

# CALIFORNIA REFERRAL GUIDE FOR AGING ROAD USERS



## TREDS

TRAINING, RESEARCH AND EDUCATION FOR DRIVING SAFETY



RESOURCES TO PROMOTE SAFE DRIVING AND MOBILITY

**OTS** CALIFORNIA OFFICE OF  
**TRAFFIC SAFETY**

VISIT [TREDS.UCSD.EDU](http://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 road users.*

*This “California Referral Guide for Older Road Users” contains resources to assist older adults and their families with questions and concerns related to safe driving. Topics covered include driving assessment, refresher courses, adaptive equipment for cars, and transportation alternatives. Many older adults will outlive their driving ability by 7–10 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 California roads safer for everyone.*

*Sincerely,*

*The TREDS Team*

*Funding for this program was provided by a grant from the California Office of Traffic Safety, through the National Highway Traffic Safety Administration.*

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Inclusion in this document does not imply endorsement.*

# INFORMATION AND REFERRAL

## GENERAL RESOURCES

### ALZHEIMER'S ASSOCIATION

<a href="http://alz.org">alz.org</a> .....	(800) 272-3900
<b>California Central Coast</b> .....	<a href="http://alz.org/cacentral/">alz.org/cacentral/</a>
Santa Barbara Chapter Headquarters .....	(805) 892-4259
San Luis Obispo Office .....	(805) 547-3830
Santa Maria Office .....	(805) 636-6432
Ventura County Office.....	(805) 494-5200
<b>California Southland</b> .....	<a href="http://alz.org/socal/">alz.org/socal/</a>
Beverly Hills Main Office .....	(323) 309-8821
Coachella Valley Regional Office.....	(760) 996-0006
Inland Empire Office.....	(909) 406-5376
Kern County Regional Office.....	(661) 912-3053
San Fernando Valley Office .....	(818) 875-9923
<b>Northern California</b> .....	<a href="http://alz.org/norcal/">alz.org/norcal/</a>
<b>California Central Valley Area</b>	
Chico Office.....	(530) 895-9661
Fresno Office.....	(559) 753-8200
Sacramento Office .....	(916) 930-9080
<b>Central Coast Area</b>	
Monterey Office.....	(831) 647-9890
Santa Cruz Office.....	(831) 647-9890
<b>Greater San Francisco Bay Area</b>	
East Bay Office .....	(925) 284-7942
San Francisco Office.....	(415) 463-8500
San Jose Office.....	(408) 372-9900
<b>North Bay Area</b>	
San Rafael Office .....	(415) 472-4340
Santa Rosa Office.....	(707) 573-1210
<b>Orange County</b> .....	<a href="http://alz.org/oc/">alz.org/oc/</a>
Chapter Office .....	(949) 426-8544
<b>San Diego</b> .....	<a href="http://alz.org/sandiego/">alz.org/sandiego/</a>
Chapter Office .....	(619) 678-8322

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](http://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.

## **CALIFORNIA DEPARTMENT OF AGING**

[aging.ca.gov](http://aging.ca.gov) ..... (916) 419-7500

The California Department of Aging (CDA) administers programs that serve older adults, adults with disabilities, family caregivers, and residents in long-term care facilities throughout the State. The Department administers funds allocated under the federal Older Americans Act, the Older Californians Act, and through the Medi-Cal program.

## **ELDERCARE LOCATOR**

[eldercare.acl.gov/Public/index.aspx](http://eldercare.acl.gov/Public/index.aspx) ..... (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.

**SENIOR INFORMATION LINE** ..... (800) 510-2020

This toll-free statewide telephone number links older Californians and their caregivers to information and assistance in their own area. Calls are automatically routed to a specialist housed in one of the 33 Area Agencies on Aging.

## **SILVER ALERT**

[chp.ca.gov/news-alerts/silver-alert](http://chp.ca.gov/news-alerts/silver-alert) ..... (800) 835-5247

California’s Silver Alert program is a quick response system designed to issue and coordinate alerts following the unexplained or suspicious disappearance of an elderly person, or a person who is developmentally disabled or cognitively impaired. The goal of a Silver Alert is to provide immediate information to the public about the missing person, including images or descriptions and the time and location last seen to speed the process to locate the person and return them to safety.

## **DRIVER-RELATED RESOURCES**

### **CALIFORNIA 511**

[dot.ca.gov/trafficops/tm/511.html](http://dot.ca.gov/trafficops/tm/511.html) .....511

The 511 Traveler Information System provides free real-time traveler information which enables the traveling public to make informed transportation choices. The 511 system can help drivers stay up-to-date on crashes, congestion, construction, severe weather, emergency evacuation and more.

### **CALIFORNIA DEPARTMENT OF MOTOR VEHICLES (DMV)**

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

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 GUIDE FOR SAFE DRIVING

[dmv.ca.gov/portal/file/senior-guide-for-safe-driving-dl-625-pdf/](https://dmv.ca.gov/portal/file/senior-guide-for-safe-driving-dl-625-pdf/)

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/dmv\\_ombudsman](https://bit.ly/dmv_ombudsman)

Sacramento/Northern California .....	(916) 657-6464
San Francisco/Oakland.....	(510) 563-8998
Orange/San Bernardino/San Diego Counties.....	(714) 705-1588
Los Angeles/Oxnard.....	(310) 615-3552

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.

## 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.

**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 17)

[dmv.ca.gov/portal/file/request-for-driver-reexamination-ds-699-pdf/](https://dmv.ca.gov/portal/file/request-for-driver-reexamination-ds-699-pdf/)

## DRIVER PRACTICE TESTS AND TUTORIAL

Practice tests: [bit.ly/dmv-practice-tests](https://bit.ly/dmv-practice-tests)

Sample practice tests for those required to take a written test for renewal of their driver license.

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

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[dmv.ca.gov/portal/dmv/detail/forms/ds/ds699](https://dmv.ca.gov/portal/dmv/detail/forms/ds/ds699)

## **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 cars. Includes a public forum where users can ask questions on safe driving, dangerous roads, and more.

## **LIFELONG DRIVER**

[lifelongdriver.com](http://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.

## **NATIONAL INSTITUTE OF AGING – DRIVING SAFETY AND ALZHEIMER’S DISEASE**

[nia.nih.gov/health/driving-safety-and-alzheimers-disease](http://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**

[nhtsa.gov/ratings](http://nhtsa.gov/ratings)

Provides car 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

Based at the University of California School of Medicine, TREDS 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

[bit.ly/Assist-Accessories](https://bit.ly/Assist-Accessories)

Helps drivers choose accessories or make alterations to their cars to optimize driving

performance and safety. Includes resources for adaptive car devices designed for in-car use, such as hand controls, pedal extenders, and special mirrors.

### CARFIT

[car-fit.org/](https://car-fit.org/)

Offers older adults the opportunity to assess how well their car “fits” them. Process is completed by a team of specialists at a CarFit event, which includes technicians and/or health professionals. Visit website for scheduled events.

### DRIVING FOR SENIORS BROCHURE

[insurance.ca.gov/flipbook/driving-for-seniors-fb/18/](https://insurance.ca.gov/flipbook/driving-for-seniors-fb/18/)

This booklet has tips to help you drive safely, drive longer, and avoid accidents. It also provides information to help you discuss your automobile insurance needs, ask informed questions, and understand your rights and responsibilities.

### FLEXIBILITY FITNESS TRAINING FOR IMPROVING OLDER DRIVER PERFORMANCE

[granddriver.net/wp-content/uploads/2020/04/AAA\\_flexibility\\_brochure.pdf](https://granddriver.net/wp-content/uploads/2020/04/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.

### MY CAR DOES WHAT?

[mycardoeswhat.org/](https://mycardoeswhat.org/)

Helps drivers understand how to utilize car safety technology such as backup cameras, blind-spot monitoring, automatic emergency braking, and lane departure warnings. Informs drivers about how these safety features work to equip drivers with the knowledge to use these assistive technologies to drive safely on the road.

### PERFORMANCE HEALTH

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

Performance Health is a leader in consumer healthcare and the largest global manufacturer and distributor of products to the rehabilitation and sports medicine markets. Resources for non-prescription items such as the handybar, leg lifters or swivel seat.



## **SAFETY CONSIDERATIONS FOR ANY CAR CHECKLIST**

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

Page 21 of this resource includes a checklist of safety features that maximize safe driving for older drivers. (Appendix 4; page 20)

## **DRIVER REFRESHER COURSES**

### **AAA ROADWISE DRIVER ..... (877) 476-1254**

[aaadriverprogram.com/california/road-wise/](http://aaadriverprogram.com/california/road-wise/)

An online senior defensive driving program designed to positively affect driving behavior and help learn about and adjust to age-related physical changes. Price based on membership. Visit website for class locations.

### **AARP DRIVER SAFETY COURSE**

[aarp.org/auto/driver-safety/](http://aarp.org/auto/driver-safety/) ..... (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 cars safely. Eight-hour course taught in two, 4-hour sessions. Price based on membership. Visit website for class locations.

### **AGE WELL DRIVE SMART ..... (800) 835-5247**

[chp.ca.gov/programs-services/programs/age-well-drive-smart](http://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. To contact the Public Information Office at your [local CHP office](#), visit [chp.ca.gov/find-an-office](http://chp.ca.gov/find-an-office)

### **AMERICAN SAFETY COUNCIL MATURE DRIVER COURSE**

[maturedrivercourse.com/california/](http://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/](http://idrivesafely.com/insurance-discount/) ..... (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/](http://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/](http://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 car, and suggests helpful remedies and alternatives. Visit website for current pricing information.

# DRIVER REHABILITATION PROGRAMS

## CALIFORNIA PROGRAM LOCATOR

[treds.ucsd.edu/driver-evaluation/](https://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 Occupational Therapist 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](https://aota.org/Practice/Productive-Aging/Driving.aspx)

### ASSOCIATION OF DRIVER REHABILITATION SPECIALISTS

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

## SELF - ASSESSMENTS

### “AM I A SAFE DRIVER?”

[nhtsa.gov/sites/nhtsa.gov/files/812228\\_cliniciansguidetoolderdrivers.pdf](https://nhtsa.gov/sites/nhtsa.gov/files/812228_cliniciansguidetoolderdrivers.pdf)

Pages 212 and 213 in the *Clinician's Guide to Assessing and Counseling Older Drivers*, 3<sup>d</sup> 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)

### DRIVING DECISIONS WORKBOOK

[deepblue.lib.umich.edu/bitstream/handle/2027.42/1321/94135.0001.001.pdf?sequence=2&isAllowed=y](https://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/](https://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.

## MEDICATION ASSESSMENTS

### ROADWISE RX

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

Online tool designed to help drivers learn more about their medications and how they may affect driving. Roadwise Rx records your prescription and over-the-counter medications in one central location, and provides personalized feedback about your medications and how they can impact your ability to drive safely.

# ASSESSMENTS BY FAMILY MEMBERS/CAREGIVERS

## FITNESS-TO-DRIVE

[fitnesstodrive.php.ufl.edu/](https://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 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.

**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 17)

[dmv.ca.gov/portal/file/request-for-driver-reexamination-ds-699-pdf/](https://dmv.ca.gov/portal/file/request-for-driver-reexamination-ds-699-pdf/)

# TRANSITIONING FROM DRIVING

## FAMILY CONVERSATIONS

### 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](https://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/](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.

### HOW TO TALK TO SENIORS ABOUT DRIVING

[mwg.aaa.com/via/car/talk-to-seniors-about-driving](https://mwg.aaa.com/via/car/talk-to-seniors-about-driving)

Tips on how to navigate difficult, but essential, conversations.

### WE NEED TO TALK...

[s0.hfdstatic.com/sites/the\\_hartford/files/we-need-to-talk.pdf](https://s0.hfdstatic.com/sites/the_hartford/files/we-need-to-talk.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/sites/nhtsa.gov/files/812228\\_cliniciansguidetoololderdrivers.pdf](https://nhtsa.gov/sites/nhtsa.gov/files/812228_cliniciansguidetoololderdrivers.pdf)

Pages 214-217 of the resource offer older drivers suggestions on how to get by without driving. Includes alternative ways to meet transportation needs, such as having groceries and prescriptions delivered. (Appendix 6; page 23 )

## “GETTING THERE” WORKSHEET

[s0.hfdstatic.com/sites/the\\_hartford/files/we-need-to-talk.pdf](https://s0.hfdstatic.com/sites/the_hartford/files/we-need-to-talk.pdf)

Pages 17-18 of the resource help older drivers identify the best alternative transportation methods in their area. (Appendix 7 ; page 25)

## TRANSPORTATION COST WORKSHEET

[s0.hfdstatic.com/sites/the\\_hartford/files/we-need-to-talk.pdf](https://s0.hfdstatic.com/sites/the_hartford/files/we-need-to-talk.pdf)

Page 19 of the resource helps drivers track costs involved in owning a car, such as regular operating and maintenance expenses. (Appendix 8; page 27)

# MEDICAL PROVIDERS

## CLINICIAN'S GUIDE TO ASSESSING AND COUNSELING OLDER DRIVERS, 3<sup>RD</sup> EDITION

[nhtsa.gov/sites/nhtsa.dot.gov/files/812228\\_cliniciansguidetoolderdrivers.pdf](https://nhtsa.gov/sites/nhtsa.dot.gov/files/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 car.

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 who will notify DMV. For faster action, clinicians can also send the report directly to DMV. (Appendix 2; page 18)

[cchealth.org/cd/pdf/cmr\\_110c.pdf](https://cchealth.org/cd/pdf/cmr_110c.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 17)

[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 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 19)

[dmv.ca.gov/portal/file/driver-medical-evaluation-ds-326-pdf/](https://dmv.ca.gov/portal/file/driver-medical-evaluation-ds-326-pdf/)



# TRANSPORTATION

## HEALTH INSURANCE COMPANIES

### AETNA ACCESS2CARE TRANSPORTATION BENEFIT FOR MEDICARE

..... (855) 814-1699

<https://www.aetnabetterhealth.com/california/members/resources/transportation>

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

### ANTHEM BLUE CROSS MEDI-CAL ..... (800) 407-4627

<https://mss.anthem.com/california-medicaid/benefits/medi-cal-plan-benefits/transportation.html>

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

### CARE1st HEALTH PLAN ..... (877) 433-2178

<https://www.blueshieldca.com/promise/>

Free transportation to doctor's appointments. Some restrictions apply. Call 8am-6pm, Monday through Friday, at least 24 hours in advance.

### HEALTH NET NON-EMERGENCY ROUTINE MEDICAL TRANSPORTION

..... (866) 779-5165

The Health Net Transportation Department provides routine transportation for Health Net of California members. Check 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).

### 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 three 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 three business days before the appointment.

## RIDESHARE

### FLYWHEEL

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

Cell phone application that allows users to hail the closest taxi.

### 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 and 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 and no money changes hands.

**GoGoGrandparent** .....(310) 400-5082

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

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

**RideWith24** .....(949) 607-8115

[Ridewith24.com](http://Ridewith24.com)

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.

## PUBLIC TRANSIT

### AMTRAK

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

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.


### 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..

# 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		<b>REQUEST FOR DRIVER REEXAMINATION</b>	
<b>INSTRUCTIONS:</b>			
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*
<b>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.</b>			
<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: _____	
<b>DRIVER BEHAVIOR—Check appropriate boxes for driving problems you have observed: (Use space below if needed for additional comments.)</b>			
<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.			

<input type="checkbox"/> Relative <input type="checkbox"/> Friend <input type="checkbox"/> Caregiver <input type="checkbox"/> Vision Specialist <input type="checkbox"/> Court/Code _____ <input type="checkbox"/> Other: _____	
<input type="checkbox"/> 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 *
<b>X</b>	
<b>YOU MAY MAIL OR TAKE THIS COMPLETED FORM TO YOUR LOCAL DRIVER SAFETY OFFICE AT ONE OF THESE LOCATIONS:</b>	
<b>Bakersfield</b> , 5800 District Blvd., Ste. 100-B, Bakersfield, 93313 <b>City of Commerce</b> , 5801 E. Slauson Ave., Ste. 250 Commerce, 90040-3050 <b>City of Orange</b> , 790 The City Dr., Ste. 420 Orange, 92868-4941 <b>Covina</b> , 1365 N. Grand Ave., Ste. 101, Covina, 91724-4048 <b>El Segundo</b> , 390 N. Sepulveda Blvd. Ste. 2075, El Segundo, 90245-4470 <b>Fresno</b> , 2510 S. East Ave., Ste. 310, Fresno, 93706-5112 <b>Oakland</b> , 7677 Oakport St., Ste. 220, Oakland, 94621-1906	<b>Oxnard</b> , 2051 N. Solar Dr., Ste. 100, Oxnard, 93036-2650 <b>Redding</b> , 2650 Churn Creek Rd., Ste. 200, Redding, 96002-1169 <b>Sacramento</b> , 4700 Broadway, 2nd Flr., Sacramento, 95820-1501 <b>San Bernardino</b> , 1845 Business Center Dr., Ste 212, San Bernardino, 92408-3447 <b>San Diego</b> , 1455 Frazee Rd., Ste. 400, San Diego, 92108-4378 <b>San Francisco</b> , 1377 Fell St., 2nd Floor, San Francisco, 94117-2296 <b>San Jose</b> , 90 Great Oaks Blvd., Ste. 104, San Jose, 95119-1314 <b>Stockton</b> , 710 N. American St., Stockton, 95202-1823 <b>Van Nuys</b> , 6150 Van Nuys Blvd., Ste. 205, Van Nuys, 91401-3333


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**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.

<b>CONFIDENTIAL MORBIDITY REPORT</b>						
<b>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&amp;S 103900).</b>						
<b>CONDITION BEING REPORTED</b> <span style="color: red; font-weight: bold;">➔</span>						
Patient Name - Last Name		First Name		MI	<b>Ethnicity (check one)</b>	
Home Address: Number, Street		Apt./Unit No.		<input type="checkbox"/> Hispanic/Latino	<input type="checkbox"/> Non-Hispanic/Non-Latino	
City		State	ZIP Code		<input type="checkbox"/> Unknown	
Home Telephone Number		Cell Telephone Number		<b>Race (check all that apply)</b>		
Email Address		Work Telephone Number		<input type="checkbox"/> African-American/Black		
Birth Date (mm/dd/yyyy)		Age	<input type="checkbox"/> English	<input type="checkbox"/> American Indian/Alaska Native		
Pregnant?		Est. Delivery Date (mm/dd/yyyy)	Primary Language	<input type="checkbox"/> Asian (check all that apply)		
<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Unknown		Country of Birth	<input type="checkbox"/> Spanish	<input type="checkbox"/> Asian Indian		
Occupation or Job Title		Occupational or Exposure Setting (check all that apply):	<input type="checkbox"/> Other:	<input type="checkbox"/> Hmong		
Date of Onset (mm/dd/yyyy)		Date of First Specimen Collection (mm/dd/yyyy)		<input type="checkbox"/> Thai		
Reporting Health Care Provider		Reporting Health Care Facility		<input type="checkbox"/> Vietnamese		
Address: Number, Street		Suite/Unit No.		<input type="checkbox"/> Pacific Islander (check all that apply)		
City		State	ZIP Code		<input type="checkbox"/> Native Hawaiian	
Telephone Number		Fax Number		<input type="checkbox"/> Samoan		
Submitted by		Date Submitted (mm/dd/yyyy)		<input type="checkbox"/> Guamanian		
Date of Onset (mm/dd/yyyy)		Date of First Specimen Collection (mm/dd/yyyy)		<input type="checkbox"/> Other (specify): _____		
Reporting Health Care Provider		Reporting Health Care Facility		<input type="checkbox"/> White		
Address: Number, Street		Suite/Unit No.		<input type="checkbox"/> Other (specify): _____		
City		State	ZIP Code		<input type="checkbox"/> Unknown	
Telephone Number		Fax Number		<input type="checkbox"/> Food Service		
Submitted by		Date Submitted (mm/dd/yyyy)		<input type="checkbox"/> Day Care		
Date of Onset (mm/dd/yyyy)		Date of First Specimen Collection (mm/dd/yyyy)		<input type="checkbox"/> Health Care		
Reporting Health Care Provider		Reporting Health Care Facility		<input type="checkbox"/> Correctional Facility		
Address: Number, Street		Suite/Unit No.		<input type="checkbox"/> School		
City		State	ZIP Code		<input type="checkbox"/> Other (specify): _____	
Telephone Number		Fax Number		<input type="checkbox"/> Other (specify): _____		
Submitted by		Date Submitted (mm/dd/yyyy)		<input type="checkbox"/> Other (specify): _____		
(Obtain additional forms from your local health department.)						
<b>DEPARTMENT OF MOTOR VEHICLES (DMV)</b>						
California Driver License or Identification Card Number (eight characters): <input style="width: 60px; height: 15px;" type="text"/>						
1. If this report is based upon episodic lapses of consciousness, when was the most recent episode?: <input style="width: 80px; height: 15px;" 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: 60px; height: 15px;" type="text"/>	(b): <input style="width: 60px; height: 15px;" type="text"/>	(c): <input style="width: 60px; height: 15px;" type="text"/>	(d): <input style="width: 60px; height: 15px;" type="text"/>	(e): <input style="width: 60px; height: 15px;" type="text"/>	(f): <input style="width: 60px; height: 15px;" type="text"/>	
(mm/dd/yyyy)	(mm/dd/yyyy)	(mm/dd/yyyy)	(mm/dd/yyyy)	(mm/dd/yyyy)	(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>						


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



**DRIVER MEDICAL EVALUATION**

(Medical information is CONFIDENTIAL under California Vehicle Code §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

**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	
<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
	<b>X</b>

**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
<b>X</b>	

For printable version: [CLICK HERE](#)



#### 4. 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)

## 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

Training, Research and Education for Driving Safety  
University of California San Diego  
Family Medicine and Public Health  
Qualcomm Institute  
9500 Gilman Drive, MC 0811  
La Jolla, CA 92093-0811  
Phone: (858) 534-8386 | Fax: (858) 534-9404  
Email: [treds@ucsd.edu](mailto:treds@ucsd.edu) | Website: [treds.ucsd.edu](http://treds.ucsd.edu)

2021