

SENIOR TRANSPORTATION SERVICES



For seniors unable to drive, getting around the Bay Area presents daunting challenges. While we can depend on family and friends to take us where we need to go, many seniors don't like to impose or feel they are a burden, or don't have nearby support.

Driving represents much more than simply a way to get from point A to point B. It is synonymous with freedom, independence and living life to the fullest. When we lose our ability or license to drive, we lose a significant part of our life. It is no coincidence that feelings of isolation, depression and anxiety increase when someone can no longer drive.

Avoiding depression is the key to preventing the isolation that can accompany the loss of independent driving. Taking advantage of alternative transportation options available to seniors can lessen isolation and depression and allow seniors to continue to lead full and active lives. While the prices of these transportation services vary, the emotional price paid for not taking advantage of them is significant.

The above written by Althea T. Kippes as part of an article published May 12, 2010/ Los Altos Town Crier.

The following are the names, telephone numbers and web sites of organizations that provide transportation services. This is not considered to be an all-inclusive list and should not be looked upon as a reference. You will need to research your needed services and make your own decision.

OUTREACH

- 1) Americans with Disabilities Act Para-transit Service Program fare subsidies
- 2) Public transit passes
- 3) Subsidized taxi/non-taxi services

To apply for the above services, call (408) 436-2865

<http://www.outreach1.org>

EL CAMINO HOSPITAL ROADRUNNERS

Provides door to door transportation Monday thru Friday to medical appointments, shopping and social activities. **Fee based.**

At least **48 hours' notice is required**

To reserve a space, call (650) 940-7016

AVENIDAS VILLAGE www.avenidas.org/village

Transportation: Call (650) 289-5425

Must be a member. Currently, joining Avenidas Village requires a yearly enrollment fee for the basic package.

INDIVIDUAL SERVICE PROVIDERS

There are many private agencies in the area that offer senior in-home care with incidental transportation services such as the following:

- **Visiting Angels** www.angelshomecare.com
(408) 241-5100
- **Home Instead** www.homeinstead.com
(866) 996-1087
- **Comfort Keepers** www.bayarea.comfortkeepers.com
(650) 493-1920
- **Homecare California** www.homecare-california.com
(650) 324-2600
- **Love In the Name of Christ** www.loveinc.org
Rides, such as to doctor's appointments and errands
(408) 723-9201 between 9 AM and Noon Weekdays
- **VTA, Santa Clara Valley Transportation** www.vta.org
(408) 321-2300



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