Introductions

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Housekeeping

- Use the chat feature for questions
  - Send questions directly to Robyn Bernardy
  - Questions will be answered after the presentation
- Webinar will be available at [www.mtm-inc.net](http://www.mtm-inc.net)
Easter Seals Project ACTION (ESPA)

Mission

To promote universal access to transportation for people with disabilities under federal law & beyond by partnering with transportation providers, the disability community & others through provision of training, technical assistance, applied research, outreach & communication
Mission
To increase transportation options for older adults & enhance their ability to live more independently within their communities throughout the United States
Why Does Travel Training Matter?
Older Adults...

- Need to be a part of the communities in which they live
- Are growing in population
  - By 2020, one in six Americans will be over the age of 65
- Benefit from transportation options & travel independence!
Consider This

- Retiring from driving is a major life event that has a measurable impact on older adults’ access to medical & other services
  - 15% fewer trips to the doctor
  - 59% fewer shopping trips
  - 65% fewer trips for social, family, religious & other life-enhancing purposes

Surface Transportation Policy Project, 2004
Consider This

- Only 15% of people 65 & older who have access to public transit reported using public transit within the past month.

AARP, 2012
Benefits of Independent Travel

Better access to the community

Better opportunities for health & wellness

Transportation cost savings
Baby Boomers & Independent Travel

- Baby Boomers are projected to age in place at higher rates than previous generations
- Travel independence links people to places & is critical for sustaining quality of life
The Aging in Place Movement

- The ability to live in one’s own home & community safely, independently & comfortably, regardless of age, income or ability level

www.cdc.gov/healthyplaces/terminology.htm
“What I’d really like to do is stay in my current residence for as long as possible”

What Makes Aging in Place Possible?

- Naturally Occurring Retirement Communities (NORC Programs)
- Village Movement
- Shared/Co-Housing
The Aging in Place Movement

If seniors stop driving in their early 70’s, they will still need transportation options

Men: On average six years

Women: On average 10 years

Foley, Daniel; Heimovitz, Harley; Guralnik, Jack and Dwight Brock, “Driving Life Expectancy of Person Aged 70 years and Older in the United States” American Journal of Public Health, August 2002 Vol 92, No. 8
The Aging in Place Movement

- Seniors are increasingly taking more trips using public transit

Lynott, Janna and Carlos Figueriredo (2011), “How the Travel Patterns of Older Adults Are Changing: Highlights from 2009 National Household Travel Survey” AARP Public Policy Institute, Washington D.C.
The Aging in Place Movement

- As seniors stop driving, access to alternative transportation helps them successfully age in place.
- What better way than public transit!

DeGood, Kevin (2011), “Aging in Place, Stuck without Options: Fixing the Mobility Crisis Threatening the Baby Boomer Generation,” Transportation America
Perceived Barriers

- Unfamiliarity with routes & schedules
- Distance from public transit
- Ability to physically access or utilize public transit
- Concern for personal safety
- Concern for cleanliness
- Technology like electronic fare cards
Unique Strategies

- One-on-one training
- Group travel training
- Bus familiarization
- Rail & platform familiarization
- Travel buddy
One-on-One Training

- Travel to specific destinations to maintain or enhance quality of life
- Can tailor training to individual’s learning style & abilities
Group Travel Training

- Helps trainees learn new skills
- Offers social opportunity
- Allows for physical activity
- Increases confidence
Bus Familiarization

- Using the fare box
- Signaling to driver (chords, buttons & push strips)
- Audible announcements
- Ramps & kneeling feature
- Preferred seating for seniors & people with disabilities
Rail & Platform Familiarization

- Using vending machines to add funds to fare cards
- Utilizing validators & turnstiles
- Location of emergency call boxes
- Where to stand on the platform
- Locating signage, directory & maps to help with orientation
- Preferred seating for seniors & people with disabilities
Travel Buddy Program

- Participants learn new skills, gain confidence & have improved quality of life
- Provides a sense of purpose & pride
Considerations

- Why might older adults need help learning to ride public transit?
  - New to the community
  - Never had a prior need for public transportation
  - Ridden one type of transit in the past & want to learn another system
  - Currently uses the transit system, but experiencing changes in vision, hearing, or mobility
Working with Older Adults

- To increase the likelihood of successful training:
  - Build on senior’s past experience
  - Respect years of developed social skills
  - Key in to motivations for community interaction
Marketing to Older Adults

- Build relationships of trust with organizations that provide services to seniors
- Be visible & active in the older adult community
- Remember older adults can be strong advocates
- Get family involved in the process
Locate a Program

- Transit agencies
- Senior centers
- Centers for Independent Living
- Area Offices on Aging
- Human service agencies
- State or county Departments of Aging, Disability or Transportation
Get Funded!

- Federal funding
- State funding
- Community grants
- Non-profit grants
Funders Will Want to Know...

- What is your community need?
- How will your program address the need?
- What makes your program qualified to handle the need?
- How much will it cost to address the need?
- How will your program evaluate itself?
- What is the ultimate impact on the community?
Closing

- Easter Seals Project ACTION
  - www.projectaction.org
- Association of Travel Instruction
  - www.travelinstruction.org
- MTM
  - www.mtm-inc.net
- For information or questions, contact Robyn Bernardy at rbernardy@mtm-inc.net