SAN DIEGO COUNTY REFERRAL GUIDE FOR OLDER ROADWAY USERS

TREDS

TRAINING, RESEARCH AND EDUCATION FOR DRIVING SAFETY

RESOURCES TO PROMOTE SAFE DRIVING AND MOBILITY

VISIT TREDS.UCSD.EDU FOR MORE INFORMATION

TREDS

TRAINING, RESEARCH AND EDUCATION FOR DRIVING SAFETY

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

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

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

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

Sincerely,

The TREDS Team

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Information and Referral

General Resources

2-1-1

211sandiego.org/new/

San Diego County ..... 2-1-1 or (858) 300-1211

Outside San Diego County ..... (800) 227-0997

Connects people with community, health, and disaster services through a free, 24/7 phone service and searchable online database. Provides resources about access to affordable health and housing options, help for ailing parents, transportation programs, and more.

ADULT PROTECTIVE SERVICES

sandiegocounty.gov/content/sdc/hhsa/programs/ais/adult_protective_services.html

For information or to make a report in San Diego County..... (800) 510-2020

Outside San Diego County ..... (800) 339-4661

Mandated reporters can submit reports here: AISWebReferral.org

Serves adults aged 65+ and dependent adults aged18+. Investigates elder and dependent adult abuse, including cases of neglect and abandonment, as well as physical, sexual, and financial abuse.

AGING AND INDEPENDENCE SERVICES

sandiegocounty.gov/hhsa/programs/ais/

San Diego County ..... (800) 510-2020

Outside San Diego County ..... (800) 339-4661

Services for older adults, people with disabilities, and their family members to keep them safe in their homes and to promote healthy and vital living. Information provided on topics such as health promotion, in-home supportive services, mental health, veteran services, and transportation.

ALZHEIMER'S SAN DIEGO

alzsd.org/

San Diego County ..... (858) 492-4400

Outside San Diego County..... (800) 272-3900

Information, education, care, and vital support for those with Alzheimer's disease and their families. Can address driving issues and help families work through conversations about driving.

Alzheimer's Navigator

alzheimersnavigator.org/default.aspx

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

ELDERCARE LOCATOR

eldercare.gov..... (800) 677-1116

Nationwide service that connects older Americans and their caregivers with information on senior services, including brochures and fact sheets on driving matters.

SOUTHERN CAREGIVER RESOURCE CENTER

caregivercenter.org/..... (858) 268-4432

Support services for family members and caregivers of adults with chronic and/or disabling conditions, including case management and educational opportunities that focus on driving issues.

Driver-Related Resources

CALIFORNIA DMV SENIOR GUIDE FOR SAFE DRIVING

dmv.ca.gov/portal/wcm/connect/8a431ac8-535b-4783-b006-a6c6cf58ef18/dl625senior.pdf?MOD=AJPERES

Information for aging drivers covering topics such as assessing driving, making adjustments, the driver license renewal process, the reexamination process, and when to stop driving.

CALIFORNIA DMV SENIOR OMBUDSMAN PROGRAM

bit.ly/TREDS_DMV1

Orange/San Bernardino/San Diego Counties ..... (714) 705-1588

Ensures senior drivers are treated fairly and consistently with laws and regulations, and with dignity and respect. Informational resource to support seniors through the licensing process. Available to assist in individual cases as well as participate in outreach seminars to promote driver safety with emphasis on senior issues.

ChORUS: CLEARINGHOUSE FOR OLDER ROAD USER SAFETY

roadsafeseniors.org/

Information for aging drivers, passengers, pedestrians, and cyclists. Covers three major components of highway safety: roadways, road users, and vehicles. Includes a public forum where users can ask questions on safe driving, dangerous roads, and more.

FACILITATING ACCESS TO COORDINATED TRANSPORTATION (FACT)

factsd.org/

San Diego County ..... (888) 924-3228

For San Diego County residents with barriers to mobility who are looking for transportation options.

TRAINING, RESEARCH AND EDUCATION FOR DRIVING SAFETY (TREDS)

treds.ucsd.edu ..... (858) 534-9330

Works to improve driver safety through education and training programs for health professionals, law enforcement, and the community, and conducts research to inform and improve public policy. TREDS also serves as a resource to professionals and the public on driving issues and referrals.

Fitness to Drive and Car Comfort

General Resources

ASSISTIVE ACCESSORIES FOR YOUR CAR

seniordriving.aaa.com/maintain-mobility-independence/car-buying-maintenance-assistive-accessories/assistive-accessories

Helps people choose accessories or make alterations to their cars to optimize driving performance and safety. Includes resources for adaptive vehicle devices designed for in-car use, such as hand controls, pedal extenders, and special mirrors.

CARFIT

car-fit.org/

Offers older adults the opportunity to assess how well their vehicle "fits" them. Process is completed by a team of specialists at a CarFit event, which includes technicians and/or health professionals.

FLEXIBILITY FITNESS TRAINING FOR IMPROVING OLDER DRIVER PERFORMANCE

granddriver.net/wp-content/uploads/AAA_flexibility_brochure.pdf

Exercises designed to improve flexibility as it relates to driving. Useful for parallel parking, backing up, adjusting mirrors, and looking over shoulders.

REQUEST FOR DRIVER REEXAMINATION at the DMV

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

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

SAFETY CONSIDERATIONS FOR ANY CAR CHECKLIST

thehartford.com/sites/thehartford/files/your-road-to-confidence.pdf

Page 21 of this resource includes a checklist of safety features that maximize safe driving for older drivers. (also in Appendix 6; page 28)

SMART FEATURES FOR OLDER DRIVERS

seniordriving.aaa.com/smartfeatures

Helps identify smart features in vehicles for older drivers to optimize their comfort and safety and that can be tailored for personal needs, including diminished vision, short-stature, limited knee range of motion, and arthritic hands.

Driver Refresher Courses

AAA ROADWISE DRIVER ..... (877) 476-1254
seniordriving.aaa.com/maintain-mobility-independence/driver-improvement-courses-seniors
Online or in-person course designed to help seniors be better, safer drivers. Price based on membership. Visit website for class locations.

AARP DRIVER SAFETY COURSE
aarp.org/driversafety (800) 350-7025
Classroom and online driver safety course designed specifically for drivers 50+. Seniors review rules of the road, defensive driving techniques, and how to operate vehicles safely. Eight-hour course taught in two, 4-hour sessions. Price based on membership. Visit website for class locations.

AGE WELL DRIVE SMART ..... (858) 650-3619
chp.ca.gov/programs-services/programs/age-well-drive-smart
Free classroom program created by the California Highway Patrol, designed to raise awareness of senior driving and warning signs of diminished capabilities. Also reviews alternatives to driving. Contact the Public Information Office at the CHP Border Division for class locations.

AMERICAN SAFETY COUNCIL MATURE DRIVER COURSE
maturedrivercourse.com/california/ ..... (800) 732-4135
Online mature driver program comprised of text, pictures and animations that reinforce safe driving concepts in a user-friendly format. Visit website for current pricing information.

iDRIVE SAFELY
idrivesafely.com/insurance-discount/mature/?vID=z3Xc&eID=827 ..... (866) 388-9068
Six-hour, self-paced, online mature driver program uses fun and informative animation to make content easy to learn and retain. Visit website for current pricing information.

IMPROV MATURE DRIVER COURSE
myimprov.com/mature-driver/california/ ..... (800) 660-8908
Fun online course that highlights helpful driving techniques to keep drivers safe, and brushes up on state-specific rules, regulations, and traffic facts. Visit website for current pricing information.

TRAFFIC SAFETY CONSULTANTS MATURE DRIVER ONLINE
cheapmaturedriver.com/ ..... (800) 259-0530
Online crash prevention course designed specifically to educate older drivers about the effects that aging can have on a person's ability to safely control a vehicle, and suggests helpful remedies and alternatives. Visit website for current pricing information,

Local Driving Schools

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

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

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

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

Adaptive Equipment for Vehicles

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

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

PATTERSON MEDICAL
pattersonmedical.com/ (items available online only) ..... (800) 323-5547

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

Certified Vehicle Modification Vendors

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

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

BETTER LIFE MOBILITY
betterlifemobility.com/ 8130 Parkway Drive, La Mesa ..... (888) 540-8267

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

PACIFIC MOBILITY
pacificmobility.com/ 1355 Grand Avenue #102, San Marcos ..... (866) 782-4724

Driver Rehabilitation Programs

San Diego County

SCRIPPS MEMORIAL HOSPITAL ENCINITAS

scripps.org/drivingsimulator ..... (760) 633-6507

Physical rehabilitation services include driving safety evaluations, clinical evaluations, virtual assessment on interactive zero-risk driving simulators, and on-the-road testing. Physician referral required. Call for current pricing information.

SHARP MEMORIAL HOSPITAL

sharp.com/services/rehab/adapted-driving.cfm..... (858) 939-3866

Adapted driving program consists of pre-driving, behind-the-wheel assessments, and a discussion about community resources. Offers consultation on DMV procedures, assesses need for adaptive equipment, and provides preliminary training using recommended devices. Physician's referral, current driver's license, and recent eye exam required. Call for current pricing information.

Outside San Diego County

CALIFORNIA PROGRAM LOCATOR

treds.ucsd.edu/driver-evaluation/

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

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

National Program Locators

AMERICAN OCCUPATIONAL THERAPY ASSOCIATION

aota.org/Practice/Productive-Aging/Driving.aspx

ASSOCIATION OF DRIVER REHABILITATION SPECIALISTS

aded.site-ym.com/search/custom.asp?id=1984..... (866) 672-9466

Assessments

Self-Assessments

"AM I A SAFE DRIVER?"

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

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

DRIVERS 65 PLUS: CHECK YOUR PERFORMANCE

https://seniordriving.aaa.com/wp-content/uploads/2016/08/Driver652.pdf

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

DRIVER PRACTICE TESTS AND TUTORIAL

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

DRIVESHARP

drivesharpnow.com

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

DRIVING DECISIONS WORKBOOK

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

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

DRIVING SAFELY WHILE AGING GRACEFULLY

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

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

LIFELONG DRIVER

lifelongdriver.com

Program to improve skills older drivers need to stay safe on the road. Materials online include computer-based training, point-of-view driving simulations, interactive video segments, at-home activities, and optional in-car exercises. Check website for current course pricing.

Medication Assessments

ROADWISE RX

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

Assessments by Family Members/Caregivers

FITNESS-TO-DRIVE

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

REQUEST FOR DRIVER REEXAMINATION at the DMV

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

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

Transitioning from Driving

Family Conversations

DRIVER PLANNING AGREEMENT

seniordriving.aaa.com/wp-content/uploads/2016/08/Driver-Planning-Agreement.pdf

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

DRIVEWELL: PROMOTING OLDER DRIVER SAFETY AND MOBILITY IN YOUR COMMUNITY

one.nhtsa.gov/Driving-Safety/Older-Drivers/Drive-Well-Toolkit:-Promoting-Older-Driver-Safety-and-Mobility-in-Your-Community

Developed for people who work directly with older adults (including family members) to better understand and deal with issues related to older drivers, such as later-life dependence and mobility. Pages 44-52 outline tips for conversations with older drivers about their driving ability.

HOW TO UNDERSTAND & INFLUENCE OLDER DRIVERS

nhtsa.gov/people/injury/olddrive/UnderstandOlderDrivers/

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/

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

Tools and resources for friends and families to effectively and compassionately help the senior driver in their lives.

WE NEED TO TALK…

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

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

Planning Tools

GETTING BY WITHOUT DRIVING

nhtsa.gov/staticfiles/nti/older_drivers/pdf/812228_CliniciansGuideToOlderDrivers.pdf
Pages 210-211 of the resource offer older drivers suggestions on how to get by without driving. Includes alternative ways to meet transportation needs, such as having groceries and prescriptions delivered. (also in Appendix 8; page 31)

"GETTING THERE" WORKSHEET

thehartford.com/sites/thehartford/files/we-need-to-talk-2012.pdf
Pages 17-18 of the resource help older drivers identify the best alternative transportation methods in their area. (also in Appendix 9; page 33)

TRANSPORTATION COST WORKSHEET

thehartford.com/sites/thehartford/files/we-need-to-talk-2012.pdf
Page 19 of the resource helps drivers track costs involved in owning a car, such as regular operating and maintenance expenses. (also in Appendix 10; page 35)

Medical Providers

CLINICIAN'S GUIDE TO ASSESSING AND COUNSELING OLDER DRIVERS, 3RD EDITION

nhtsa.gov/staticfiles/nti/pdf/812228-CliniciansGuideToOlderDrivers.pdf
Updates and expands upon the *Physician's Guide to Assessing and Counseling Older Drivers*. Assists clinicians to better identify older drivers at risk for crashes, help enhance driving safety, and ease transition to driving retirement if and when it becomes necessary.

PHYSICIAN REPORTING

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

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

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

Confidentiality and Morbidity Report (CMR 110c): this form should be faxed to the California Department of Public Health at (858) 715-6458 who will notify DMV. For faster action, clinicians can also send the report directly to DMV. (Appendix 2; page 24)
www.cdph.ca.gov/CDPH%20Document%20Library/ControlledForms/cdph110a.pdfhttps://www.cdph.ca.gov/CDPH%20Document%20Library/ControlledForms/cdph110a.pdf

Physicians can also report on the:

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

Physicians can also report directly on office letterhead.

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

Transportation

Health Insurance Companies

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

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

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

SCRIPPS ..... (800) 727-4777
https://www.scripps.org/patients-and-visitors__out-of-town-patients__transportation-discounts
Scripps has partnered with companies throughout San Diego that offer discounted rates for ground transportation, including public transportation.

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

County-Wide Resources

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

RIDESHARE

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

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

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

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

CARPOOL OPTIONS

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

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

PUBLIC TRANSIT

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

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

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

San Diego Metropolitan Transit System Rural Bus Services ..... (800) 858-0291
SERVES: *Alpine, Banner, Barrett, Borrego, Boulder Oaks, Boulevard, Butterfield Ranch, Cameron Corners, Campo, Cuyamaca, Descanso, Ranchita, San Ysabel, Scissors Crossing, Shelter Valley, Tecate, Twin Lakes, and Warner Springs*

PRIVATE COMPANIES

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

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

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

Central and North Central San Diego Area

NON-PROFIT / LOCAL FAITH-BASED VOLUNTEER DRIVERS

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

iTN Greater San Diego ..... (619) 990-2226
itnsandiego.com/what-we-do/our-services
Membership-based; people aged 60+ and visually impaired adults are eligible to join. Riders pre-fund a Personal Transportation Account and receive monthly statement details about payments and charges. No money exchanged in the car and tips not accepted.

On the Go
jfssd.org/site/PageServer?pagename=programs_older_on_the_go
Reserve a ride ..... (858) 637-7320
New riders ..... (858) 637-3210
For adults aged 60+. $20 enrollment fee. Prices vary depending on service chosen.
Consists of five components:

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

SERVES: *Eastern San Diego* 91941, 91942, 92108, 92109, 92110, 92115, 92116, 92119, 92120, 92123, 92124 *Northern San Diego* 92014, 92037, 92111, 92117, 92121, 92122, 92130 and *North County Inland* 92029, 92064, 92126, 92127, 92128, 92129, 92131

Out & About Peninsula ..... (619) 223-1640
sdpsc.org/transportation.php
Volunteers provide transportation services to local appointments and errands in designated service areas. Must be aged 62+ for most programs. $50 annual enrollment fee; donations accepted for some programs.
SERVES: *Point Loma, Ocean Beach,* and *Midway area* 92106, 92107, 92110

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

Senior Transportation Network……...…… (619) 282-0073
sandiego.networkofcare.org/aging/services/subcategory.aspx?tax=BT-4500.6500-800
Low-cost, flexible transportation for San Diego County seniors and their families. Volunteer drivers use their own vehicles to transport seniors to medical, dental, eye, foot care, and other essential appointments. Drivers wait with seniors until ready to return home.
SERVES: *92105, 92108, 92109, 92110, 92111, 92117, 92121, 92122, 92123, 92126, 92131*

MEDICAL CENTERS

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

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

East County Area

NON-PROFIT / LOCAL FAITH-BASED VOLUNTEER DRIVERS

Fun, Love, and Care ..... (619) 316-8341
funloveandcare.com/services/
Senior transportation, but no age restrictions. Services include door-to-door individualized transportation, airport transportation, and group transportation. Operates on set fee. Call for information and appointment.
SERVES: San Carlos, El Cajon, La Mesa, Santee, Lemon Grove, Lakeside, Allied Gardens, Spring Valley, Chula Vista, and National City

On the Go
jfssd.org/site/PageServer?pagename=programs_older_on_the_go
Reserve a ride ..... (858) 637-7320
New riders..... (858) 637-3210
For adults aged 60+. $20 enrollment fee. Prices vary depending on service chosen.
Consists of five components:

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

SERVES: Eastern San Diego 91941, 91942, 92108, 92109, 92110, 92115, 92116, 92119, 92120, 92123, 92124 Northern San Diego 92014, 92037, 92111, 92117, 92121, 92122, 92130 and North County Inland 92029, 92064, 92126, 92127, 92128, 92129, 92131

Rides4Neighbors ..... (619) 667-1321
cityoflamesa.com/index.aspx?nid=991
For people 60+ or disabled adults who cannot drive. Rides provided by volunteer drivers. Door-to-door rides provided for essential needs such as medical or dental appointments, shopping, personal care, banking, and more. Application must be completed before ride requests.
SERVES: La Mesa residents and neighboring East County communities. If elsewhere, call for referral

MEDICAL CENTER DRIVERS

Mountain Health Community Center ..... (619) 445-6200 ext. 500
mtnhealth.org/services/senior-disabled-services.aspx
Designed to help 60+ or disabled persons be transported to doctor's appointments, pick up prescriptions, and run errands such as grocery shopping. No cost to the client. Brief intake needed.
SERVES Alpine, La Mesa, El Cajon, Santee, Lakeside and VA Hospital in La Jolla

Sharp Transportation Services ..... (619) 740-4288
Free transportation services offered to senior and disabled patients for non-emergency medical appointments to Sharp facilities and physician offices, including Sharp Chula Vista Medical Center, Sharp Grossmont, and Sharp Memorial Hospital. Must be a patient receiving healthcare services from Sharp and must live in service area.
SERVICES: Alpine, Chula Vista, El Cajon, Jamul, La Mesa, Lakeside, Lemon Grove, Santee, Spring Valley, Aqua Caliente 91901, 91941, 91942, 91977, 92019, 92020, 92021, 92040, 92071, 92105, 92114, 92115

North County – Coastal

NON-PROFIT/LOCAL FAITH-BASED VOLUNTEER DRIVERS

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

Out & About Encinitas ..... (760) 943-2250
encinitasca.gov/Portals/0/City%20Documents/Documents/Parks/Community%20%26%20Senior%20Center/Forms/Out_and_About_Senior_Transportation_Passenger_Application.pdfVolunteer driver
Program serving Encinitas residents 65+.
SERVES: Encinitas and Cardiff. Drivers also go to Carlsbad, Solana Beach, and San Diego to approved medical facilities.

Solutions for Seniors on the Go! ..... (760) 435-5253
ci.oceanside.ca.us/gov/ns/parks/senior/transit.asp
For seniors 65+ with three options:

- Taxi Scrip Purchase ($7 for ride booklet valued at $20)
- Van services ($5 per one-way trip) and
- Volunteer driver services (free).

SERVES: Taxi trips are for anywhere in *North County* and van service is to locations within *Oceanside, Carlsbad,* and *Vista,* as well as to *Scripps Encinitas, Palomar Medical Center Escondido, Camp Pendleton Naval Hospital*, and any medical facility in *San Marcos*

MEDICAL CENTER DRIVERS

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

North County – Inland

NON-PROFIT / LOCAL FAITH-BASED VOLUNTEER DRIVERS

Care Van, Foundation for Senior Care ..... (760) 723-7570
foundationforseniorcare.org/services/senior-care-van/
Free transportation for elderly and disabled in service area to medical, dental and physical therapy appointments, pharmacies, grocery stores, Fallbrook Hospital, Fallbrook Family Health Center Clinics, Fallbrook Food Pantry and Fallbrook Adult Day Care Center. Available for people 65+ or with disabilities. Donations accepted.
SERVES: *Fallbrook, Bonsall, Rainbow*, and *DeLuz* areas

Lake San Marcos Kiwanis Club Care Drive Program ..... (760) 736-2995
Volunteer driver program for *San Marcos* residents to medical or dental appointments only. Destinations include downtown areas and most North County cities. Donations accepted but not required. Call five business days in advance. Not available on Tuesdays.

On the Go
jfssd.org/site/PageServer?pagename=programs_older_on_the_go
Reserve a ride ..... (858) 637-7320
New riders ..... (858) 637-3210
For adults aged 60+. $20 enrollment fee. Prices vary depending on service chosen.
Consists of five components:

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

SERVES: *Eastern San Diego* 91941, 91942, 92108, 92109, 92110, 92115, 92116, 92119, 92120, 92123, 92124 *Northern San Diego* 92014, 92037, 92111, 92117, 92121, 92122, 92130 and *North County Inland* 92029, 92064, 92126, 92127, 92128, 92129, 92131

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

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

MEDICAL CENTER DRIVERS

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

PUBLIC TRANSIT

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

Mass Transit for Disabled Individuals, North County Transit District .....(760) 966-6527
For physically disabled only. Must have disability identification if disability isn't visible and must indicate whether disability is temporary or permanent.

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

South Bay Area

NON-PROFIT / LOCAL FAITH-BASED VOLUNTEER DRIVERS

Renewing Life Senior Transportation ..... (619) 517-3239
www.renewinglife4sd.com/
No-cost transportation provided to low income seniors and individuals with disabilities living in the South Bay. Service sites include Congregational Towers, Harvest Ridge, Town Centre, and domestic violence shelters in the South Bay.

PRIVATE COMPANIES

BAME Community Development Corporation: CommConnect ..... (619) 858-0563
bamecdc.org/
For people 55+ for any purpose, usually limited to the South Bay region. Roundtrip price usually $9.00; if individuals cannot afford this, they are linked with outside agencies that can help cover cost.
SERVES: 92101, 92102, 92103, 92113, 92114

Appendices

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

A Public Service Agency

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.*

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

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

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

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

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

2. **CMR 110c:** Physicians are required to report conditions that cause lapses of consciousness, seizures, or diseases related to Alzheimer's (and other dementias) to the California Department of Public Health, who will notify the DMV. Fax to (858) 715-6458.

CONFIDENTIAL MORBIDITY REPORT

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

CONDITION BEING REPORTED →

Patient Name - Last Name | *First Name* | *MI*

Home Address: Number, Street | *Apt./Unit No.*

City | *State* | *ZIP Code*

Home Telephone Number | *Cell Telephone Number* | *Work Telephone Number*

Email Address | *Primary Language* ☐ English ☐ Spanish ☐ Other: _____

Birth Date (mm/dd/yyyy) | *Age* ☐ Years ☐ Months ☐ Days | *Gender* ☐ Male ☐ Female ☐ M to F Transgender ☐ F to M Transgender ☐ Other: _____

Pregnant? ☐ Yes ☐ No ☐ Unknown | *Est. Delivery Date (mm/dd/yyyy)* | *Country of Birth*

Ethnicity (check one)
☐ Hispanic/Latino ☐ Non-Hispanic/Non-Latino ☐ Unknown

Race (check all that apply)
☐ African-American/Black
☐ American Indian/Alaska Native
☐ Asian *(check all that apply)*
☐ Asian Indian ☐ Hmong ☐ Thai
☐ Cambodian ☐ Japanese ☐ Vietnamese
☐ Chinese ☐ Korean ☐ Other *(specify)*: _____
☐ Filipino ☐ Laotian
☐ Pacific Islander *(check all that apply)*
☐ Native Hawaiian ☐ Samoan
☐ Guamanian ☐ Other *(specify)*: _____
☐ White
☐ Other *(specify)*: _____
☐ Unknown

Occupation or Job Title

Occupational or Exposure Setting (check all that apply): ☐ Food Service ☐ Day Care ☐ Health Care ☐ Correctional Facility ☐ School ☐ 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*

Address: Number, Street | *Suite/Unit No.*

City | *State* | *ZIP Code*

Telephone Number | *Fax Number*

Submitted by | *Date Submitted (mm/dd/yyyy)*

REPORT TO:

(Obtain additional forms from your local health department.)

DEPARTMENT OF MOTOR VEHICLES (DMV)

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

1. If this report is based upon episodic lapses of consciousness, when was the most recent episode?: _____ *(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): _____ *(mm/dd/yyyy)* (b): _____ *(mm/dd/yyyy)* (c): _____ *(mm/dd/yyyy)* (d): _____ *(mm/dd/yyyy)* (e): _____ *(mm/dd/yyyy)* (f): _____ *(mm/dd/yyyy)*
3. Within the past 12 months, has there been an episode of loss of consciousness or control while driving? ☐ Yes ☐ No ☐ Uncertain
4. Are additional lapses of consciousness likely to occur? ☐ Yes ☐ No ☐ Uncertain
5. If the patient has had episodes of nocturnal seizures, is there likelihood of lapses of consciousness occurring while he/she is awake? ☐ Yes ☐ No ☐ Uncertain
6. Has this patient been diagnosed with dementia or Alzheimer's disease? ☐ Yes ☐ No ☐ Uncertain
7. Would you currently advise this patient not to drive because of his/her medical condition? ☐ Yes ☐ No ☐ Uncertain
8. Does this patient's condition represent a permanent driving disability? ☐ Yes ☐ No ☐ Uncertain
9. Would you recommend a driving evaluation by DMV? ☐ Yes ☐ No ☐ Uncertain

Remarks:

Printable version:
www.cdph.ca.gov/CDPH%20Document%20Library/ControlledForms/cdph110c.pdf

3. **DMV Form DS326:** The DMV may request a driver provide the **Driver Medical Evaluation (DMV Form DS326).** The physician will be asked to complete information about the patient's health status with respect to vision, current treatment, functional impairments, and other health matters.

A Public Service Agency

DRIVER MEDICAL EVALUATION

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

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:

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

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

SECTION 1 — DRIVER INFORMATION

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	
		Head, neck, spinal injury, disorders or illnesses			Kidney disease, stones, blood in urine, or dialysis
		Seizure, convulsions, or epilepsy			Muscular disease
		Dizziness, fainting, or frequent headaches			Any permanent impairment
		Eye problem (except corrective lenses)			Nervous or psychiatric disorder
		Cardiovascular (heart or blood vessel) disease			Regular or frequent alcohol use
		Heart attack, stroke, or paralysis			Problems with the use of alcohol or drugs
		Lung disease (include tuberculosis, asthma or emphysema)			Other disorders or diseases
		Nervous stomach, ulcer, or digestive problems			Any major illness, injury, or operations in last 5 years
		Diabetes or high blood sugar			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

4. San Diego by Regions

SOURCE:
sandiegocounty.gov/content/dam/sdc/live_well_san_diego/indicators/Map_and_Regional_Data.pdf

5. San Diego by Zip Code

Central	East	North Central	North Coastal	North Inland	South
92101	91901	92037	92007	92003	91902
92102	91905	92093	92008	92004	91910
92103	91906	92106	92009	92025	91911
92104	91916	92107	92010	92026	91913
92105	91917	92108	92011	92027	91914
92113	91931	92109	92014	92028	91915
92114	91934	92110	92024	92029	91932
92115	91935	92111	92054	92036	91950
92116	91941	92117	92055	92059	92118
92134	91942	92119	92056	92060	92135
92136	91945	92120	92057	92061	92154
92139	91948	92121	92058	92064	92155
92182	91962	92122	92067	92065	92173
	91963	92123	92075	92066	
	91977	92124	92081	92069	
	91978	92126	92083	92070	
	91980	92130	92084	92078	
	92019	92131	92091	92082	
	92020	92140	92672	92086	
	92021	92145		92096	
	92040	92161		92127	
	92071			92128	
				92129	
				92259	
				92536	

SOURCE:
sandiegocounty.gov/hhsa/programs/bhs/documents/AMH_18G.pdf

6. Safety Considerations for Any Car Checklist

Shopping for Safety

Safety Considerations for Any Car

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

YES	NO	
❑	❑	Anti-lock braking system (ABS) on all four wheels
❑	❑	Power brakes (if non-ABS)
❑	❑	Power steering
❑	❑	Instrument panel displays easy to read day and night
❑	❑	Instrument panel controls easy to reach and use
❑	❑	Adjustable lighting feature on instrument panel
❑	❑	Adjustable power seats
❑	❑	Adjustable steering wheel
❑	❑	Ample leg- and head-room
❑	❑	Power mirrors, windows and locks
❑	❑	Exterior color light, bright (for best visibility)

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7. "Am I a Safe Driver?"

Am I a Safe Driver?

Check the box if the statement applies to you.

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

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- ☐ I am too cautious when driving.
- ☐ I sometimes forget to use my mirrors or signals.
- ☐ I sometimes forget to check for oncoming traffic.
- ☐ I have more trouble parking lately.

If you have checked any of the boxes, your safety may be at risk when you drive.

Talk to your doctor about ways to improve your safety when you drive.

8. Getting By Without Driving

Getting By Without Driving

Who doesn't drive?

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

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

Where can you find a ride?

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

- **Ask for a friend or relative for a ride.** Offer to pay for the gasoline.
- **Take public transportation.** Can a train, subway, or bus take you where you need to go? Call your regional transit authority and ask for directions.
- **Take a taxi cab.** To cut down costs, try sharing a cab with friends or find out if your community offers discounted fares for seniors.
- **Ride a senior transit shuttle.** Call your community center or local Area Agency on Aging to see if your neighborhood has a shuttle service.
- **Ask about volunteer drivers.** Call your community center, church, synagogue, temple, or mosque to see if they have a volunteer driver program.
- **Ride a Medi-car.** If you need a ride to your doctor's office, call your local Area Agency on Aging to see if a Medi-car can get you there.

If you can't go out to get something, have it come to you.

Many stores can deliver their products straight to your door.

- **Have your groceries delivered.** Many stores deliver for free or for a low fee. You can even call your family and friends, or volunteers from your local community center, church, synagogue, temple, or mosque to see if someone can pick up your groceries
- **Order your medicines by mail.** Not only is this more convenient—it's often less expensive, too.

  Order only from pharmacies that you know and trust. Some pharmacists will also deliver medications to the home.
- **Have your meals delivered to you.** Many restaurants will deliver meals for free or for a low fee. Also, you may be eligible for Meals-on-Wheels, a program that delivers hot meals at low cost. Call your local Area Agency on Aging for more information about Meals-on-Wheels.
- **Shop from catalogs.** You can buy almost anything you need from catalogs: clothing, pet food, toiletries, gifts, and more! Many catalogs are now online, with the most recent selections available from Internet websites.

9. "Getting There" Worksheet

FOR THE FAMILY

"GETTING THERE" WORKSHEET

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

FAMILY/FRIENDS

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

Questions to Ask

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

Notes: _____

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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.)

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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: _____

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: _____

MASS TRANSIT

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

Questions to Ask

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

Notes: _____

10. Transportation Cost Worksheet

FOR THE DRIVER

TRANSPORTATION COST WORKSHEET

THE HARTFORD

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

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