

Senior Mobility Guide

Transportation Options and Services
to Help You Stay Mobile and Active

2022



Solutions that move you

Introduction

For most of us, our days are spent on the go, running errands, visiting the grandkids, meeting friends for coffee, and just going about our daily activities. As we age, it may become difficult to drive, but that doesn't mean you have to stop doing what you love. There are many ways that you can stay independent at any age! The resources found in this guide will help you get around no matter how you travel.

VTA's bus and light rail is one of the most flexible options, and we have programs to help you learn to use the service. We offer group travel training, and our Information Service Representatives are available to answer your questions and plan your trips. Even so, this is not the only option you have.

The *Senior Mobility Guide* is arranged in sections that provide information on public transportation, local shuttles, community and private transportation services, driver safety resources, fitness, and community information and assistance programs. We hope you will use this guide often. It could make all the difference in the world for you or someone you care for. Please contact us with any suggestions on how this guide can be improved to help you.

Here are some common situations and questions that you may find helpful.

I drive and plan to keep driving as long as I safely can.

- A driver safety course, publications, and online resources can help you keep your skills sharp and make sure you know how to adjust for changes as you get older.
..... **Pages 29-31**
- Adjustments to your car may help you drive with more confidence. **Pages 29-31**

I don't feel as confident driving as I used to.

- Public Transportation may be an option for you. If you haven't ridden the bus or light rail in a long time, you might be surprised by how much they've changed.
..... **Pages 4-8**
- VTA Daycation Program can help you learn about public transportation. **Page 9**

I've cut back on driving and I'm looking for other ways to get around.

- Depending on your physical abilities, public transportation may be an option for some of your needs. VTA buses and light rail have many features that make them easy to use.
..... **Pages 4-8**
- If using the bus is too hard for you, you might be eligible for services that pick you up at home and take you where you want to go. **Page 10**

I am concerned about a friend or family member who probably shouldn't be driving anymore.

- Several publications provide tips about how to talk to friends and family about driving.Page 31
- Get the latest information about DMV policies on testing, reporting, and license renewal..... Pages 32-33

What do I do if I can't drive, and the bus and light rail can't get me where I want to go?

- You may be able to get a ride on services operated by community organizations. Pages 14-21

I need to go to my doctor's office or medical appointment, but I need help.

- Services operated by community organizations may be able to help you..... Pages 14-21
- Private transportation services may be able to help you. Pages 22-28

What do I do if I need help from another person when I am out and about?

- Services operated by community organizations may be able to help you..... Pages 14-21

I want to stay active, healthy, and independent.

- There are organizations that provide information and assistance to help you find services that will meet your needs. Pages 34-36

Transit Service Information

Santa Clara Valley Transportation Authority (VTA) (408) 321-2300

VTA provides public transportation in Santa Clara County and connects with neighboring transit operators. All VTA buses are equipped with lifts or ramps to assist those who use mobility devices or have difficulty with steps. Full-size buses are equipped with a kneeling feature which lowers the front of the bus easing the first step when boarding. Light rail platforms are level to the train, allowing riders to easily board the light rail train. All buses and light rail trains automatically announce major transfer points, intersections and destinations; information is also displayed on electronic message boards inside the vehicle. External speakers also announce route number and vehicle destinations.

VTA's senior riders' webpage (www.vta.org/senior) teaches older adults about programs and services that may help them, their friends, and family. It provides information to help older adults safely travel on VTA.

For more information about VTA services, call (408) 321-2300, TTY (408) 321-2330, from 650 area code and South Santa Clara County toll area (800) 894-9908, or visit www.vta.org

Caltrain

(800) 660-4287

Caltrain operates commuter rail service on the Bay Area Peninsula between San Jose and San Francisco, with commute-hour service to Gilroy. Caltrain has 15 stations in Santa Clara County, and connects with BART in Millbrae at the Millbrae Transit Center. Every train has at least one wheelchair accessible car that can accommodate up to two wheelchairs. Caltrain stations that are not currently wheelchair accessible are 22nd Street, South San Francisco, Broadway, Atherton and College Park.

For more information on Caltrain services, call (800) 660-4287, TTY (650) 508-6448, or visit www.caltrain.com

Highway 17 Express

(831) 425-8600

Highway 17 Express bus provides service between downtown San Jose, Scotts Valley, and downtown Santa Cruz (Metro Center). All Highway 17 Express buses are lift or ramp equipped, and accessible to individuals with disabilities. Service is offered seven days a week. On weekends and holidays, buses begin or end at the San Jose Diridon Station.

For more information on Highway 17 Express services, call (831) 425-8600, dial 711 for CRS Hearing & Speech Impaired Services, or visit www.scmttd.org

SamTrans

(800) 660-4287

SamTrans provides fixed-route bus service throughout San Mateo County and into parts of San Francisco and Palo Alto. All SamTrans buses are lift and ramp equipped, and accessible to individuals with disabilities.

Free travel training is available for people with disabilities who want to learn to ride SamTrans buses or Caltrain. For more information about travel training, call (650) 508-6202.

For information about SamTrans service, call (800) 660-4287, TTY (650) 508-6448, or visit www.samtrans.com

Bay Area Rapid Transit (BART)

(510) 464-6000

BART is a regional rail service which connects to VTA. The entire BART system consists of five lines serving the Bay Area. BART has many features to make it easy for seniors and persons with disabilities to use. All BART cars have space for wheelchairs. Station agents are available at all times in each station to help seniors and persons with disabilities.

For more information on BART services call (510) 464-6000 or visit www.bart.gov

AC Transit

(510) 891-4777

AC Transit provides public transportation to Alameda and Contra Costa Counties. All buses are lift and ramp equipped, and accessible to persons with disabilities.

For more information on AC Transit services call (510) 891-4777, TDD/TYY (800) 753-2929, or visit [*www.actransit.org*](http://www.actransit.org)

San Benito Express

(831) 636-4161

San Benito County Express provides transportation service to the communities of Hollister, San Juan Bautista, and Gilroy. County Express operates a complementary Dial-A-Ride service, as well as service to Gilroy's Caltrain and Greyhound stations, and Gavilan College with connecting service to the Santa Clara Valley Transportation Authority. All of San Benito County buses are equipped with lifts or ramps that can be used by people who use mobility devices or cannot climb steps.

For more information on San Benito County Express services call (831) 636-4161 or visit [*www.sanbenitocountyexpress.org*](http://www.sanbenitocountyexpress.org)

Monterey-Salinas Transit (MST)

(888) 678-2871

Monterey-Salinas Transit provides public transportation to Carmel, Del Rey Oaks, Gonzales, Greenfield, King City, Marina, Monterey, Pacific Grove, Salinas, Sand City, Seaside, Soledad and the County of Monterey. Monterey-Salinas Transit buses are fully accessible on all lines. The MST 55 connects with VTA service in Gilroy, Morgan Hill, and downtown San Jose.

For more information on Monterey-Salinas Transit accessible services, call (888) 678-2871 or visit *www.mst.org*

Santa Cruz Metro

(831) 425-8600

Santa Cruz Metro provides public transportation throughout Santa Cruz County. All buses are lift and ramp equipped, and accessible to persons with disabilities. The Highway 17 Express connects with Santa Cruz Metro service in Scotts Valley and downtown Santa Cruz.

For more information on Santa Cruz Metro services, call (831) 425-8600, dial 711 for CRS Hearing & Speech Impaired Services, or visit *www.scmttd.org*

Daycation

To help older adults become familiar with their transportation options, Santa Clara Valley Transportation Authority offers the Daycation Program. The program offers the Train-the-Trainer Academy. Through classroom and on-the-bus training, service providers are taught to conduct their own “Daycations.” As part of the Daycation Program, VTA also offers free group training to help older adults learn to navigate the bus and light rail system.

For more information about the Daycation Program, call (408) 321-2300, TTY (408) 321-2330, from 650 area code and South Santa Clara County toll area (800) 894-9908 or email ***Customer.Service@vta.org***

ADA Paratransit

If you are unable to use VTA bus and light rail service some or all of the time due to a disability, you may be eligible for Americans with Disability Act (ADA) paratransit service. VTA ACCESS Paratransit is a shared ride service available throughout Santa Clara County and will come to your home and take you to your destination. Trips can be reserved up to three days in advance. Before you can use the ADA paratransit service, VTA ACCESS Paratransit will need to evaluate your eligibility; this process may take up to 21 days.

For more information about the ADA paratransit service in Santa Clara County please call VTA ACCESS Paratransit at (408) 321-2381; TTY at (408) 321-2330 or visit www.vta.org

Local Shuttles

Local shuttles are typically vans or shuttle buses that serve small areas within cities and communities weekdays during the midday with some exceptions.

Marguerite Shuttle (650) 723-9362

Service Area: Stanford University Campus and
Downtown Palo Alto

Fare: FREE

Eligibility: Open

Connections: Stanford Shopping Center, Downtown
Palo Alto, California Avenue,
Town & Country Village, and
San Antonio Shopping Center

For more information: (650) 723-9362 or visit
***[www.transportation.stanford.edu
/marguerite](http://www.transportation.stanford.edu/marguerite)***

The Marguerite Shuttle is operated by Stanford University. All shuttles are wheelchair accessible. The shuttle travels around campus and connects to nearby transit, shopping, dining, and entertainment.

Mountain View Shuttle
(855) 730-7433

Service Area: Mountain View
Fare: FREE
Eligibility: Open
Connections: San Antonio Center, Senior Center,
Teen Center, MV Transit Center,
Civic Center, El Camino Hospital,
Sylvan Park, Whisman Station,
and MV Community Center

For More Information: (855) 730-7433 or visit
<https://mvcommunityshuttle.com>

The Mountain View Community Shuttle provides free enhanced transportation connections between many residential neighborhoods, senior residences and services, city offices, library, park and recreational facilities, medical offices, shopping centers, and entertainment venues throughout Mountain View.

Palo Alto Shuttles
(650) 329-2520

Service Area: Palo Alto
Fare: FREE
Eligibility: Open
Crosstown Shuttle: Main Library, Avenidas,
Lytton Gardens, Channing House,

Jordan Middle School, Mitchell Park,
JLS Middle School, Stevenson House,
and Midtown Shopping District

Embarcadero Shuttle: Palo Alto Caltrain Station to the
Embarcadero/Baylands

For More Information: (650) 329-2520 or email

shuttle@cityofpaloalto.org

The City of Palo Alto operates free weekday shuttle service serving the Palo Alto area. All shuttles are equipped with lifts, and accessible for individuals with disabilities. Bus stops are marked with a “Palo Alto Shuttle” sign, a sticker on a regular VTA bus stop sign, or a “Shuttle” decal on a stop sign pole in residential areas. The Palo Alto Free Shuttle operates two lines.

Via – Cupertino Shuttle (669) 201-1892

Service Area: Cupertino

Fare: Cost Varies; Call for more information

Eligibility: Open

Service Area: Cupertino and to Sunnyvale Caltrain

Hours: 7:00 a.m.-7:00 p.m., Monday-Friday

9:00 a.m.-5:00 p.m., Saturday

For more information: (669) 201-1892 or visit *[https://www.cupertino.org/our-city/departments/](https://www.cupertino.org/our-city/departments/public-works/transportation-mobility/community-shuttle)*

*[public-works/transportation-mobility/
community-shuttle](https://www.cupertino.org/our-city/departments/public-works/transportation-mobility/community-shuttle)* ▶

Via-Cupertino is an on-demand shuttle service providing transportation anywhere in Cupertino. It also connects to some destinations outside of Cupertino like the Sunnyvale Caltrain station, Kaiser Santa Clara and Rancho San Antonio. Rides are not scheduled in advance but arrive quickly. Rides are requested through the via app or by phone. Door to Door service is available for persons disabilities and seniors upon request.

Community Transportation Services

American Cancer Society – Road to Recovery (800) 227-2345

Service Area: Santa Clara County
Fare: FREE
Eligibility: Ambulatory cancer patients
For more information: Call (800) 227-2345 or visit
www.cancer.org

American Cancer Society's Road to Recovery Program is staffed by volunteer drivers who pick up cancer patients at their homes and take them to anything cancer related, including doctor's appointments, radiation treatments and chemotherapy.

Avenidas Door to Door

(650) 289-5411

Service Area: 12-mile radius of Avenidas. This includes the cities of Atherton, East Palo Alto, Los Altos, Los Altos Hills, Menlo Park, Mountain View, Palo Alto, Portola Valley, Redwood City, San Carlos, Sunnyvale, and Woodside.

Fare: Cost varies; Call for more information

Eligibility: Call for requirements

For more information: (650) 289-5411 or visit www.avenidas.org/programs/door-to-door/

Avenidas Door to Door provides transportation services for seniors that can be used for shopping, recreation, doctor's appointments and other needs. Rides need to be scheduled at least 48 hours in advance. Same day service or special requests with Lyft can be requested for an additional fee. There is no wheelchair transportation available.

Sourcewise Transit Services

(408) 762-7362

Service Area: Morgan Hill, San Martin, and Gilroy

Fare: Call for more information

Eligibility: 60+ years old or adult with disability (18+)

Hours: 8:30 a.m.-3:30 p.m., Monday-Friday ▶

For more information: (408) 762-7362 or visit

***[https://mysourcewise.com/
programs-services/south-county-
services/transportation/](https://mysourcewise.com/programs-services/south-county-services/transportation/)***

Sourcewise Transit Services provides door to door transportation to adults 60 years and older and adults with disabilities who reside in Morgan Hill, San Martin and Gilroy. Transportation services can be used for medical appointments, grocery store and pharmacy visits and to local senior centers located in Gilroy and Morgan Hill. All rides must take place between 8:30 a.m. and 3:30 p.m. Monday through Friday. There is currently no wheelchair transportation available.

Heart of the Valley (408) 241-1571

Service Area: Santa Clara, Cupertino, Sunnyvale, Saratoga, Monte Sereno, Los Gatos, Campbell, and the West San Jose zip codes: 95117, 95125, 95126, 95128, 95129, and 9513

Hours: 9:00 a.m.-9:00 p.m., Monday-Friday

Fare: FREE; Donations welcomed

Eligibility: 65+ years old

For more information: (408) 241-1571 or visit ***www.servicesforseniors.org***

Heart of the Valley Services for Seniors, Inc. provides seniors with escorted transportation and in-home services. These services are provided by volunteers and include minor gardening, computer assistance, small home repairs, cleaning out closets or sheds, and/or general companionship.

POSSO Escort Program (408) 293-0877

Service Area: San Jose
Fare: FREE; Donations welcomed
Eligibility: 65+ years old
For more information: (408) 293-0877 or visit
www.portuguesecenter.org/senior-programs/

The Portuguese Organization for Social Services and Opportunities (POSSO) Escort Program provides scheduling, transportation, translation, and interpretation by trained professionals and volunteers. Trips can help assist seniors to utilize services of health professionals and agencies they otherwise would not be able to access.

RoadRunners Transportation

(650) 940-7016

- Service Area: Ten-mile radius of Middlefield Road and Oregon Expressway or 8-mile radius from El Camino Hospital Los Gatos (excluding mountain geography).
- Fare: Call for information
- Eligibility: Call for requirements
- For more information: (650) 940-7016 or visit www.elcaminohospital.org/services/roadrunners-transportation

RoadRunners is a transportation service provided by El Camino Hospital Auxiliary volunteers. Transport is provided for medical, dental or any health related appointments. In addition, RoadRunners will provide door-to-door transportation. There is no wheelchair transportation available and no affiliation with El Camino Hospital is required. A reservation is required.

R.Y.D.E.- Saratoga, Los Gatos, Monte Sereno, and San Jose zip codes 95120 & 95124

(408) 892-9739

- Service Area: Anywhere within the West Valley Communities of Cupertino, Campbell, Saratoga, Los Gatos, Monte Sereno, San Jose zip codes: 95120, 95124,

95129, and 95130. Any destination up to 8 miles from your home, and up to 16 miles for medical appointments.

Ride Hours: 8:00 a.m.- 4:00 p.m. Monday-Friday
Office Hours: 8:00 a.m. - 4:30 p.m. Monday-Friday
Fare: Based on income and miles traveled
Eligibility: 65+ residing in Saratoga, Los Gatos, Monte Sereno, and San Jose zip codes 95120 and 95124

For more information: (408) 892-9739 or email
RYDE@sascc.org

R.Y.D.E. is a curb-to-curb transportation service for adults 65+. Trips can be used for appointments, grocery shopping, social visits or trips to any location within the West Valley communities of Cupertino, Campbell, Saratoga, Los Gatos, Monte Sereno, San Jose zip codes: 95120, 95124, 95129, and 95130. RYDE also provides trips to area doctors' offices, hospitals, the Sunnyvale Caltrain Station and the VA Hospital in Palo Alto. Rides must be scheduled at least 2 business days prior or can be booked up to one month in advance to the date. There is no wheelchair transportation available at this time.

**R.Y.D.E.- Cupertino, Campbell, and San Jose zip codes
95129 & 95130
(669) 220-0831**

Service Area: Anywhere within the West Valley
Communities of Cupertino, Campbell,
Saratoga, Los Gatos, Monte Sereno,
San Jose zip codes: 95120, 95124,
95129, and 95130. Any destination up
to 8 miles from your home, and up to
16 miles for medical appointments.

Hours: 8:00 a.m.-12:00 p.m. &
1:00 p.m.-4:00 p.m. Monday–Friday

Fare: Based on income and miles traveled

Eligibility: 65+ residing in Campbell, Cupertino,
San Jose zip codes: 95130, 95129

For more information: (669) 220-0831 or email

RYDEinfo@wvcommunityservices.org

R.Y.D.E. is a curb-to-curb transportation service for adults 65+. Trips can be used for appointments, grocery shopping, social visits or trips to any location within the west valley communities of West Valley Communities of Campbell, Cupertino, Los Gatos, Monte Sereno, Saratoga, San Jose zip codes 95120, 95124, 95129, and 95130. RYDE also provides trips to area doctors' offices, hospitals, the Sunnyvale Caltrain Station and the VA Hospital in Palo Alto. Rides must be scheduled 2 days prior and can be booked up to one

month in advance. There is no wheelchair transportation available at this time.

R.Y.D.E.- Morgan Hill

(408) 310-4250

Service Area:	Anywhere within the city limits of Morgan Hill
Ride Hours:	8:00 a.m.- 4:00 p.m. Monday-Friday
Office Hours:	8:00 a.m. - 4:30 p.m. Monday-Friday
Fare:	Based on income and miles traveled
Eligibility:	65+ residing in the city of Morgan Hill
For more information:	(408) 310-4250 or email <i>RYDE@mhcrc.com</i>

R.Y.D.E. is a curb-to-curb transportation service for adults 65+. Trips can be used for appointments, grocery shopping, social visits or trips to any location within the city limits of Morgan Hill. RYDE also provides trips to area doctors' offices within Morgan Hill. Rides must be scheduled at least 2 business days prior or can be booked up to one month in advance. There is no wheelchair transportation available at this time.

Private Transportation

The services in this section are provided by private, for profit companies. VTA does not endorse these services nor has verified the information provided by the companies.

Absolute Senior Solutions (408) 610-9997

Service Area: Santa Clara County, San Mateo County, Alameda County, and San Francisco

Fare: Call for information

Eligibility: Open

For more information: (408) 610-9997 or visit

www.abseniorsolutions.com

Absolute Senior Solutions provides non-medical transportation throughout the bay area. Transportation can be used for doctor's appointments, medical trips and recreational activities. Reservations can be made online or by phone.

Boundless Care, Inc. (408) 363-8900

Service Area: Santa Clara County

Fare: Cost varies. Call for more information

Eligibility: Open

For more information: (408) 363-8900 or visit

www.boundlesscare.org/non-medical-home-care-transportation-services

Boundless Care, Inc. provides non-emergency transportation and escort services in the South Bay. Transportation provided for doctors appointments, dialysis, chemotherapy sessions, and recreational activities.

Eden Medical Transportation
(408) 579-9775

Service Area: Santa Clara County, Alameda County, Contra Costa County, and San Francisco County

Fare: Cost varies. Call for more information

Eligibility: Open

For more information: (408) 579-9775 or visit ***www.edenmedtrans.com***

Eden Medical Transportation is a non-emergency medical service designed to cater to individual clients. Their non-emergency ambulatory services offer transportation with a relaxed and safe atmosphere. Transportation is provided to doctor appointments, dialysis centers, skilled nursing facilities and adult senior centers.

Fun n Go Non-Medical Transportation (844) 238-6646

Service Area: Santa Clara County
Fare: Cost varies. Call for more information
Eligibility: Open
For more information: (844) 238-6646 or visit
[*www.funandgotransport.com*](http://www.funandgotransport.com)

Fun n Go is a non-medical transportation provider offering transportation within the bay area. Transportation provided for airport drop offs, doctor's appointments, dialysis, and recreational activities. Fun n Go provides 24/7 door to door service.

GoGo Grandparent (855) 464-6872

Service Area: Nationwide service
Hours: Rides are available 24/7
Fare: Fares are quoted in advance based on distance and time traveled
Eligibility: Open
For more information: (855) 464-6872 or visit
[*www.gogograndparent.com*](http://www.gogograndparent.com)

GoGo Grandparent lets people use Lyft and Uber without a smartphone with rides monitored by 24/7 operators and

alerts for emergency contacts. Custom pick-ups, group accommodations, and scheduling services are also available.

JustGo!
(408) 657-8572

Service Area: Santa Clara County
Fare: Call for information
Eligibility: Open
For more information: (408) 657-8572 or visit
www.justgosv.com

JustGo! provides non-emergency wheelchair and ambulatory transportation throughout Silicon Valley. JustGo! offers low cost transportation for doctor's appointments, medical trips and recreational activities. Reservations can be made online or by phone.

Ken Transportation
(408) 267-4459

Service Area: Santa Clara County
Fare: Call for information
Eligibility: Open
For more information: (408) 267-4459 or visit
www.kentransport.com

Ken Transportation provides non-emergency wheelchair and ambulatory transportation throughout Santa Clara County. Ken Transportation provides transportation for doctor's

appointments, medical trips and recreational activities. Reservations can be made online or by phone.

One Access Transportation Services (510) 648-2085

Service Area: Santa Clara County, Alameda County, San Mateo County, and Contra Costa County
Fare: Cost varies. Call for more information
Eligibility: Open
For more information: (510) 648-2085 or visit www.oneaccesstrans.com

One Access Transportation services are designed for individuals with mobility limitations and those who do not have means to reliable, accessible transportation. Rides can be used for doctor appointments, social outings, shopping, dialysis centers, outpatient surgery, and long-distance trip.

One-Stop MedEx (408) 907-5629

Service Area: Santa Clara County
Fare: Cost varies. Call for more information
Eligibility: Open
For more information: (408) 907-5629 or visit www.onestopmedex.com

One-Stop MedEx provides non-emergency ambulatory,

wheelchair and stretcher transportation within Santa Clara County and throughout Northern California. One-Stop MedEx provides transportation for doctor's appointments, medical trips, outpatient surgery, community service centers, rehabilitation facilities, physical therapy, and long distance trips.

Onward

(800) 700-4797

Service Area: South Bay, San Jose, San Francisco, Marin, East Bay, Contra Costa, Tri-Valley

Fare: Call for more information

Eligibility: Open

For more information: (800) 700-4797 or visit

www.onwardrides.com

Onward provides door-to-door transportation services for older adults. Their drivers will assist throughout the entire trip. Transportation can be used for doctor's appointments, medical trips and recreational activities. Reservations can be made through their app, online or by phone.

SilverRide

(415) 861-7433

Service Area: Throughout the Bay Area

Fare: Call for information

Eligibility: Clients must be able to walk a minimum of 20 feet with a walking aid. ▶

For more information: (415) 861-7433 or visit
www.silverride.com

SilverRide provides assisted transportation, companions, personalized activities and group events for older adults who want to get things done, socialize and have enriching life experiences. As part of its service, SilverRide coordinates and refers a network of complementary products and services that together provide a comprehensive lifestyle solution for older adults.

S & P Medical Trans, Inc.
(408) 829-8648

Service Area: Santa Clara County
Fare: Cost varies. Call for more information
Eligibility: Open
For more information: (408) 829-8648; (408) 264-6411 or visit
www.sandpmedtrans.com

S&P Med Trans, Inc. provides non-emergency wheelchair and ambulatory services. This service is geared towards the physically challenged, as well as those in need of a comfortable ride to medical appointments.

Local Driver's Safety

AARP Driver Safety Program

The AARP Drivers Safety Program offers local classes for drivers aged 50 and above. The course covers many topics related to being an older driver such as traffic rules, staying flexible, medication, etc. The course is designed to help you remain a safe driver. It covers normal age-related physical changes, and how to adjust your driving to allow for these changes.

For information on AARP Drivers Safety courses in your area and for other helpful information, go to [*www.aarp.org/auto/driver-safety/driving-skills-refresh/*](http://www.aarp.org/auto/driver-safety/driving-skills-refresh/)

Age Well Drive Smart – California Highway Patrol

Age Well Drive Smart, is a California Highway Patrol Program for seniors ages 55 and older. Those who complete this course will receive a certificate that may entitle them to a premium discount on their automobile insurance. This program has been approved by the Department of Motor Vehicles, the California Highway Patrol, the Office of Transportation Safety, and the Santa Clara County Traffic Safety Community Network (TSCN). To find a workshop near you contact your local community center.

Driver Safety Resources

Self Assessment

If you are becoming concerned about your ability to drive a vehicle, information developed by various aging and traffic safety groups may help you determine whether you need to have a more formal evaluation of your driving abilities.

Roadwise Review – AAA (Online Tool)

The AAA Roadwise Review is an interactive online tool to help you identify potential aging-related driving issues, steps to reduce risk, and monitor your driving health in private. Go to *seniordriving.aaa.com* for this and other helpful online resources, including an online older driver safety course.

Driving Decisions Workbook

The University of Michigan developed an online workbook to help drivers evaluate their ability to drive safely. The online workbook is available at

www.um-saferdriving.org/firstPage.php

National Highway Traffic Safety Administration (NHTSA) Brochures

The NHTSA has developed a series of pamphlets that address older adults' ability to drive safely. These include "Safe Driving for Older Adults" and pamphlets dealing specifically with driving when you have had a stroke or have

various conditions, such as arthritis, Parkinson’s disease, sleep apnea, diabetes or seizures.

Brochures can be ordered by calling the NHTSA at (888) 327-4236 or can be viewed online at www.nhtsa.gov/road-safety/older-drivers.

Adjusting Your Vehicle

Proper adjustment of seats, mirrors, headrests and the steering wheel can help keep you driving safely. A variety of simple devices can be added to help compensate for physical changes or simply to make the vehicle fit you more comfortably and safely. The American Society on Aging, the American Automobile Association and AARP has developed a program called CarFit, Helping Mature Drivers Find Their Perfect Fit. For more information, go to www.car-fit.org or to www.aarp.org and search for “driver safety.”

Talking to Family and Friends

The Hartford insurance company and the MIT AgeLab have developed a guide to help families initiate productive and caring conversations with older adults about driving safely. A free 24-page brochure called “We Need to Talk...Family Conversations with Older Drivers” and several other older driver safety resources are available at www.thehartford.com/resources/mature-market-excellence/publications-on-aging

DMV Licensing

The Department of Motor Vehicles does not take away your driver's license when you reach a certain age. Your mental and/or physical condition and your ability to follow traffic laws and rules regardless of age determine whether your license is renewed, restricted, suspended or revoked. All customers age 70 or older must renew their driver's license in person at the DMV office. Restrictions may be imposed relating to declining physical condition.

The number one restriction for senior drivers is vision-related and usually requires the driver wear glasses or corrective contact lenses. Some other common restrictions are no freeway driving, no nighttime driving, no rush hour driving and driving only with proper support to ensure a proper driving position.

For more information: (800) 777-0133

TTY (800) 368-4327

Or visit www.dmv.ca.gov/portal/driver-education-and-safety/special-interest-driver-guides/senior-drivers/

Disabled Parking Placards

You can get a Disabled Person (DP) placard or license plates if you have impaired mobility and a licensed physician, surgeon, physician's assistant, nurse practitioner, or certified nurse-midwife certifies your condition.

The DP placard and plates entitle you to park your vehicle in handicap parking spaces, at a blue or green curb, at metered on-street parking spaces at no charge, and in areas that require residential or merchant permits. You do not have to own or drive the vehicle to use the DP placard.

For more information: (800) 777-0133

TTY (800) 368-4327

Or visit www.dmv.ca.gov/portal/vehicle-registration/license-plates-decals-and-placards/disabled-person-parking-placards-plates/

Walking and Fitness

Fitness and exercise are key components of your mobility. Not only does regular exercise make it easier for you to walk to your destinations and travel on transit, it also helps you maintain your body's strength, flexibility, reflexes and coordination, which lengthen the amount of time you are able to drive safely.

City Parks and Recreation Departments

Most cities in Santa Clara County offer health and exercise classes through their Parks and Recreation departments. Some cities even have programs targeted specifically at older adults. For more information, contact your city's Parks and Recreation Department.

Information Resources

Sourcewise – Community Resource Solutions

Sourcewise is an independent non-profit organization serving Santa Clara County. Their mission is to provide adults and their caregivers the tools and services to effectively navigate their health and life options. Community Resource Specialists at Sourcewise connect individuals with experts in the areas of health insurance counseling, Meals on Wheels, senior employment, care management, and other services available throughout Santa Clara County. For more information, call (408) 350-3200 or visit www.mysourcewise.com

511

511 is a one-stop resource for Bay Area transportation information, including real-time traffic conditions, public transportation routes and schedules, bicycling information and much more. 511 information is available on the phone by dialing 511 or on the web at 511.org. To use the phone service, speak your choices or press zero to use touch-tone menus. It is a free service and is available 24 hours a day, seven days a week. The website includes an interactive trip planner. Phone users who are hearing impaired can use 511 by calling 711.

2-1-1 Santa Clara County

2-1-1 provides free, non-emergency community health and disaster information in Santa Clara County. Like 9-1-1 for emergency services, 2-1-1 is a public access number for community information. Callers receive information from a live phone specialist who can answer questions about a variety of non-profit services and agencies. Phone specialists can also help callers find out where to go to volunteer and donate to their favorite cause.

Santa Clara County Senior Nutrition Program

The Senior Nutrition Program provides high quality, nutritious meals to seniors. Nutrition education is provided to seniors participating in the Senior Nutrition Program to support this promotional effort. All meals are planned to meet one-third of the daily recommended dietary allowances for adults. The meal plans are approved and monitored by a staff of Registered Dietitians. For more information contact your local senior center.

Senior Mobility Guide Online

An online version of the ***Senior Mobility Guide*** is available online at www.vta.org/senior

Quick Phone List

Public Transit

AC Transit	(510) 891-4777
BART	(510) 464-6000
Bay Area Transportation	511
Caltrain.....	(800) 660-4287
Highway 17 Express.....	(831) 425-8600
Monterey-Salinas Transit	(888) 678-2871
SamTrans	(800) 660-4287
San Benito Express	(831) 636-4161
Santa Cruz Metro	(831) 425-8600
VTA	(408) 321-2300
VTA ACCESS Paratransit	(408) 321-2381

Community Transit Services

American Cancer Society –

Road to Recovery.....	(800) 227-2345
Avenidas Door to Door.....	(650) 289-5411
Sourcewise Transit Services	(408) 762-7362
Heart of the Valley	(408) 241-1571
POSSO Escort Program	(408) 293-0877
RoadRunners Transportation.....	(650) 940-7016
R.Y.D.E. - SASCC.....	(408) 892-9739
R.Y.D.E. - WVCS	(669) 220-0831
R.Y.D.E. – Morgan Hill	(408) 310-4250

Santa Clara County Senior Centers

Addison-Penzak JCC of Silicon Valley	(408) 357-7462
Alma Senior Center	(408) 275-1315
Almaden Community Center.....	(408) 268-1133
AACI	(408) 975-2730
Avenidas	(650) 289-5400
Barbara Lee Senior Center	(408) 586-3400
Bascom Community Center.....	(408) 794-6289
Berryessa Community Center.....	(408) 251-6392
Billy DeFrank Community Center ...	(408) 293-3040
Camden Community Center	(408) 559-8553
Campbell Adult Center	(408) 866-2146
Cupertino Senior Center	(408) 777-3150
Cypress Senior Center	(408) 244-1353
Evergreen Community Center.....	(408) 270-2220
Gardener Community Center.....	(408) 279-1498
Gilroy Senior Center	(408) 846-0414
India Community Center	(408) 934-1130
John XXIII.....	(408) 282-8600
Los Altos Senior Center	(650) 947-2797
Los Gatos Senior Center.....	(408) 354-1514
Mayfair	(408) 794-1063
Morgan Hill Senior Center.....	(408) 782-1284
Mountain View Senior Center	(650) 903-6330
Portuguese Community Center	(408) 293-0877
Roosevelt Community Center.....	(408) 794-7555
Santa Clara Senior Center	(408) 615-3170

Saratoga Senior Center.....	(408) 868-1248
Self-Help for the Elderly	(408) 873-1183
Seven Trees Community Center	(408) 794-1690
Southside Senior Center	(408) 629-3435
Sunnyvale Senior Center.....	(408) 730-7360
Yu-Ai Kai Senior Center.....	(408) 294-2505

City Parks and Recreation

Campbell.....	(408) 866-2105
Cupertino	(408) 777-3120
Gilroy	(408) 846-0460
Los Altos	(650) 947-2790
Los Altos Hills	(650) 947-2518
Los Gatos.....	(408) 354-8700
Milpitas	(408) 586-3210
Morgan Hill.....	(408) 782-0008
Mountain View	(650) 903-6331
Palo Alto.....	(650) 463-4900
San Jose	(408) 535-3570
Santa Clara	(408) 615-2260
Saratoga	(408) 354-8700
Sunnyvale	(408) 730-7350

To have your organization listed, or notify VTA of changes in the listed services please contact (408) 321-2300.

Notes



(408) 321-2300 • TTY (408) 321-2330

www.vta.org