and their companions.

### OC Bus

[octa.net/Bus/Overview](http://octa.net/Bus/Overview)

OCTA operates 65 bus lines that run through every city in Orange County and some areas bordering Los Angeles. See website for routes, schedules, and fares. Discounted fare for persons with disabilities, Medicare recipients, and seniors 60+. Seniors must show ID.

**Metrolink**

[metrolinktrains.com](http://metrolinktrains.com)

Commuter rail system with service to Los Angeles, Orange, Riverside, San Bernardino, and Ventura Counties. Senior and disabled discounts are available. Attendants ride free with disabled passenger. Proof of disability required. See website for stations, schedules, and ticket pricing.

**Airport Shuttles**

*All serve the Orange County area. Selected based on customer reviews. This is not an exhaustive list.*

<b>Airway One Shuttle</b> .....	714-715-9615
<b>Rapid Shuttle</b> .....	949-793-6324
<b>Sunny’s Transportation</b> ..... Serving Anaheim and the surrounding area	714-707-0477
<b>Advantage Ground Transportation</b> ..... Serving Costa Mesa and the surrounding area	714-557-2465
<b>Xecutive Shuttle &amp; Transportation</b> ..... Serving Costa Mesa and the surrounding area	800-488-4541
<b>Elite Black Car Services</b> ..... Serving Fountain Valley and surrounding area	714-292-2230
<b>H A Taxi</b> ..... Serving Huntington Beach and surrounding area	714-815-2225
<b>United Executive Transportation</b> ..... Serving Irvine and surrounding area	714-493-2257
<b>Fred’s Car Service</b> ..... Serving San Clemente and the surrounding area	949-338-2700
<b>Rockin Executive Ride</b> ..... Serving Santa Ana and the surrounding area	714-713-4297
<b>Sav-On Shuttle</b> ..... Serving Long Beach and the surrounding area	562-307-7544

## Health Plans

*This is not an exhaustive list. Call your insurance provider to see if your plan covers transportation.*

**Aetna Access2Care Transportation Benefit for Medicare** ..... 855-814-1699

Covers 24 one-way non-emergency trips to doctors and facilities. Schedule a ride at least 3 business days before the appointment.

**Anthem Blue Cross Medi-Cal** ..... 800-407-4627

[mss.anthem.com/ca/pages/ltss.aspx](https://mss.anthem.com/ca/pages/ltss.aspx)

Provides rides to approved medical services and visits at no cost. Schedule a ride at least 2 business days before the appointment.

**HealthNet Non-Emergency Routine Medical Transportation**

Provides routine transportation for HealthNet of California members. Check in your Evidence of Coverage (EOC) to determine membership and amount of one-way trips included. Transportation should be requested 24 hours in advance (48 hours for wheelchair vans).

Health Net Transportation Department ..... 866-779-5165

**Kaiser Non-Emergency Medical Transportation** ..... 800-557-4515

Prior authorization required. Limited to Medicaid beneficiaries medically unable to use normal public or private transportation.

**Medi-Cal: CalOptima Multipurpose Senior Services Program (MSSP)** ..... 714-347-5780

[caloptima.org/en/Members/Medi-Cal/MultipurposeSeniorServicesProgram.aspx](https://caloptima.org/en/Members/Medi-Cal/MultipurposeSeniorServicesProgram.aspx)

Offers transportation and other services to qualifying seniors who live in a nursing facility but want to stay in the community. Email [mssp@caloptima.org](mailto:mssp@caloptima.org) for more information.

**Medi-Cal: CalOptima Non-Emergency Medical Transportation** ..... 714-246-8500

[caloptima.org/en/Members/Medi-Cal/YourBenefits/CCNSummaryofBenefits.aspx](https://caloptima.org/en/Members/Medi-Cal/YourBenefits/CCNSummaryofBenefits.aspx)

Ambulance, litter van, or wheelchair van services when a medical or physical condition makes travel by ordinary public or private transportation are not possible. Requires prior authorization from the physician.

**Medi-Cal: OneCare (HMO SNP) CalOptima Transportation Services** ..... 866-612-1256

[caloptima.org/en/Members/OneCare/YourBenefits.aspx](https://caloptima.org/en/Members/OneCare/YourBenefits.aspx)

Provides 60 one-way taxi rides per year to medical appointments. Schedule at least one business day before an appointment.

**MemorialCare Senior Plus Program at Orange Coast Medical Center**

[memorialcare.org/guides-tools/senior-plus-program](https://memorialcare.org/guides-tools/senior-plus-program) ..... 714-378-5526

A free community benefit for adults 55+ in MemorialCare. Benefits include free transportation for medical visits at MemorialCare. See website for details and application.

**Molina Medi-Cal Non-Emergency Medical Transportation** ..... 844-292-2688

Provides transportation via ambulance, litter van, or wheelchair van to Medi-Cal beneficiaries to medical appointments if they cannot travel by car, bus, train, or taxi. Must have prior authorization from physician. Schedule transportation at least 3 business days before the appointment.

**Molina Medicare Non-Emergency Medical Transportation** .....844-644-6363  
Provides transportation to Medicare beneficiaries to healthcare appointments, including PCP visits, labs, x-rays, and therapy. Does not require prior approval. A wheelchair van or other services can be provided. Schedule transportation at least 3 business days before the appointment.

**Saddleback Memorial Medical Transportation Service** .....949-452-7255  
Free transportation for cardiac rehab, oncology, radiation, and physical therapy patients. Requires prior authorization from physician.

## Transportation Services Requiring a Smartphone

### Lyft

[Lyft.com](http://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](http://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.

## Transportation Services Not Requiring a Smartphone

### Arrive Rides

[Arriverides.com](http://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](http://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.

### RideWith24

[Ridewith24.com](http://Ridewith24.com) .....949-607-8115

Uber ride ordering to go anywhere. Includes uberASSIST, in which drivers assist clients door-to-door rather than curb to curb as a traditional taxicab. Rides cost usual fare plus \$6.99 service fee. Rides can also be requested through the website.

## Transportation Services by City

*\*The Orange County Transportation Authority provides funding for Senior Mobility programs. Fees, hours of operation, and locations are subject to change.*

***Pre-registration is required for all programs.***

### Aliso Viejo

**Senior Mobility Program\*** ..... 949-425-2537

Provides transportation Monday through Friday to and from the Sea Country Senior and Community Center in Laguna Niguel and the Florence Sylvester Senior Center in Laguna Hills for nutrition and activity programs.

**Requirements:** Must be an Aliso Viejo resident age 60+

**Cost:** Free

**Website:** [cityofaliso Viejo.com/city-hall/departments/community-services/senior-citizen-programs/](http://cityofaliso Viejo.com/city-hall/departments/community-services/senior-citizen-programs/)

### Anaheim

**Senior Wheels\*** ..... 714-765-4511

Provides transportation Monday through Friday to visit friends, local merchants, Anaheim community centers, libraries, and medical facilities within a 10-mile radius of your home.

**Requirements:** Must be an Anaheim resident age 60+

**Cost:** \$2.00 per one-way trip. Must purchase travel vouchers in advance.

**Website:** [anaheim.net/1638/Senior-Wheels-Transportation-Program](http://anaheim.net/1638/Senior-Wheels-Transportation-Program)

### Brea

[cityofbrea.net/1105/Transportation](http://cityofbrea.net/1105/Transportation)

**Senior Shuttle\*** ..... 714-990-7750

Provides transportation to and from the Brea Senior Center Monday through Friday and hosts local pre-scheduled shopping trips to and from the Senior Center.

**Requirements:** Must be a Brea resident age 60+

**Cost:** Free

**Senior On-Demand Taxi\*** ..... 714-990-7750

Offers discounted on-demand taxi rides. Ride destinations may expand outside of Brea to pre-selected neighboring cities. See websites for fees and applications.

**Requirements:** Must meet eligibility criteria (Brea resident, income, age 60+ and unable to drive)

### Buena Park

[buenapark.com/city-departments/community-services/seniors-adults-50#Medical Transport](http://buenapark.com/city-departments/community-services/seniors-adults-50#Medical Transport)

**Senior Transportation Program\*** ..... 714-236-3870

The Buena Park Senior Activity Center provides transportation to attend activities at the Senior Center Monday through Thursday.

**Requirements:** Must be a Buena Park resident age 60+

**Cost:** Suggested donation of \$1.00 each way

**Non-Emergency Medical Transportation\*** ..... 714-236-3870  
Rides are available on Tuesday, Wednesday, and Thursday.  
**Requirements:** Must be a Buena Park resident age 60+  
**Cost:** \$1.00 per one-way trip

## **Costa Mesa**

[costamesaca.gov/index.aspx?page=882](http://costamesaca.gov/index.aspx?page=882)

**Costa Mesa Senior Center Shuttle Service\*** ..... 714-327-7550  
Provides same-day service to the Costa Mesa Senior Center and other destinations in Costa Mesa. To schedule an appointment in advance, call at least 1 business day before your appointment. To request a same-day ride, call between the hours of 7:30-8:30 am.  
**Requirements:** Must be a Costa Mesa resident age 60+ and registered member of the Costa Mesa Senior Center (registration is free)  
**Cost:** Free

**Costa Mesa Senior Center Medical Van\*** ..... 714-327-7521  
Provides non-emergency medical transportation. Make reservations 2 to 3 weeks in advance.  
**Requirements:** Must be a Costa Mesa Senior Center member age 60+  
**Cost:** Free

## **Cypress**

[cypressca.org/government/departments/recreation-community-services/senior-center/transportation](http://cypressca.org/government/departments/recreation-community-services/senior-center/transportation)

**Taxi Voucher Program\*** ..... 714-229-2005  
Provides up to 6 vouchers per month, with a maximum value of \$11.00 per voucher  
**Requirements:** Must be a Cypress resident age 60+ and must not exceed income cutoff.  
Pre-registration required.

**Nutrition Transportation\*** ..... 714-229-2005  
Provides transportation Monday through Friday to and from the Cypress Senior Center for the “Let’s Do Lunch” nutrition program.  
**Requirements:** Must be a Cypress resident age 60+  
**Cost:** Free

## **Dana Point**

**Senior Mobility Program\*** ..... 949-496-4252  
Provides transportation Monday through Friday to and from the Dana Point Senior Center for the Nutrition Program.  
**Requirements:** Must be a Dana Point resident age 60+  
**Cost:** Free  
**Website:** [danapoint.org/departments/community-services-and-parks/seniors](http://danapoint.org/departments/community-services-and-parks/seniors)

## Fountain Valley

**HOP ON! Senior Transportation\*** ..... 714-593-4446

Taxi service within the city and approximately up to 1-mile outside the boundaries.

**Requirements:** Must be a Fountain Valley resident age 60+

**Cost:** \$2.00 per one-way trip. Caregivers ride free.

**Website:** [fountainvalley.org/1040/Senior-Transportation-Program](http://fountainvalley.org/1040/Senior-Transportation-Program)

## Fullerton

[cityoffullerton.com/gov/departments/parks\\_n\\_recreation/seniors/senior\\_transportation.asp](http://cityoffullerton.com/gov/departments/parks_n_recreation/seniors/senior_transportation.asp)

**Nutrition Transportation Program\*** ..... 714-738-6305

Transportation provided Monday through Friday to and from the Fullerton Community Center.

**Requirements:** Must be a Fullerton resident age 60+

**Cost:** Suggested donation of \$0.50 per one-way trip

**OCTA Senior 30-Day Bus Pass\*** ..... 714-738-6575

May be used for 30 consecutive days beginning on first day of use. Purchase at the Fullerton Community Center. Show proof of age and residency.

**Requirements:** Must be a Fullerton resident age 60+

**Cost:** \$5.00

**Taxi Voucher Program\*** ..... 714-738-6575

Taxi vouchers may be used to travel anywhere within Fullerton or up to 5 miles beyond the city limits. Purchase at the Fullerton Community Center.

**Requirements:** Must be a Fullerton resident age 60+

**Cost:** \$12.00 for a \$50.00 value book

## Garden Grove

**Senior Mobility Program\*** ..... 714-741-5423

Offers transportation Monday through Friday to and from the H. Louis Lake Senior Center, medical appointments, and grocery shopping in Garden Grove.

**Requirements:** Must be a Garden Grove resident age 60+

**Cost:** \$2.00 per one-way trip

**Website:** [ci.garden-grove.ca.us/commserv/seniorcenter](http://ci.garden-grove.ca.us/commserv/seniorcenter)

## Huntington Beach

**Surf City Seniors on the Go\*** ..... 714-374-1742

Provides door-to-door transportation Monday through Friday within Huntington Beach. Companions are available for those needing extra assistance.

**Requirements:** Must be a Huntington Beach resident age 60+. Reservations required.

**Cost:** Free

**Website:** [huntingtonbeachca.gov/residents/human\\_services/SeniorsOutreachCenterTransportation](http://huntingtonbeachca.gov/residents/human_services/SeniorsOutreachCenterTransportation).

## Irvine

### **Tailored Residential Irvine Paratransit (TRIPS) \*** .....949-724-7433

Pre-enrollment required. Call to discuss eligibility, fees, and reservations.

**Requirements:** Must be an Irvine resident age 18+ who is unable to drive due to a disability

**Cost:** \$1.90 per one-way trip within Irvine. \$25 initial registration fee and \$20 annual renewal.

**Website:** [cityofirvine.org/TRIPS](http://cityofirvine.org/TRIPS)

### **Senior Services Outreach Program** .....949-724-6926

Volunteer drivers provide transportation for non-emergency medical appointments. Program is not able to accommodate wheelchairs.

**Requirements:** Must be an Irvine resident age 50+ who is ambulatory. One-week advance notice required.

**Cost:** Free. Rides limited to 2 round trips per month.

**Website:** [cityofirvine.org/senior-services/transportation-services](http://cityofirvine.org/senior-services/transportation-services)

## La Habra

### **Senior Shuttle\*** .....562-383-4200

Transportation available Monday through Friday within the city.

**Requirements:** Must be a La Habra resident age 60+ or with disabilities. A 24-hour advance reservation is required.

**Cost:** Suggested donation of \$0.50 per one-way trip

**Website:** [lahabracity.com/505/La-Habra-Shuttle](http://lahabracity.com/505/La-Habra-Shuttle)

## La Palma

### **La Palma Recreation and Community Services** .....714-690-3350

The city does not currently participate in the OCTA Senior Mobility Program. Please call the Community Center to identify other transportation options and the process required to access transportation, or see countywide and public transportation options on pages 6 and 7 of this guide.

## Laguna Beach

[lagunabeachcity.net/cityhall/transit/senior.htm](http://lagunabeachcity.net/cityhall/transit/senior.htm)

### **Sally's Fund** .....949-499-4100

Provides transportation to and from the Laguna Beach community and Susi Q Center to attend the lunch program or classes.

**Requirements:** Must be a Laguna Beach resident age 60+

**Cost:** Free

### **Laguna Beach Transit** .....714-560-5932

Seniors receive a discount on fares for the fixed-route bus route in the city of Laguna Beach.

**Requirements:** Must be a Laguna Beach resident age 65+

**Cost:** \$0.30 per ride, or \$6.00 for a 20-ride punch pass. Free passes are available for low-income seniors at the Susi Q Center.

**Discounted Uber Rides** .....949-464-6645

**Requirements:** Must be a Laguna Beach resident either age 75+, 55+ and no longer able to drive a car, or a person with a disability age 18+.

**Cost:** Depending on the destination, 50% of the ride cost will be reimbursed to the rider, with a limit. Please see website and program guidelines for details.

**Website:** [lagunabeachcity.net/civicax/filebank/blobdload.aspx?BlobID=18564](http://lagunabeachcity.net/civicax/filebank/blobdload.aspx?BlobID=18564)

**Laguna Hills**

**Senior Dial-A-Taxi Program\*** .....949-707-2681

Provides transportation for shopping, medical appointments, recreational activities, and personal business.

**Requirements:** Must be a Laguna Hills resident age 60+

**Cost:** \$5.00 per one-way trip. \$16.00 per one-way trip to John Wayne Airport.

**Website:** [ci.laguna-hills.ca.us/190/Dial-A-Taxi-Program-For-Seniors](http://ci.laguna-hills.ca.us/190/Dial-A-Taxi-Program-For-Seniors)

**Laguna Niguel**

**Transportation Program\*** .....949-425-5151

Provides transportation services to and from the Sea Country Senior and Community Center.

**Requirements:** Must be a Laguna Niguel resident age 60+ who cannot drive or does not own a car

**Cost:** \$2.50 per one-way trip. One-way trips limited to 16 per month.

**Website:** [cityoflagunaniguel.org/index.aspx?NID=243&PREVIEW=YES](http://cityoflagunaniguel.org/index.aspx?NID=243&PREVIEW=YES)

**Laguna Woods**

[cityoflagunawoods.org/our-services/senior-mobility-services/](http://cityoflagunawoods.org/our-services/senior-mobility-services/)

**General Taxi Vouchers\*** .....949-639-0500

Taxi bucks are available in books and can be used for any trip beginning or ending in Laguna Woods to or from any point in Orange County with the exception of John Wayne Airport.

**Requirements:** Must be a Laguna Woods resident age 60+

**Cost:** \$35 for a \$50 value, or \$70 for a \$100 value

**Non-Emergency Medical Transportation (NEMT) \*** .....949-639-0500

Service is available for any non-emergency medical trip beginning or ending in Laguna Woods or from any facility in Orange County or to the VA Long Beach Healthcare System.

**Requirements:** Must be a Laguna Woods resident age 60+

**Cost:** Depending on the length of the trip, costs range from \$4 to \$12 one-way

**Irvine Station (Transportation Center) Travel Vouchers\*** .....949-639-0500

Vouchers are available for taxi trips beginning or ending in Laguna Woods to the Irvine Station to connect with passenger rail and bus services provided by Amtrak, Metrolink, the OCTA, and others.

**Requirements:** Must be a Laguna Woods resident age 60+

**Cost:** \$10.00 per one-way trip

## Lake Forest

**Senior Transportation\*** .....949-461-3408

Offers taxi vouchers to a variety of locations, including non-emergency medical appointments.

**Requirements:** Must be a Lake Forest resident age 60+

**Cost:** Vary according to destination. See website for details.

**Website:** [lakeforestca.gov/173/Senior-Transportation](http://lakeforestca.gov/173/Senior-Transportation)

## Los Alamitos

The city does not currently participate in the OCTA Senior Mobility Program. Please see countywide and public transportation options on pages 6 and 7 of this guide.

## Mission Viejo

**Senior Dial-A-Taxi Program\*** .....949-470-3062

Offers service 24 hours a day, 7 days a week.

**Requirements:** Must be a Mission Viejo resident age 60+

**Cost:** \$5.00 per one-way trip within approved service area

**Website:** [cityofmissionviejo.org/departments/recreation/senior-services/senior-transportation](http://cityofmissionviejo.org/departments/recreation/senior-services/senior-transportation)

## Newport Beach

**OASIS Senior Center\*** .....949-644-3244

**Requirements:** Must be a Newport Beach resident age 60+ who cannot drive

**Cost:** \$3.00 per one-way trip to and from medical appointments, shopping, and essential errands.

\$1.50 per one-way trip to and from the OASIS Senior Center for classes and events.

**Website:** [newportbeachca.gov/government/departments/recreation-senior-services/senior-services-oasis-senior-center/transportation-service](http://newportbeachca.gov/government/departments/recreation-senior-services/senior-services-oasis-senior-center/transportation-service)

## Orange

[orangeseniorcenter.org/programs.html](http://orangeseniorcenter.org/programs.html)

**Go Orange! \*** .....714-538-9633

The Orange Senior Center subsidizes the cost of taxi travel within the City of Orange.

**Requirements:** Must be an Orange resident age 60+

**Cost:** \$5.00 for 6 one-way vouchers

**Senior Mobility Program\*** .....714-538-9633

The Orange Senior Center provides transportation to participate in the senior center congregate lunch program.

**Requirements:** Must be an Orange resident age 60+

**Cost:** \$0.50 per day

## Placentia

**Senior Center Transportation\*** ..... 714-490-4496

Provides roundtrip service to and from the Placentia Senior Center.

**Requirements:** Must be a Placentia resident age 60+.

**Cost:** Free

**Website:** [placentia.org/seniorcenter](http://placentia.org/seniorcenter)

## Rancho Santa Margarita

**Senior Mobility Program\*** ..... 949-216-9700

Rides within city limits are limited to 4 one-way trips per month. Other destinations are offered at reduced fares and limited to two times per month.

**Requirements:** Must be a Rancho Santa Margarita resident age 60+

**Cost:** Cost varies by destination. See website for details.

**Website:** [cityofrsm.org/486/Senior-Mobility-Program](http://cityofrsm.org/486/Senior-Mobility-Program)

## San Clemente

[san-clemente.org/i-am-a-/resident/senior-services](http://san-clemente.org/i-am-a-/resident/senior-services)

**Senior Non-Emergency Medical Transportation\*** ..... 949-855-9766

Provides transportation to non-emergency medical appointments.

**Requirements:** Must be a San Clemente resident age 60+

**Cost:** \$2.75 per one-way trip. Exact change required. Care attendants ride free of charge.

**Group Transportation Services\*** ..... 949-498-3322

Provides transportation to and from the San Clemente Senior Center for lunch and activities.

**Requirements:** Must be a San Clemente resident age 60+

**Cost:** Free

**Grocery Shopper Shuttle\*** ..... 949-361-8254

The Shopper Shuttle takes San Clemente's senior residents to select shopping centers in the city.

**Requirements:** Must be a San Clemente resident age 60+

**Cost:** Free

## San Juan Capistrano

**Senior Mobility Program\*** ..... 949-493-5911

Offers ride-share transportation to the San Juan Capistrano Community Center, local medical appointments, and grocery shopping.

**Requirements:** Must be a San Juan Capistrano resident age 60+

**Cost:** Free

**Website:** [38.106.4.59/Index.aspx?page=304](http://38.106.4.59/Index.aspx?page=304)

## **Santa Ana**

**Seniors on the Go\*** .....714-647-6553

Offers non-medical transportation Monday through Friday to and from the Santa Ana Senior Center and the Southwest Senior Center.

**Requirements:** Must be a Santa Ana resident age 60+

**Cost:** Free

**Website:** [ci.santa-ana.ca.us/parks/SeniorServices.asp](http://ci.santa-ana.ca.us/parks/SeniorServices.asp)

## **Seal Beach**

[sealbeachca.gov/City-Services/Transportation-Services](http://sealbeachca.gov/City-Services/Transportation-Services)

**Dial-A-Ride\*** .....562-439-3699

Offers transportation for senior residents to any location within city limits. Residents can utilize the program for non-emergency medical visits outside the city by up to 3 miles. Call at least 24 hours in advance to schedule.

**Requirements:** Must be a Seal Beach resident age 60+

**Cost:** Free

**Senior Transportation Program\*** .....562-431-2527 x 1350

Provides transportation to the Senior Nutrition Program at the North Seal Beach center.

**Requirements:** Must be a Seal Beach resident age 60+

**Cost:** Free

**Shopping Shuttle\*** .....562-439-3699

Provides Seal Beach seniors transportation to shopping areas within the city. The shuttle runs to the Shops at Rossmoor and the Seal Beach Regency Center.

**Requirements:** Must be a Seal Beach resident age 60+

**Cost:** Free

## **Stanton**

**Senior Mobility Program\*** .....714-890-4276

Provides transportation to the Stanton Senior Center for free fitness classes, a low-cost nutritious lunch, or a visit to the farmer's market.

**Requirements:** Must be a Stanton resident age 60+

**Cost:** Free

**Website:** [ci.stanton.ca.us/Departments/Community-Services/Senior-Services](http://ci.stanton.ca.us/Departments/Community-Services/Senior-Services)

## Tustin

[tustinca.org/civicax/filebank/blobdload.aspx?BlobID=23290](http://tustinca.org/civicax/filebank/blobdload.aspx?BlobID=23290)

**Senior Mobility Program\*** ..... 714-573-3330

Provides transportation to the Tustin Senior Center and grocery shopping centers. A three day advance notice is required for all reservations.

**Requirements:** Must be a Tustin resident age 60+ or with a disability

**Cost:** Suggested donation of \$1.00 per one-way trip

**Senior Non-Emergency Medical Trips\*** ..... 714-573-3348

Provides transportation to medical appointments in the city of Tustin and St. Joseph Hospital, UC Irvine Medical Center, and Kaiser Irvine. Reservations must be scheduled three days in advance.

**Requirements:** Must be a Tustin resident age 55+ or with a disability

**Cost:** Suggested donation of \$1.00 per one-way trip

## Villa Park

**Senior Mobility Program\*** ..... 714-998-1500

Pre-registration required and reservations must be scheduled at least 24 hours in advance.

**Requirements:** Must be a Villa Park resident age 60+

**Cost:** \$5.00 per one-way trip. Limited to 8 one-way trips per month.

**Website:** [villapark.org/Villa-Park/Residents/Senior-Mobility-Program](http://villapark.org/Villa-Park/Residents/Senior-Mobility-Program)

## Westminster

**Westminster on Wheels (WOW)\*** ..... 714-895-2878 x 675

(1) The Nutrition Van Program provides rides to the Senior Center for the lunch program.

(2) The Shuttle Program travels to various locations throughout the city. Pick up locations include the Senior Center, Mobile Home Parks, and Senior Housing Facilities.

**Requirements:** Must be a Westminster resident age 60+

**Cost:** Free

**Website:** [ci.westminster.ca.us/depts/cs/senior/transportation.asp](http://ci.westminster.ca.us/depts/cs/senior/transportation.asp)

**ABRAZAR, Inc. \*** ..... 714-702-1586

ABRAZAR provides transportation services to congregate meal programs in Westminster and Midway City. Transportation is also available to governmental agencies, such as the Social Security Office, Veteran's Services Office, and the Housing Authority.

**Requirements:** Must be a Westminster or Midway City resident age 60+

**Cost:** Free, but donations are accepted.

## Yorba Linda

**TRAILS\*** ..... 714-528-7433

The Taking Retired Adults Into Local Services (TRAILS) program provides ride-share transportation. Reservations must be made at least 24 hours in advance.

**Requirements:** Must be a Yorba Linda resident age 60+

**Cost:** \$1.00 per one-way trip. Companions over the age of 18 ride free.

**Website:** [ci.yorba-linda.ca.us/~ci26/images/stories/pdf/recreation/TRAILS%20Brochure.pdf](http://ci.yorba-linda.ca.us/~ci26/images/stories/pdf/recreation/TRAILS%20Brochure.pdf)

# **Fitness to Drive and Car Comfort**

## General Resources

### **Assistive Accessories for Your Car**

[seniordriving.aaa.com/maintain-mobility-independence/car-buying-maintenance-assistive-accessories/](http://seniordriving.aaa.com/maintain-mobility-independence/car-buying-maintenance-assistive-accessories/)

Helps suggest accessories or make alterations to 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](http://car-fit.org)

Educational program offering 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. Check workshop locations and times on the website.

### **Flexibility Fitness Training for Improving Older Driver Performance**

[autoclubsouth.aaa.com/Assets/PDFs/flexibility\\_brochure.pdf](http://autoclubsouth.aaa.com/Assets/PDFs/flexibility_brochure.pdf)

Exercises designed to improve flexibility as it relates to driving. Useful for preventing fatigue, decreasing lower back pain, parallel parking, backing up, adjusting mirrors, and looking over shoulders.

### **Safety Considerations for Any Car Checklist**

[thehartford.com/sites/thehartford/files/your-road-to-conseniorfidence.pdf](http://thehartford.com/sites/thehartford/files/your-road-to-conseniorfidence.pdf)

Page 21 of this resource includes a checklist of safety features that maximizes safe driving for older drivers.

### **Smart Features for Older Drivers**

[seniordriving.aaa.com/smartfeatures](http://seniordriving.aaa.com/smartfeatures)

Helps identify smart features in vehicles to optimize older drivers’ comfort and safety, which can help with personal needs, including diminished vision, short stature, limited knee range of motion, or arthritic hands.

## Driver Refresher Courses

### *In Person*

#### **Age Well Drive Smart**

[chp.ca.gov/programs-services/programs/age-well-drive-smart](http://chp.ca.gov/programs-services/programs/age-well-drive-smart) ..... 858-650-3600  
Free classroom program created by the California Highway Patrol to raise awareness of driving warning signs and offer alternatives to driving. Contact the Public Information Office at your CHP Area Office for class locations. CHP Website: [chp.ca.gov](http://chp.ca.gov)

#### **Older Adult Education Agency: School of Continuing Education**

[sce.edu/olderadults](http://sce.edu/olderadults) ..... 714-808-4909  
Offers mature driver improvement classes for those who wish to qualify for a reduced insurance premium. Visit website to view class locations.

### *Online*

#### **AAA Roadwise Driver**

[seniordriving.aaa.com/maintain-mobility-independence/driver-improvement-courses-seniors](http://seniordriving.aaa.com/maintain-mobility-independence/driver-improvement-courses-seniors) ..... 877-476-1254  
Online or in-person course designed to help seniors be better, safer drivers. Visit website for class locations and prices.

#### **AARP Driver Safety Course**

[aarp.org/driversafety](http://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 four-hour sessions. Visit website for class locations and prices.

#### **American Safety Council Mature Driving Course**

[americansafetycouncil.com/online-courses/ca-mature-driver.aspx](http://americansafetycouncil.com/online-courses/ca-mature-driver.aspx) ..... 800-393-1063  
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](http://idrivesafely.com) ..... 866-388-9068  
Six-hour, self-paced, online mature driving program that 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/](http://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](http://cheapmaturedriver.com) ..... 800-259-0530  
Online crash prevention course that educates older drivers about the effects that aging can have on the ability to safely control a vehicle and suggests helpful remedies and alternatives. Visit website for current pricing information.

## Local Driving Schools

*These schools are for adults and seniors just starting to learn how to drive or need a brush up course to prepare for a regular DMV Drive Test. Seniors who have been notified by the DMV because their license has been revoked, suspended, or need a renewal and re-examination testing are advised to get an assessment and a professional evaluation by a state-licensed driving school. This is not an exhaustive list of driving schools in Orange County. Please call to see if it is a good fit for you.*

**America Driving School \***

[america-driving-school.com](http://america-driving-school.com) ..... 714-505-3427

**A to Z Driving School \***

[a2zdriving.com](http://a2zdriving.com) ..... 714-828-6147

**GNC Driving School**

[gncdrivingschool.com](http://gncdrivingschool.com) ..... 714-973-6369

**Kanor Driving School**

[kanor.net](http://kanor.net) ..... 714-821-4578

**HomeSafe Driving School**

[homesafedrivingschool.com](http://homesafedrivingschool.com) ..... 949-793-0311

**Mr. Mrs. Driving School and Traffic School**

[primemrsmrsdrivingschool.com](http://primemrsmrsdrivingschool.com) ..... 714-318-7770

247mrstraffic@gmail.com

**Sensus Driving School**

[sensusdrivingschool.com](http://sensusdrivingschool.com) ..... 855-735-6688

**SOC Driving School**

[Drivesoc.com](http://Drivesoc.com) ..... 949-770-6637

**Varsity Driving Academy**

[varsitydrivingacademy.com](http://varsitydrivingacademy.com) ..... 949-387-4400

\*School offers senior discount

## Adaptive Equipment for Vehicles

*Local retailers that offer non-prescription items such as the handybar, leg lifter, and swivel seat*

### **A-1 Home Healthcare**

[a1wheelchair.com](http://a1wheelchair.com)

536 N. El Camino Real. San Clemente, CA 92672 ..... 949-498-1700

### **DMES Home Medical Supply Store**

[dmes.com](http://dmes.com)

27672 Crown Valley Parkway, Ste A. Mission Viejo, CA 92691 ..... 949-347-0887

3421 East Chapman Ave. Orange, CA 92869 ..... 714-633-3637

3474 Katella Ave. Los Alamitos, CA 90720 ..... 562-344-4770

20962 Magnolia St. Huntington Beach, CA 92626 ..... 714-500-0568

### **OC Medical Supply Inc.**

[ocmedicalsupply.com](http://ocmedicalsupply.com)

755 N Euclid St. Anaheim, CA 92801 ..... 714-956-4690

### **PRN Medical Supply**

[prnmedicalsupply.com](http://prnmedicalsupply.com)

3150 E La Palma Ave Ste H. Anaheim, CA 92806 ..... 714-833-5956

### **Wellness Medical Equipment and Supplies**

[wellnesshealthcaresupplies.com](http://wellnesshealthcaresupplies.com)

7961 Valley View St. La Palma, CA 90623 ..... 714-868-8544

1261 Lakeview Ave. Anaheim, CA 92807 ..... 714-779-8544

**In-store:** Walmart, drug stores, automotive stores, Costco

**Online:** [Allegromedical.com](http://Allegromedical.com); [Amazon.com](http://Amazon.com)

## Vehicle Modification Vendors

*Local vendors that offer wheelchair lifts, driving controls, and other custom car modifications*

### **Aero Mobility** - Certified by the National Mobility Equipment Dealers Association

[aeromobility.com](http://aeromobility.com)

1001 N. Weir Canyon Rd. Anaheim, CA 92807 ..... 714-835-1000

2345 N. Grand Avenue. Santa Ana, CA 92705 ..... 714-973-8600

### **The Ability Center** - Certified by the National Mobility Equipment Dealers Association

[abilitycenter.com](http://abilitycenter.com)

11600 Western Ave. Stanton, CA 90680 ..... 714-890-8262

### **The Mobility Specialists**

[mobilityspecialists.com](http://mobilityspecialists.com)

490 Capricorn St. Brea, CA 92821 ..... 714-674-0480

# **Assessments, Evaluation, and Rehabilitation Programs**

## Self-Assessments

### **“Am I a Safe Driver?”**

[nhtsa.gov/document/assessing-and-counseling-older-drivers](https://nhtsa.gov/document/assessing-and-counseling-older-drivers)

Pages 208-209 of the resource offer a checklist of statements for an older driver to determine whether or not their driving is at risk.

### **Drivers 65 Plus: Check Your Performance**

[seniordriving.aaa.com/wp-content/uploads/2016/08/Driver652.pdf](https://seniordriving.aaa.com/wp-content/uploads/2016/08/Driver652.pdf)

Free, online self-rating form to help older drivers examine their ability to keep driving safely. Identifies strengths and weaknesses and offers suggestions to improve driving.

### **Driver Practice Tests and Tutorial**

Practice tests: [dmv.ca.gov/portal/dmv/detail/pubs/interactive/tdrive/exam](https://dmv.ca.gov/portal/dmv/detail/pubs/interactive/tdrive/exam)

California Drivers Handbook: [dmv.ca.gov/web/eng\\_pdf/dl600.pdf](https://dmv.ca.gov/web/eng_pdf/dl600.pdf)

### **DriveSharp**

[drivesharp.com](https://drivesharp.com)

Online brain training program to help older drivers improve their ability to monitor multiple moving objects and increase their processing speed in order to reduce the risk of crashing.

### **Driving Decisions Workbook**

[deepblue.lib.umich.edu/handle/2027.42/1321](https://deepblue.lib.umich.edu/handle/2027.42/1321)

Self-assessment and feedback of five areas that affect safe driving: on the road, seeing, thinking, getting around, and health.

### **Driving Safely While Aging Gracefully**

[nhtsa.gov/older-drivers/driving-safely-while-aging-gracefully](https://nhtsa.gov/older-drivers/driving-safely-while-aging-gracefully)

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](https://lifelongdriver.com)

Program to improve skills necessary for older drivers 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.

### **Senior Driving AAA Self-Rating Tool**

[seniordriving.aaa.com/evaluate-your-driving-ability/self-rating-tool/](https://seniordriving.aaa.com/evaluate-your-driving-ability/self-rating-tool/)

Drivers 65 Plus is a 15-question self-rating driving assessment exercise designed to help examine driving performance and provide suggestions on how to improve driving.

### **Senior Driving Resource Room - Florence Sylvester Memorial Senior Center**

23721 Moulton Pkwy. Laguna Hills, CA 92653..... 949-830-0155

Provides a self-assessment driving course with information and brochures on safe driving.

## Medication Assessments

### Roadwise RX

[roadwiserox.com](http://roadwiserox.com)

Online tool designed to help drivers learn more about how their medications may affect driving.

## Assessments by Family Members/Caregivers

### Fitness-To-Drive

[fitnesstodrive.php.ufl.edu/](http://fitnesstodrive.php.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 in the last 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 31)  
[dmv.ca.gov/portal/dmv/detail/forms/ds/ds699](http://dmv.ca.gov/portal/dmv/detail/forms/ds/ds699)

## Driver Evaluation and Rehabilitation Programs

### The Driving Center – Debbie Ricker, OTR

Email: [dbrcker@aol.com](mailto:dbrcker@aol.com) ..... 562-760-1400  
Provides clinical driving evaluation, in-vehicle driving evaluation, clinical driving training, in-vehicle driving training, and mobility training for alternative transportation for persons 65+ and disabled persons.

### Driving Fitness Evaluations – Ernest C. Santos, OTR

[drivingfinessevaluations.com](http://drivingfinessevaluations.com) ..... 562-268-5314  
Provides driving evaluation, clinical driver assessment, training in different vehicle processes, and consultation of vehicle modifications. Locations: Seal Beach, Anaheim, and Fountain Valley.

### Driver Assessment Program – St. Jude Medical Center

[stjudemedicalcenter.org/our-services/driver-assessment-program/](http://stjudemedicalcenter.org/our-services/driver-assessment-program/) ..... 714-578-8706 x 2327  
Requires physician referral for a one-time appointment for clinical assessment of vision testing, perceptual testing, physical skills, and reaction times, followed by a behind-the-wheel assessment in a dual-control car. Client leaves with recommendations and resources regarding safe driving.

### Driving Rehabilitation Program – Hoag Hospital

[hoag.org](http://hoag.org) ..... 949-764-4624  
Provides driving assessment and training. Teaches compensation strategies for physical, cognitive, and visual limitations, and ensures safety and independence on the road. Consists of a clinical evaluation and a behind-the-wheel evaluation. Recommendations and a written copy of the evaluation will be discussed with the client/family/caregiver and forwarded to the referring physician.

## California Program Locator

### **Training, Research and Education for Driving Safety (TREDS)**

[treds.ucsd.edu/driver-evaluation/](https://treds.ucsd.edu/driver-evaluation/)

Contains information about California Occupational Therapist (OT) Driving Programs with professionals who are trained in driving assessment and evaluation. A trained OT can help seniors determine the effects of health impairments and other limitations on their driving and help develop and implement a plan with strategies to reduce their risks and to stay mobile.

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

## National Program Locator

### **American Occupational Therapy Association**

[aota.org/Practice/Productive-Aging/Driving.aspx](https://aota.org/Practice/Productive-Aging/Driving.aspx)

### **Association of Driver Rehabilitation Specialists**

[aded.net/](https://aded.net/).....866-672-9466

## **Transitioning from Driving**

*Transitioning from driving may be a challenge for both the older driver and their support system. The following resources can help families initiate a conversation about safe driving early and provide planning tools to ease the transition.*

### Family Conversations

#### **Driver Planning Agreement**

[seniordriving.aaa.com/resources-family-friends/conversations-about-driving/](https://seniordriving.aaa.com/resources-family-friends/conversations-about-driving/)

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

#### **How to Understand and Influence Older Drivers (2013)**

[nhtsa.gov/people/injury/olddrive/UnderstandOlderDrivers](https://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/](https://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](https://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...**

[thehartford.com/resources/mature-market-excellence/family-conversations-with-older-drivers](https://thehartford.com/resources/mature-market-excellence/family-conversations-with-older-drivers)

Suggestions to help families address the subject of older driver safety and foster meaningful family conversations about the subject.

## Planning Tools

### **Dayle McIntosh Center Mobility Management Program (MMP)**

[daylemc.org/services/skills-training/mobility-management-program/](http://daylemc.org/services/skills-training/mobility-management-program/) ..... 714-621-3300

Provides public transportation services for disabled and low-income individuals in Orange County such as travel training, trip planning assistance, and companionship for new riders.

### **Dementia & Driving Resource Center – Alzheimer’s Association**

[alz.org/care/alzheimers-dementia-and-driving.asp](http://alz.org/care/alzheimers-dementia-and-driving.asp)

Includes information on family conversations, signs of unsafe driving, and tips for planning ahead. Contains links to resources such as the Alzheimer’s Navigator, a free online tool that provides step-by-step guidance on topics including driving safety.

### **Getting By Without Driving**

[nhtsa.gov/document/assessing-and-counseling-older-drivers](http://nhtsa.gov/document/assessing-and-counseling-older-drivers)

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.

### **“Getting There” Worksheet**

[thehartford.com/resources/mature-market-excellence/family-conversations-with-older-drivers](http://thehartford.com/resources/mature-market-excellence/family-conversations-with-older-drivers)

Pages 17-18 of the resource help older drivers identify the best alternative transportation methods in their area.

### **Healthy Aging: Is it Time to Stop Driving?**

[healthy.kaiserpermanente.org/health/care/consumer/health-wellness/conditions-diseases](http://healthy.kaiserpermanente.org/health/care/consumer/health-wellness/conditions-diseases)

Kaiser Permanente provides facts, options, and guidance on driving safety and family conversations.

### **OCTA Mobility Management Program**

Email: [mmp@octa.com](mailto:mmp@octa.com) ..... 714-560-5431

Provides personalized travel training to grant Orange County residents greater independence utilizing the Orange County Transportation Authority’s (OCTA) bus system. Training is offered in one-on-one or group format and is provided at no cost to participants.

### **Transportation Cost Worksheet**

[thehartford.com/resources/mature-market-excellence/family-conversations-with-older-drivers](http://thehartford.com/resources/mature-market-excellence/family-conversations-with-older-drivers)

Page 19 of the resource helps drivers track costs involved in owning a car, such as regular operating and maintenance expenses.

## **How to Get a California State ID**

Adults who no longer have a Driver's License may wish to obtain a California State ID or Senior Citizen Card in order to purchase goods, open a bank account, or board a flight. Seniors who use the OC Bus will need to show ID to qualify for discount tickets and board the bus.

### **Options**

	Price	Valid for
Regular State ID Card	\$29.00	6 years
Senior Citizen Card for adults 62+	No cost	10 years

### **Steps**

- Visit or make an appointment at your local DMV: [dmv.org/dmv-office-finder.php](http://dmv.org/dmv-office-finder.php)
- Complete an Identification Card Application (Form DL 44).
- Provide proofs of your ID, SSN, birth date, and residency.

### **You Will Need:**

- Your Social Security Number
- Original or certified copy of a document proving your date of birth or legal presence, such as:
  - CA driver's license
  - U.S. passport
  - Birth certificate
- Original or certified copy of a document proving your name if you have had a name change, such as:
  - Marriage certificate
  - Name change document showing your original and new name
  - Adoption papers
- 2 documents proving your California residency, such as:
  - Home utility bills
  - Title or deed to your residence or property
  - Pay stub from your employer

For more information, visit [www.dmv.org/ca-california/id-cards.php](http://www.dmv.org/ca-california/id-cards.php)

## **Medical Providers**

### Clinician's Guide to Assessing and Counseling Older Drivers

[nhtsa.gov/document/assessing-and-counseling-older-drivers](https://www.nhtsa.gov/document/assessing-and-counseling-older-drivers)

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 dementias). 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 (CDPH) 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 the DMV.  
[ochealthinfo.com/civicax/filebank/blobdload.aspx?BlobID=13139](https://ochealthinfo.com/civicax/filebank/blobdload.aspx?BlobID=13139)

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.  
[dmv.ca.gov/portal/dmv/detail/forms/ds/ds699](https://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 2, page 32)  
[dmv.ca.gov/portal/dmv/?1dmy&urile=wcm:path:/dmv\\_content\\_en/dmv/forms/ds/ds326](https://dmv.ca.gov/portal/dmv/?1dmy&urile=wcm:path:/dmv_content_en/dmv/forms/ds/ds326)

# 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 reevaluate 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.)  
Note: All fields marked with an asterisk (\*) are required.

NAME OF PERSON BEING REPORTED (FIRST, M.I., LAST)*	DATE OF BIRTH OR APPROXIMATE AGE*	TELEPHONE NUMBER (    )
DRIVER LICENSE NUMBER	VEHICLE LICENSE PLATE NUMBER, IF AVAILABLE	
STREET 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.

<input type="checkbox"/> Medical Condition <input type="checkbox"/> Physical Condition <input type="checkbox"/> Mental/Emotional Condition <input type="checkbox"/> Vision Condition <input type="checkbox"/> Weakness or Coordination Problems <input type="checkbox"/> Difficulty Walking	<input type="checkbox"/> Confused/Disoriented <input type="checkbox"/> Alcohol/Drug Use (Describe below) <input type="checkbox"/> Blackouts, Seizures, Fainting Spells <input type="checkbox"/> Needs help with daily activities (i.e., cooking, dressing, bathing, balancing checkbook) <input type="checkbox"/> Other: _____
------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

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

<input type="checkbox"/> Does not see or react to other cars, pedestrians, etc. <input type="checkbox"/> Drives in wrong lane <input type="checkbox"/> Drives on wrong side of the road <input type="checkbox"/> Acts violent or aggressive when driving <input type="checkbox"/> Drives too slow, or stops, for no reason <input type="checkbox"/> Has trouble steering, braking, or otherwise controlling car <input type="checkbox"/> Is confused by traffic <input type="checkbox"/> Gets lost or confused while driving near home <input type="checkbox"/> Fails to react to traffic signals, other cars, pedestrians, etc. <input type="checkbox"/> Makes turns from wrong lane	<input type="checkbox"/> Turns in front of on-coming cars <input type="checkbox"/> Allows car to drift in and out of lane <input type="checkbox"/> Backs up or changes lanes without looking back or checking mirrors <input type="checkbox"/> Applies brake and gas pedals at the same time <input type="checkbox"/> Slow reactions that may be caused by medications or drugs <input type="checkbox"/> Drives on sidewalk <input type="checkbox"/> Makes driving mistakes while talking to passengers <input type="checkbox"/> Falls asleep while driving <input type="checkbox"/> Other actions (Describe below) _____
------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

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.

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 reports 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:**

- |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Bakersfield</b> , 5800 District Blvd., Ste. 100-B, Bakersfield, 93313<br><b>City of Commerce</b> , 5801 E. Slauson Ave., Ste. 250<br>Commerce, 90040-3050<br><b>City of Orange</b> , 790 The City Dr., Ste. 420<br>Orange, 92868-4941<br><b>Covina</b> , 1365 N. Grand Ave., Ste. 101, Covina, 91724-4048<br><b>El Segundo</b> , 390 N. Sepulveda Blvd. Ste. 2075,<br>El Segundo, 90245-4470<br><b>Fresno</b> , 2510 S. East Ave., Ste. 310, Fresno, 93706-5112<br><b>Oakland</b> , 7677 Oakport St., Ste. 220, Oakland, 94621-1906 | <b>Oxnard</b> , 2051 N. Solar Dr., Ste. 100, Oxnard, 93036-2650<br><b>Redding</b> , 2650 Churn Creek Rd., Ste. 200, Redding, 96002-1169<br><b>Sacramento</b> , 4700 Broadway, 2nd Flr., Sacramento, 95820-1501<br><b>San Bernardino</b> , 1845 Business Center Dr., Ste 212,<br>San Bernardino, 92408-3447<br><b>San Diego</b> , 1455 Frazee Rd., Ste. 400, San Diego, 92108-4378<br><b>San Francisco</b> , 1377 Fell St., 2nd Floor, San Francisco, 94117-2296<br><b>San Jose</b> , 90 Great Oaks Blvd., Ste. 104, San Jose, 95119-1314<br><b>Stockton</b> , 710 N. American St., Stockton, 95202-1823<br><b>Van Nuys</b> , 6150 Van Nuys Blvd., Ste. 205, Van Nuys, 91401-3333 |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

**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](http://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. **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 §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:

**PHYSICIAN RETURN FORM TO:**  
 DEPARTMENT OF MOTOR VEHICLES  
 Licensing Operations Division  
 Driver Safety Branch  
 P. O. Box 934345 MS J-234  
 Sacramento, CA 95818

RETURN BY: \_\_\_\_\_

**SECTION 1 — DRIVER INFORMATION**

NAME (LAST, FIRST, MIDDLE)		DRIVER LICENSE NO.	BIRTH DATE	FIELD FILE
STREET ADDRESS		CITY	ZIP	PATIENT'S DAYTIME OR HOME PHONE NO.

**DRIVER MUST COMPLETE HEALTH HISTORY BELOW. (Please explain any "YES" answers)**

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

**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)	
DATE	MEDICAL RECORD/PATIENT FILE NO.

**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	DATE
X	

**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)

3. **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).

<b>CONDITION BEING REPORTED</b>							
Patient Name - Last Name		First Name		MI	Ethnicity (check one)		
Home Address: Number, Street				Apt./Unit No.			
City		State	ZIP Code				
Home Telephone Number		Cell Telephone Number		Work Telephone Number			
Email Address			Primary Language <input type="checkbox"/> English <input type="checkbox"/> Spanish <input type="checkbox"/> Other:				
Birth Date (mm/dd/yyyy)		Age	Gender <input type="checkbox"/> M to F Transgender <input type="checkbox"/> Male <input type="checkbox"/> F to M Transgender <input type="checkbox"/> Female <input type="checkbox"/> Other:				
Pregnant? <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Unknown		Est. Delivery Date (mm/dd/yyyy)		Country of Birth			
Occupation or Job Title			Occupational or Exposure Setting (check all that apply): <input type="checkbox"/> Food Service <input type="checkbox"/> Day Care <input type="checkbox"/> Health Care <input type="checkbox"/> Correctional Facility <input type="checkbox"/> School <input type="checkbox"/> Other (specify):				
Date of Onset (mm/dd/yyyy)		Date of First Specimen Collection (mm/dd/yyyy)		Date of Diagnosis (mm/dd/yyyy)			
Reporting Health Care Provider		Reporting Health Care Facility		<b>REPORT TO:</b>  <div style="border: 1px solid black; height: 100px; width: 100%;"></div> (Obtain additional forms from your local health department.)			
Address: Number, Street						Suite/Unit No.	
City		State	ZIP Code				
Telephone Number		Fax Number					
Submitted by		Date Submitted (mm/dd/yyyy)					
<b>DEPARTMENT OF MOTOR VEHICLES (DMV)</b>							
California Driver License or Identification Card Number (eight characters): <input style="width: 100px; border: 1px solid black;" type="text"/>							
1. If this report is based upon episodic lapses of consciousness, when was the most recent episode?: <input style="width: 100px; border: 1px solid black;" type="text"/> (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. (a): <input style="width: 50px; border: 1px solid black;" type="text"/> (mm/dd/yyyy)              (b): <input style="width: 50px; border: 1px solid black;" type="text"/> (mm/dd/yyyy)              (c): <input style="width: 50px; border: 1px solid black;" type="text"/> (mm/dd/yyyy)              (d): <input style="width: 50px; border: 1px solid black;" type="text"/> (mm/dd/yyyy)              (e): <input style="width: 50px; border: 1px solid black;" type="text"/> (mm/dd/yyyy)              (f): <input style="width: 50px; border: 1px solid black;" type="text"/> (mm/dd/yyyy)							
3. Within the past 12 months, has there been an episode of loss of consciousness or control while driving? <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Uncertain							
4. Are additional lapses of consciousness likely to occur? <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Uncertain							
5. If the patient has had episodes of nocturnal seizures, is there likelihood of lapses of consciousness occurring while he/she is awake? <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Uncertain							
6. Has this patient been diagnosed with dementia or Alzheimer’s disease? <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Uncertain							
7. Would you currently advise this patient not to drive because of his/her medical condition? <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Uncertain							
8. Does this patient’s condition represent a permanent driving disability? <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Uncertain							
9. Would you recommend a driving evaluation by DMV? <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Uncertain							
<b>Remarks:</b>							

Printable version: [www.cdph.ca.gov/CDPH%20Document%20Library/ControlledForms/cdph110c.pdf](http://www.cdph.ca.gov/CDPH%20Document%20Library/ControlledForms/cdph110c.pdf)

#### 4. Safety Considerations for Any Car Checklist

## Shopping for Safety

### Safety Considerations for Any Car

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

## 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.

- 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.**

## 6. 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.

## 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:

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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:

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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?

*Continued*

## “GETTING THERE” WORKSHEET (CONT.)



### 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:

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### 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?

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

Notes:

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### 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:

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## 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.

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



# TREDS

TRAINING, RESEARCH AND EDUCATION  
FOR DRIVING SAFETY

## TREDS

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