



DO YOU WANT TO LEARN MORE ABOUT CYCLING WITHOUT AGE? GWAAR CAN HELP CONNECT YOU TO EXISTING CWA RESOURCES AND TECHNICAL ASSISTANCE.



What it is

CWA gives our neighbors the right to wind in their hair, the right to experience the city and nature close up from the bicycle and by giving them an opportunity to tell their story in the environment where they have lived their lives.

How it Works

Volunteers (pilots) sign up for bike rides with the elderly as often or as rarely as they want to. It's all driven by people's own motivation. To get started fill out the application form at the website below.

<https://cyclingwithoutage.org/>

Guiding Principles of CWA

- Generosity
- Slowness
- Storytelling
- Relationships
- Without Age

Cycling without Age facts

- Established in Copenhagen 2012
- 40 countries worldwide
- Oldest pilot - 90 yr. old
- Oldest passenger - 106 yr. old
- 28+ chapters in Wisconsin

How to start

You don't have to have a finished plan before becoming an affiliate. If you have a desire to set up a chapter, we encourage you to join now, and tap into the global movement and resources.

How to fund it

Specialized transportation, Civil Monetary Penalty & Older Americans Act funds are among possible funding sources. See second page for more details.

Movement: A group of people working together to advance a shared idea.

Funding for Trishaws

Specialized Transportation, 85.21 funds

WisDOT has supported the purchase of trishaws with 85.21 funding and 85.21 trust funds.

The purpose of the 85.21 program is to promote the general public health and welfare by providing financial assistance to counties providing transportation services for seniors and individuals with disabilities, and to thereby improve and promote the maintenance of human dignity and self-sufficiency

Cycling without Age exemplifies this purpose! (As always, check with WisDOT before applying)



Carrie Diamond piloting a resident of Miravida Living in Oshkosh on a 16-mile trek on a cold, windy and rainy day. Smiles and fun were plentiful despite the weather.

Civil Monetary Penalty Funds

Federally certified nursing homes in Wisconsin can participate in the Civil Money Penalty (CMP) program to cover half the cost of a trishaw. Fill in the application form at the link below. Not a nursing home? Partner with one!

Community organizations have successfully partnered with nursing homes in Stevens Point and Madison to take advantage of this funding. A manual and video was developed to assist nursing homes in WI start their own program. Work together to bring CWA to your community.

<https://www.dhs.wisconsin.gov/cmp-funded-project-cycling-without-age>, <https://cyclingwithoutage.com/cmp/>

“Life unfolds at all ages, young and old, and can be thrilling, fun, sad, beautiful and meaningful. Cycling Without Age is about letting people age in a positive context - fully aware of the opportunities that lie ahead when interacting in their local community.”

-Cycling Without Age.org

Self-Directed Volunteers

Volunteers are critical to the success of CWA chapters. Volunteers aren't just pilots. They can serve in a number of distinct roles, from fundraising to marketing to training. Create a self-directed volunteer team to oversee the program! Volunteers report receiving as much joy in participating as the riders!

Research There are a few research papers that explore the quantitative and qualitative benefits of CWA. More are in progress. Informally, family members and care facility staff report reduced anxiety, better sleep and a more positive outlook among those who receive rides.

Watch the TED talk and other videos at this link.

<https://cyclingwithoutage.org/> You can't help but be inspired!

It's not a question of how to do it, but how can you not!