

Meeting the Challenges

Special Edition

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TRANSPORTATION GUIDE

A collaborative project with the **Riverside County Aging and Disability Resource Connection**

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Getting to doctors, shopping and traveling for other purposes can be a challenge for people who do not drive and have disabilities, especially for older adults.

Riverside County has many options including buses, ADA (Americans with Disabilities Act) paratransit, other van services that are operated by non-profit organizations, commercial van services, taxis, and volunteer programs.

This guide was created by ILP and the Riverside County Office on Aging/Aging and Disability Resource Connection with Older Americans Act funding and printed with Measure A funding provided by the Riverside County Transportation Commission.

It is designed to help you understand the transportation options in Riverside County. It is intended as an information source to help people with disabilities and older adults remain independent, healthy and connected. Use this guide to find the right ride for you or someone you know.

In addition to providing detailed information about available transportation options, it will also help you get more personalized information to assist you to access and use the available services more effectively and successfully.

INFORMATION ACCURACY

HOW TO FIND THE RIGHT TRIP

Information about the transportation services included in the guide was gathered from websites, other public sources, and telephone inquiries. Every possible effort has been made to ensure that the information at the time of printing was accurate and complete.

It is the responsibility of each consumer to verify information, evaluate the provider, and determine how to best meet his/her transportation needs. Please confirm pricing, schedules and eligibility requirements with the provider. No guarantee of service availability is given. No endorsement or evaluation of the organizations or their services is made or implied. Any omission or errors are unintentional.



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Know your capabilities and needs

- Do you have difficulties standing or walking?
- How far you can walk, without or with assistance?
- Do you need to use a cane, walker or wheelchair?
- Do you need a personal care attendant?
- How far ahead are you able to plan for needed transportation?
- Do you require assistance getting in or out of a vehicle?
- Are you able to get from your home to a vehicle?
- Do you require an attendant to stay with you at destinations?
- How much can you afford to pay for a ride?
- Do you have special needs that you need to consider?

Notes:

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Office on Aging Senior HELPLINK.....1-800-510-2020.....REAL PEOPLE TO TALK WITH!!

HOW TO FIND THE RIGHT TRIPCONTINUED

Key considerations

1. Do you need to travel between cities or to destinations out of Riverside County? Can local services link with other services to get you where you need to go?
2. What are the requirements to qualify for various services?
3. How much will rides cost? Are discounts available?
4. Does the service provide the accessibility you need? If you need a wheelchair, can the service accommodate your requirements?
5. Are prior reservations required? If so, how many days?
6. Is there a “window” of time when you need to wait for pickup?
7. Is the service available on the days and times that would be most convenient for your travel?
8. Can a care attendant ride with you?
9. Is assistance available during the ride if it is needed?
10. How long will a trip to your destination take?

Notes:

Helpful tips

- Start by reading this guide to find out what services might be available for you to use.
- Understand that transportation systems require flexibility from riders.
- Ask friends, neighbors and family for advice.
- Try to adjust your travel needs to the availability of services.
- Try to plan and do as many things as possible on a single trip.
- Be creative. Maybe you can use one transportation service to get to your destination and another for the return trip.
- If you haven’t used bus transportation for some time or are uncomfortable about riding a bus, sign up for Travel Training (See page 11 for more information on Travel Training)
- If you are trying a new service for the first time, consider asking someone you know to ride with you.
- Be considerate of transportation services. Plan and request service as far in advance as possible and take the rides that are scheduled.
- Ask lots of questions and ask for help when you need it.

Notes:

INFORMATION PHONE NUMBERS

1-800-510-2020

**Riverside County Office on Aging
(for all of Riverside County)**

Helplink at the Riverside County Office on Aging connects seniors, adults with disabilities, family members, professionals, and the public at large with assistance, referrals, education, and advocacy. Hours of operation are Monday through Friday, 8am to 5pm.

211 (for all of Riverside County)

Call 211 for free, confidential information and referrals for help with food, housing, employment, health care, counseling and more.

511 (for all of Riverside County)

Call 511 for “real time” traffic information, bus and rail trip planning, rideshare information, and more. The information can help callers plan a trip and avoid traffic congestion.

**951-565-5002 (Riverside Transit Agency
for West County)**

RTA’s Customer Information Center is available 6 a.m. to 10 p.m. weekdays, and 8 a.m. to 10 p.m. weekends for help with bus routes, schedules and fares.

**1-800-347-8628 (Sunline Transit
Agency for the Coachella Valley)**

The SunBus Rider Information Center is available 8 a.m. to 5 p.m. weekdays.

PUBLIC SENIOR & DISABLED SERVICES

Riverside Transit Agency

Cities Served: Western Riverside County**Days Operating:** MON-SUN

Dial-A-Ride is a curb-to-curb advanced reservation transportation service for seniors and persons with disabilities.

Vehicles travel to areas within 3/4 of a mile of an RTA local route

Where to call: 1-800-795-7887**Fare:** \$3.00 base (up to \$9 for extended travel)**Dial-A-Ride Plus Lifeline Service**

Same as Dial- A -Ride Services within two miles of an RTA fixed route

Where to Call: (951) 565-5002**Fare:** \$3.00 base (up to \$9 for extended travel)

SunLine Transit Agency

Cities Served: Coachella Valley**Days Operating:** MON-SUN

SunLine provides on-demand curb-to-curb paratransit service to qualifying clients within 3/4 of a mile on either side of SunBus route

Where to call: 1-800-347-8628**Fare:** \$1.50 (same city)

\$2.00 (city to city)

Palo Verde Valley Transit

Cities Served: Blythe area**Days Operating:** MON-SAT

Desert Roadrunner provides deviated fixed-route bus service upon request

Where to call: 760-922-1140**Fare:** \$1.65 (general public)

\$.80 (seniors and people with disabilities)

plus \$.80 for route deviation service

SPECIAL TRANSIT FOR WEST COUNTY

TRANSIT SUPPORT FOR WEST COUNTY

Banning Pass Transit Dial-A-Ride

Cities Served: Banning & a small portion of Beaumont

Days Operating: MON-SUN

Who Qualifies: Adults 60+, ADA certified and persons with disabilities living within 3/4 mile of a bus route

Where to Call: 951-922-3252

(24 hour advance scheduling is required)

Fare: \$2.00 per one way trip

Beaumont Pass Transit System

Cities Served: Beaumont and Cherry Valley

Days Operating: MON-SUN

Who Qualifies: Seniors and persons with disabilities

Where to Call: 951-769-8532

Fare: \$2.00 per one way trip

City of Corona

Corona Dial-a-Ride

Cities Served: Corona & unincorporated areas of Home Gardens, Coronita, El Cerrito & up to RCC along Hamner Avenue in Norco

Days Operating: MON-SAT

Who Qualifies: Seniors and persons with disabilities

Where to Call: 951-734-7220

Fare: \$2.50 per one way trip

Riverside Special Services

Cities Served: Within Riverside City limits plus transfer points for out of city travel

Days Operating: MON-SUN

Who Qualifies: Seniors and persons with disabilities

Where to Call: 951- 687-8080

Fare: \$2.00 per one way trip

Care-A-Van

Cities Served: Hemet/San Jacinto Valley, Sun City/Menifee area; unincorporated county areas of Winchester and Valle Vista

Days Operating: MON-FRI

Who Qualifies: Senior, disabled, low income

Where to Call: 951-791-3572

Cost: \$2.00 donation per one way trip

Care Connexus

Cities Served: Riverside area

Days Operating: MON-FRI

Who Qualifies: Clients of Adult Day Service Centers

Where to Call: 951-509-2500

Cost: Call for information

Department of Veteran Affairs

Cities Served: Western Riverside County

Days Operating: MON-FRI

Who Qualifies: US Veterans whose disability has been verified by their physician

Where to Call: 1-800-741-8387 ext. 6014



Use this interactive tool to find transportation options in San Bernardino & Riverside Counties.

<http://211vetlink.org/en/users/11128/trips/new>

Idyllwild Shuttle Bus

Who Qualifies: All residents in Idyllwild

Days Operating:

- "On the Hill" Mon-Wed-Friday / 951-426-9688

- "Off the Hill" Coachella Valley - on Tuesdays and service to Hemet – on Thursdays

951-292-8467

Cost: None

TRANSIT SUPPORT FOR WEST COUNTY

Inland AIDS Project

Cities Served: Western Riverside County

Days Operating: MON-FRI

Who Qualifies: Clients with HIV/AIDS

Where to Call: 951-683-2360

Cost: Call for information

Ministry to the Elderly

Cities Served: Hemet area

Days Operating: MON 9:30AM to Noon; WED
9:30AM to Noon

Who Qualifies: Seniors needing transportation
for medical appointments or shopping

Where to Call: 951-925-8382
(Advance scheduling is required.)

Cost: None

MoVan

Cities Served: Will provide transportation for
seniors and people who are disabled who have a
real need and no other means of transportation.

Only travels within the city of Moreno Valley.

Will travel outside Moreno Valley only for
doctor's appointments.

Days Operating: MON-FRI

Who Qualifies: Older adults with disabilities

Where to Call: 1-800-351-6571

Cost: \$1.00 donation (within Moreno Valley)
\$2.00 donation (outside Moreno Valley)

Norco Senior Shuttle

Cities Served: Norco

Days Operating: MON –THURS 9 AM - 4 PM

Who Qualifies: Door-to-door service for Norco
residents, 50+ and disabled residents

Where to Call: 951-270-5647

Cost: Within a 30 mile radius is free of charge

TRANSIT SUPPORT FOR WEST COUNTY

Regional Medical Center

Cities Served: Corona, Temecula,
Lake Elsinore, Murrieta, Indio, Palm Springs,
and Banning

Days Operating: MON-FRI

Who Qualifies: Low-income Medi-Cal and
Medicare clients

of the Riverside County Regional Medical
Center; medical center dialysis patients; and
elderly and disabled patients—One week
advance scheduling is required.

Where to Call: 1-866-909-4881
or 951-486-4380

Cost: None

Riverside Transit Agency

Senior & Disabled Travel Training

Who Qualifies: RTA offers personalized travel
training to individuals who are eligible for ADA
Paratransit and want to learn how to use fixed
route or commuter rail services

Where to Call: 951-565-5002

Transportation Reimbursement
& Information Project (TRIP)

Cities Served: TRIP provides mileage
reimbursements for volunteer drivers for older
adults and younger people with disabilities who
live in Riverside County.

Who Qualifies: Generally, people are eligible
for service if they are unable to get to doctors
or to other needed destinations, including
out-of-area and out-of-county. Qualifications for
assistance are determined through an
application process administered by
the Independent Living Partnership.

Where to Call: 1-800-510-2020

Cost: None

TRANSIT SUPPORT COACHELLA VALLEY TRANSIT SUPPORT COACHELLA VALLEY

American Vets (AMVETS)

Cities Served: Coachella Valley, including Palm Desert, Palm Springs, Indio, and Cathedral City

Who Qualifies: Rides to VA hospital for veterans of any war

Where to Call: 760-200-1383

Cost: None

American Cancer Society

Cities Served: Coachella Valley

Who Qualifies: Cancer patients during treatment. Ambulatory or assisted by caregiver. Volunteer driver service requires 5 day advance notice and dependent of driver availability.

Where to Call: 1-800-227-2345

Cost: None

Angel View TRIP

Who Qualifies: Families of disabled children with urgent needs who live in the Coachella Valley

Where to Call: 1-855-8AV-KIDS
or 760-676-5276

Catholic Charities—Desert

Cities Served: Coachella Valley Region, Cathedral City, Coachella, Desert Hot Springs, Indio Hills, North Palm Springs, Palm Springs Rancho Mirage, Sky Valley

Who Qualifies: Homeless people, low-income, families (subject to available funding)

Where to Call: 760-342-0157

Clinicas de Salud del Pueblo

Area Served: Eastern Coachella Valley

Who Qualifies: Patients who otherwise would not have access to Clinicas facilities located in Coachella and Mecca

Where to Call: 760-344-9951

Desert Blind and Handicapped

Cities Served: Coachella Valley

Who Qualifies: Transportation and escort services for blind, low vision, and/or physically disabled persons-low cost membership required

Where to Call: 760-969-5025

Jewish Family Service
of the Desert

Cities Served: Coachella Valley

Who Qualifies: Homebound adults, 60+

Where to Call: (PS) 760-325-4088:
(PD) 760-779-9400

Cost: Sliding scale, based on income

Transportation Reimbursement
& Information Project
TRIP

“1.8 million trips provided and counting”

Cities Served: Everywhere in the Coachella Valley TRIP provides mileage reimbursements for volunteer drivers for older adults and younger people with disabilities who are not able to use other transportation services in their community.

Who Qualifies: Generally, people are eligible for service if they are unable to get to doctors or to other needed destinations, including out-of-area and out-of-county. Qualifications for assistance are determined through an application process administered by the Independent Living Partnership.

Where to Call: 1-800-510-2020

Cost: None

Free, Unbiased ...Health Insurance Counseling — Call HICAP @ 1-800-434-0222

TRANSIT SUPPORT COUNTY-WIDE

American Cancer Society

“Road to Recovery”

Cities Served: Call for availability

Who Qualifies: Volunteers provide transportation to and from treatment for those with cancer who cannot drive

Where to Call: 1-800-227-2345

Inland Regional Center

Cities Served: Riv and San Bernardino Counties

Days Operating: MON-FRI

Who Qualifies: Those with a developmental disabilities diagnosed before the age of 18.

Developmental disabilities include, but are not limited to: Down Syndrome, Cerebral Palsy, Autism, and Mental Retardation

Where to Call: 909-890-3000

Cost: Call for explanation of rider fees

Transportation Access Program (TAP)

TAP distributes bus tickets to over 100 social service agencies, which then distribute those tickets to thousands requiring access to medical appointments, job interviews or other needed services.

Where to Call: 951-686-4402 **Cost:** None

TRIP (see page 7)

Where to Call: 1-800-510-2020

Cost: None

GREYHOUND BUS

Fare and Schedule Info: 1-800-231-2222

Blythe – 400 Lovekin (USA convenience store)

Banning – 583 W Ramsey

Indio – 83-100 Indio Blvd

Perris – 412 4th Street

Riverside – 3911 University Ave

Temecula – 28464 Old Town Front ST, STE B

METROLINK SOUTHERN CALIFORNIA RAIL

Riverside County Stations:

Riverside, Downtown; Riverside, La Sierra;
Corona, North Main

Connecting Services To:

Anaheim Canyon, Anaheim, Baldwin Park, Buena Park, Burbank-Bob Hope Airport, Cal State LA, Camarillo, Chatsworth, Claremont, Commerce, Covina, Downtown Burbank, Downtown Pomona, East Ontario, East Ventura, El Monte, Fontana, Fullerton, Glendale, Industry, Irvine, L. A. Union Station, Laguna Niguel/ Mission Viejo, Lancaster, Montclair, Montebello/Commerce, Moorpark, Newhall, Northridge, Norwalk/ Santa Fe Springs, Oceanside, Orange, Oxnard, Palmdale, Pedley, Pomona (North), Rancho Cucamonga, Rialto, San Bernardino, San Clemente, San Clemente Pier, San Juan Capistrano, Santa Ana, Santa Clarita, Simi Valley, Sun Valley, Sylmar/San Fernando, Tustin, Upland, Van Nuys, Via Princessa, Vincent Grade/Acton, and West Corona.

Where to Call: For personalized travel planning, call the Customer Service Center at 1-800-371-5465. Recorded Metrolink schedules are available 24 hours a day and operators are available MON-FRI from 6AM to 10PM and SAT and SUN from 6:30AM to 8:00PM (For TDD: 1-800-698-4833)

UBER & LYFT

Who Qualifies: Everyone

Days Operating 7 days a week 24/7

To set up an “on-demand ride” go to Uber.com or Lyft.com and set-up an online account, download their mobile app. to your phone. Then text or call from your cell phone to contact a local Uber or Lyft driver. Per mile charges will be made to **your on-file credit card.**

To apply for TRIP call the Riverside County Aging and Disability Resource Connections at 1-800-510-2020

TAXI SERVICES

TAXI SERVICES

NOTE:

Taxi service charges include “pick-up and per mile charges” plus “waiting time and traffic delay” charges. Call and compare rates. Listings provided may not be all taxi services in the County. Listing of a service is not an endorsement or recommendation of the service. Please refer to telephone information services for additional taxi listings.

AA Inland Empire Cab
Serves Riverside, San Bernardino
and surrounding cities
Where to call: 1-888-333-8294

American Cab
Serves La Quinta, Rancho Mirage, Desert Hot
Springs, Thousand Palms, Cathedral City, Indio,
Coachella, and Thermal.
Where to call: 760-300-0000

Bumble Bee Taxi
Serves Banning-Beaumont
Where to call: 951-750-4399

Checker Cab of Riverside
Serves Riverside
Where to call: 951-637-6667

City View Taxi
Serves Temecula Valley and surrounding areas
Where to call: 951-473-7056

Desert City Cab
Serves entire Coachella Valley, from Palm
Springs to Indio
Where to call: 760- 328-3000

Happy Taxi
Serves Inland Empire and Orange County
Where to call: 951-781-8294

Morelock’s Taxi Service
Serves Blythe
Where to call: 760-922-4039

Reliable Ride
Serves Blythe
Where to call: 760- 921-8184

Wow Cab—Hemet
Serves the entire Riverside County
Where to call: 951-775-4777

Yellow Cab of the Desert
Serves Coachella Valley Cities
Where to call: 760-340-8294

Yellow Cab Riverside
Serves Western Riverside County .
Where to call: 1-877-321-8294



PAID PERSONAL SERVICES

Accent Care

Non-medical services and assistance, including transportation.

Rates: \$16.50 per hour with a 2 hour minimum, plus .65 per mile

Areas served: Riverside County
—travel to out-of-county is possible.

Advance Notice: 24 hours

Where to Call: 1-800-834-3059

Heritage Senior Care

Transportation for multiple purposes, including doctor appointments. Ability to transfer from wheelchair required.

Rates: \$19 per hour with a 4 hour minimum, plus .56 per mile

Areas served: Southwest Riverside County and Coachella Valley

Advance Notice: 24 hours preferred

Where to Call: 1-800-562-2734

Home Instead Senior Care

Transportation for multiple purposes.

Rates: Approximately \$21.75 per hour with a 3 hour minimum, plus .IRS standard mileage rate (fees vary between areas)

Areas served: Riverside County

Advance Notice: 24 hours preferred

Where to Call: 1-877-277-2120

(to find nearest office)

Premier Senior Home Care

Rates: \$20-28 per hour with 3 hour minimum; .55 per mile

Areas served: Coachella Valley
—travel to other areas is possible.

Advance Notice: 24 hours preferred

Where to Call: 760-636-4810

NON-EMERGENCY MEDICAL TRANSPORT

Non-emergency medical transportation (NMET) includes:

- **Ambulatory**—clients are able to walk, with or without assistance
- **Wheelchair**—clients are transported in their wheelchairs
- **Stretcher-Gurney**—clients are unable to sit upright.



Payment for NEMT services can be made through pre-approval from insurance companies or client private pay. Check with individual providers for details of type of transportation they will provide and the cost of the service. Providers listed below serve residents of Riverside County:

ACE Medical Transport

Where to Call: 909-986-3834

B&B Medical Transport

Where to Call: 760-568-4240

Desert Medical Transport

Where to Call: 1-888-337-0804

Guardian Medical Transport

Where to Call: 951-926-4468

Helping Hands Transportation

Where to Call: 1-866-900-0227

Please check in your local telephone directory, under *Non-Emergency Medical Transportation*, for additional services.

IMPORTANCE OF TRANSPORTATION PLANNING Travel Training Can Mean New Freedom

Right now in America, approximately 8.4 million seniors depend on others for their transportation. Very few of us plan for the time when we will no longer be able to drive, but as we grow older, giving up driving may be the best choice due to the physical and mental changes that result in functional declines or skill loss.

If we have not planned for the time when driving is no longer possible, we may find ourselves suddenly faced with lack of access to essential services, loss of social independence, reduced mobility, and even isolation and loneliness.

If we have always been independent and self-sufficient, the transition from driving may be psychologically difficult if we feel as if we are a burden on others. However, throughout our lives, new circumstances often require us to make big changes and the transition to assisted transportation one of those changes.



It is important that we find ways to remain connected to our communities, to our friends and family, and to access the services we need. We must start early, explore what is available and make plans so that we can remain independent.

Bus transportation has many benefits:

- It is very affordable
- It is reliable
- And it is easy to use, once you know how.

Many providers of bus services provide “Travel Training” to help people learn how to use the bus effectively to meet their everyday transportation needs. Travel Training promotes greater independence and helps people have confidence to travel anywhere buses go. As an independent traveler, you can rely less on family and friends for transportation and have the freedom to plan your trips according to your own schedule.

Travel Training teaches travel safety and independence. Instructors are skilled in assisting seniors or persons with physical or developmental disabilities, assisting trainees to overcoming barriers and building confidence so they can use the least restrictive mode of public transportation to the fullest extent possible.

As part of the training, riders learn how to navigate existing routes and systems and master the skills necessary to ensure an enjoyable trip to any destination. Whether it's a visit with family and friends, a dinner date, a trip for a medical appointment or to the shopping center, bus services are inexpensive, easy to use, and best of all, rides are available without an appointment.

To find out more about Riverside Transit Agency's Travel Training Program call 951-565-5002.

SunLine Transit Agency also provides travel or “mobility training”. If you live in the Desert, call SunLine's Customer Service Department at (800) 347-8628.

YOU MAY QUALIFY FOR A RESTRICTED LICENSE

Staying On the Road Longer

Certain conditions affect our capabilities and our ability to continue to drive: loss of strength; reduced alertness and ability to focus; impaired physical coordination and agility; and difficulty making judgments. Conditions such as diabetes, stroke, and sight impairment are common. Prescribed medications can greatly impair our ability to drive safely. Physicians are required by law to report conditions they believe would affect our ability to drive safely.

However, the California DMV may issue a “restricted license”, which includes conditions under which we may continue to drive. Restrictions can include the requirement to wear eye glasses when driving, the addition of special devices to the vehicle or limiting when or where the driver may operate the vehicle. If you have identified a reason why it might not be safe for you to drive as you have before, you might want to discuss the possibility of a restricted license with the California Department of Motor Vehicles.

Banning: 1034 W. Ramsey St.

Blythe: 430 S. Broadway

Hemet: 1200 South State St.

Indio: 44480 Jackson St.

Norco: 3201 Horseless Carriage Drive

Palm Desert: 74-740 Technology Drive

Palm Springs: 950 N. Farrell Drive

Riverside: 6280 Brockton Ave.

Riverside: 6425 Sycamore Canyon Blvd.

Temecula: 27851 Diaz Road

(800) 777-0133

is the same phone number for all.

Discuss with your physician if you are experiencing any vision or hearing loss, if you are starting to have trouble getting in and out of your vehicle or you have difficulties getting your seatbelt fastened. Your physician should be able to recommend devices or therapy that will help your driving experience.

There are many helpful devices that can be installed in your vehicle to help you enjoy the ride. Many of the issues that we may have can be solved with very low cost devices.

AARP sponsors driver safety and improvement classes throughout Riverside County. Call AARP to locate a classroom course near you toll-free at (877) 846-3299.

Ask your physician to refer you to physical therapy resources that provide occupational therapists trained in driver evaluation and rehabilitation.

If you even think it might not be safe to continue to drive you should stop driving immediately and use other methods of getting the rides you need.



“It is important that we find ways to remain connected to our communities.”

HOW IS YOUR DRIVING? DRIVERS 55+: SELF-RATING FORM

INSTRUCTIONS: For each of the following 15 questions, check the symbol (✓) of the one answer that most applies to you.

	Always or Almost Always	Some- times	Never or Almost Never
1. I signal and check to the rear when I change lanes	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I wear a seat belt	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I try to stay informed on changes in driving and highway regulations	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Intersections bother me because there is so much to watch from all directions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="radio"/>
5. I find it difficult to decide when to join traffic on a busy interstate highway	<input type="checkbox"/>	<input type="checkbox"/>	<input type="radio"/>
6. I think I am slower than I used to be in reacting to dangerous driving situations	<input type="checkbox"/>	<input type="checkbox"/>	<input type="radio"/>
7. When I am really upset, I show it in my driving	<input type="checkbox"/>	<input type="checkbox"/>	<input type="radio"/>
8. My thoughts wander when I am driving	<input type="checkbox"/>	<input type="checkbox"/>	<input type="radio"/>
9. Traffic situations make me angry	<input type="checkbox"/>	<input type="checkbox"/>	<input type="radio"/>
10. I get regular eye checks to keep my vision at its sharpest	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. I check with my doctor or pharmacist about the effects of my medications on driving ability. (If you do not take any medication, skip this question.)	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. I try to stay abreast of current information on health practices and habits	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. My children, other family members or friends are concerned about my driving ability	<input type="checkbox"/>	<input type="checkbox"/>	<input type="radio"/>
	Note new headings →	None	One or Two
14. How many traffic tickets, warnings, or "discussions" with officers have you had in the past two years?	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. How many accidents have you had during the past two years?	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>

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Count the number of check marks in the squares = _____ X 5 = _____ ; Number of check marks in the triangles _____ X 3 = _____ ; Add the square and triangle scores = your score: _____

HOW TO PROTECT YOUR DRIVING PRIVILEGE

A question some discuss is whether driving a motor vehicle a right or a privilege? Many mistakenly believe that driving is a right. The government position is that, whereas the U.S. Constitution guarantees the “right to life, liberty and the pursuit of happiness”, no right to drive is given.

Whether we agree or not that driving is a privilege, the assertion that it is not a right is included in vehicle codes as law. The privilege to drive on public roads and highways is licensed by the states and a license can be issued, or may not be issued, dependent on the eligibility of the licensee to receive a license. It is the same as the logic behind granting a business license or an alcoholic beverage license.

The driving license requires passing tests and demonstrating competence before a person is eligible to be privileged to drive. The concern that guides the licensing of drivers is to help protect public safety. Also, if a person’s ability to drive a vehicle safely is judged to be impaired by state officials, a person’s driving privilege can be restricted, suspended or cancelled.

According to the Harvard Medical School *Family Health Guide*, “As people grow older, their vision, hearing, reflexes, strength, flexibility, and coordination tend to deteriorate. These physical changes can undermine driving skills....”

Seniordrivers.org, a website of the Automobile Association of America (AAA) Foundation for Traffic Safety, provides resources for several purposes:

- Measuring Your Driving Skills (Assessment)

- Education and Training (Keep Driving Safely!)
- Planning for Continued Mobility (Post Driving).

On page 13 is a copy of the AAA Foundation’s 15 questions from the “**Driver 55 Plus: Check Your Own Performance**” booklet. **Answer the questions and add up your score.** How did you do?

Here is what the scores mean:

- If your score is between 0 and 15—You are aware of what is important to safe driving and are practicing what you know.
- If your score is between 16 and 34—You are engaging in some practices that need improvement to ensure safety.
- 35 and over—You are engaging in too many unsafe driving practices.

Your answers and score give some indication of how well you are doing. A complete evaluation of your driving ability would require the answers to many more questions along with medical, physical and licensing examinations.

The seniordrivers.org website has many resources to test and help improve driving skills. For example, DriveSharp is an “online program that is clinically proven to help drivers see more, react faster, and cut crash risk by up to 50 percent.”

To continue to enjoy the driving privilege as long as possible, we all need to constantly review our physical and mental status, and our driving skills, and make necessary adjustments to improve our on-the-road safety.

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Assistive Devices for your Vehicle from ToolsforIndependence.org

Mention of specific products is not an endorsement of these products. Vendors provide no compensation or other benefit to Tools or to the Independent Living Partnership.

Easy Reach Seat Belt Handle

With the Easy Reach Seat Belt Handle, your seat belt is easier to access for fastening! The light-weight Easy Reach Seat Belt Handle is made of a ethylene methyl acrylate resin. It is a total of 9¼" long, easily snaps onto your safety belt and helps when decreased shoulder movement is a problem.



It “glows” in the dark for easy night time use. It is available from many stores. Cost is \$9.95 at arthritissupplies.com or call: 1-877-750-0376.

Panoramic Rearview Mirror

A larger rearview mirror will help to eliminate blind spots. It easily installs over your existing mirror. Different models are available. The typical model for a car is 13 inches wide—larger mirrors are

also available for trucks and larger vehicles. On the internet



a 13 inch mirror can be purchased for \$22.95 plus tax and shipping from: www.drivingcomfort.com The vender says the mirror can increase rearward vision by 300% and has an anti-glare coating to make night driving safer too. You can call them at: 800-675-5411.

Car Caddie

The **Car Caddie** is widely available to assist drivers to get in and out of their vehicle. It attaches to the frame of car or truck door and has an adjustable nylon strap for strength and durability. It is available at the Walmart website for \$13.99 plus tax and shipping and can be sent to the store nearest you or to your home. The Walmart web address is www.walmart.com—look in the



Health and Beauty: Mobility Aids section.

Swivel Seat Cushion

If you have difficulty getting in and out of your car, a Swivel Seat Cushion might work for you. A variety of manufacturers



offer similar car seat cushions for less than \$20. Currently AllegroMedical.com is selling one for 15.99. For more information, you can call 1-800-861-3211.

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Meeting the Challenges

Special Edition



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TRANSPORTATION GUIDE

*“If we are able
and have the time,
anywhere
is within
walking distance.”*

