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## What kind of transportation assistance do you need?

The following questions may help you choose the best way to meet your transportation needs:

- Has the change in your health affected your ability to climb stairs, drive or bend to get into car seats?
- Will it be safe for you to drive yourself?
- Do you feel comfortable asking family and friends to help you?
- If a relative or caregiver gives you a ride, can you get into the vehicle? Do you need a stepstool to get into the vehicle? Is there a grab handle?
- Are you familiar with public or private transportation options (such as buses, rail or taxi services) in your area?
- Do you have health issues that might affect your use of public transportation? For example, are you able to ride with others? Can you ride for up to an hour? Will you need a seat? Are you able to travel alone? Will you be able to use stairs, ramps, elevators or escalators in stations and at stops?

## Discuss your transportation needs

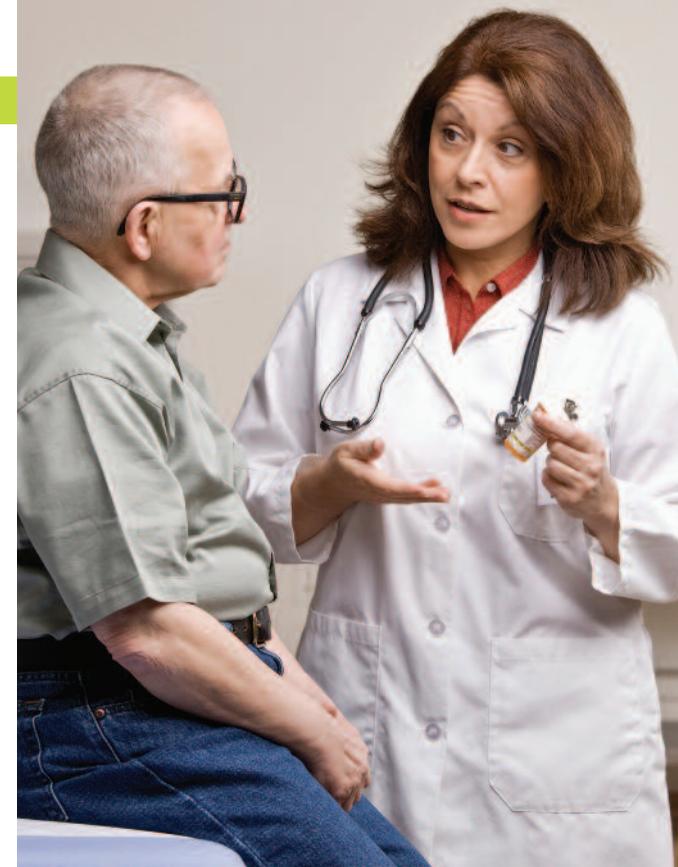
Talk with your physician and health care providers about the type of transportation you will need following your medical procedure.

Talk with your family, friends or caregivers about how they may be able to help you with your transportation needs.

## Additional considerations when making transportation choices

### Consider your health

- Will you need to use a cane, walker, crutches or wheelchair?
- Will you need door-to-door or door-through-door service?
- Follow up with your physician or health care provider about whether the change in your health is temporary or permanent.



### Consider public or private transportation options

- Ask your physician or health care providers if they can suggest transportation options.
- Use the yellow pages or other phone directories—search the “transportation” section for public and private providers (i.e., local public transit agency, taxi companies and volunteer driver programs).

- Dial local 211 or 311 telephone service. Follow the instructions for transportation options.
- Search the Internet for public and private transportation options. Identify bus and rail routes and schedule options. In your search, use the name of your town with these keywords: transit, transportation, transportation assistance, and volunteer drivers.
- Contact local centers for independent living.
- Contact your area agency on aging or the Eldercare Locator to find out about transportation options for older adults.
- If you are a veteran, contact a local Veterans Service Organization.

### Local phone numbers:

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American Medical Association
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Chicago, IL 60654
ama-assn.org



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Why plan for transportation?

Appropriate, accessible transportation is key to living a quality life that meets your personal, family and social needs.

Making smart transportation decisions helps you maintain control of your daily life, so you can take care of your health.

- Transportation is necessary for daily living activities, such as:
- Grocery shopping
- Visiting family and friends
- Attending worship services
- Getting to medical appointments
- Going on recreational outings
Planning for transportation fees in advance helps you stay within your budget and meet your basic needs.
Transportation alternatives give family and other caregivers a break, if needed.



Keep a record of contacts you've made

Collecting useful names, phone numbers and email addresses of people or organizations as you come across them can save time later.

Be persistent. It may take several calls to find what you need and get your questions answered.

Notes: [Dotted lines for writing]

Planning for Transportation After Medical Services



Transportation plays an essential role in the maintenance of good health.

Use the information in this guide to help you and your caregivers talk with your physician and health care providers about your transportation needs and options.

