

The background features abstract, overlapping green geometric shapes in various shades, creating a modern and dynamic feel. The shapes are primarily triangles and polygons, some semi-transparent, layered on a white background.

# **Assistive Technology Interventions/Resources For Community Mobility**

**By: Emily Kejbou**

# WHAT'S THE PROBLEM?

- ▶ **To start, lets talk about why getting around the community is important...**
  - ▶ Being able to get around the community means that we can participate in meaningful activities
  - ▶ Being able to participate in meaningful activities can help to improve quality of life, encourage social engagement and promote physical activity.
- ▶ **Why would older adults be opposed to or unable to use these community transportation methods?**
  - ▶ Distance to bus stop
  - ▶ Perceived cost
  - ▶ Fear of crime
  - ▶ Feelings of lost privacy
  - ▶ Confusing bus schedules
  - ▶ Lack of availability within the community
  - ▶ Lack of awareness that these resources are available

# WHAT'S THE PROBLEM CONT...

- ▶ A study done by the American Journal of Occupational therapy (2018) stated the following:
  - ▶ The most common methods of transportation used by older adults were → family, self, and friends
  - ▶ Community transportation methods were the **LEAST** used
  - ▶ Older adults discovered community transportation most commonly through word of mouth. This method caused issues because it did not provide the individuals with complete information on how the transportation method operates, and what it fully has to offer.
  - ▶ **Perceived** emotional and financial cost was also of concern to the participants.
  - ▶ Other **perceived** barriers regarding community transportation included
    - ▶ Lack of access on weekends/evenings
    - ▶ Lack of internet access to be educated on or to apply for transportation methods
    - ▶ Hesitation with relying on friends and/or family

<https://ajot.aota.org/article.aspx?articleid=2715025>

## Lets look at the STATISTICS...

- ▶ **According to the AARP (American Association of Retired Persons) transportation survey:**
  - ▶ 15% of people aged 50-74 years used public transit for their trips
  - ▶ 9% of people aged 75 and older used the bus or train for their trips

[http://assets.aarp.org/rgcenter/il/beyond\\_50\\_communities.pdf/](http://assets.aarp.org/rgcenter/il/beyond_50_communities.pdf/).

# THE GOAL

- ▶ Resources and interventions on regarding community mobility and transportation.
- ▶ Solutions and resources that will provide you with the transportation you need to engage in occupations that are meaningful to you.

# Let's talk about what is available in some communities...

- ▶ What do some communities provide their residents with in terms of transportation?
  - ▶ Paratransit systems
  - ▶ Local taxi services
  - ▶ Faith-based organizational transportation services
  - ▶ Community services networks that provide transportation at reasonable rates

# Resources and Interventions in the U.S.

- ▶ Independent Transportation Network
  - ▶ <https://www.itnamerica.org>
- ▶ Smart Bus
  - ▶ <https://www.smartbus.org>
- ▶ AAA1-B's MyRide2
  - ▶ <https://aaa1b.org/services-and-seniors/transportation/>
  - ▶ <https://www.myride2.com>

# Independent Transportation Network

## ▶ Their mission:

- ▶ "To provide community-based transportation by leading a national transportation network grounded in research, policy analysis and education."

## ▶ How does it work?

- ▶ **CarTrade Program** → Older adults are given ride vouchers or transportation credits in exchange for donating their car to the networks.
- ▶ **ITN Road Scholarship** → Older adults with low incomes are provided with transportation credits through the other seniors who do not use up all of their own credits. The excess credits are donated to those with low income and are considered to be a "scholarship."
- ▶ **Ride & Shop** → some local business owners team up with the ITN to help reduce costs for the seniors wanting to attend a certain shop. Ask your local business owners if they are affiliated with this network.
- ▶ **Healthy Miles** → Medical professionals, healthcare providers, and hospitals want to ensure that their patients are able to attend their appointments. The ITN partners with healthcare providers to help provide transportation to and from appointments.



# Independent Transportation Network

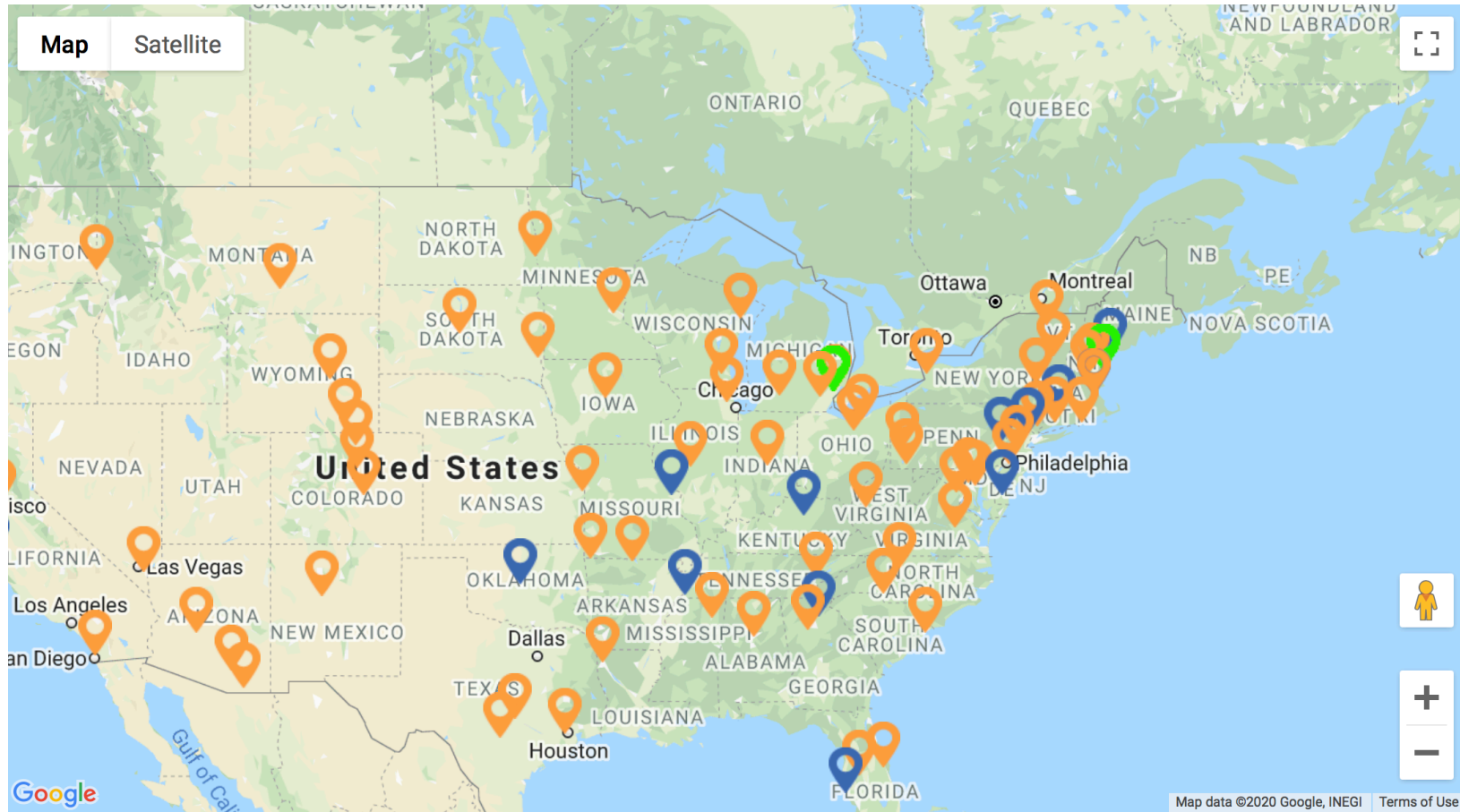
## ▶ Benefits:

- ▶ Safety → those who cannot drive will be assigned safe drivers
- ▶ Autonomy → individuals can go wherever they want (i.e. grocery store, family gatherings)
- ▶ Dignity

## ▶ Who can join?

- ▶ Anyone with a specific age or disability status

# Independent Transportation Network



Name

Email

Mobile Number (Not Required). Example: 617-344-9876

Subject

Message

2000 characters left

Want to learn more about ITNAmerica, start an ITN affiliate, support us in our work supporting older people and their families? Have questions or comments? Use the form below or call us at (207)857-9001, or mail or visit us at our offices at the Dana Warp Mill, 90 Bridge St, suite 210, Westbrook, Maine, 04092.

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# SMART BUS

## ▶ Their mission:

- ▶ “The mission of the Suburban Mobility Authority for Regional Transportation (SMART) is to provide the southeast Michigan region with high-quality, safe and cost-effective public transit that meets the needs of all its citizens, including seniors, people with disabilities, choice riders and those that are dependent upon public transit.”

## ▶ How does it work?

- ▶ Travels along certain routes with stops at certain locations and times
- ▶ Schedules are located online via their SMART system map or through their pamphlet
- ▶ Operates on weekdays and select routes are open during weekends and holidays
- ▶ The busses are wheelchair accessible

# SMART BUS LINKS TO SPECIFIC INFORMATION

- ▶ New to riding
  - ▶ <https://www.smartbus.org/How-to-Ride/New-to-Riding>
- ▶ How to ride the bus
  - ▶ <https://www.smartbus.org/How-to-Ride/How-to-Ride-the-Bus>
- ▶ How to find your route
  - ▶ <https://www.smartbus.org/How-to-Ride/How-to-Find-Your-Route>
- ▶ How to read a schedule
  - ▶ <https://www.smartbus.org/How-to-Ride/How-to-Read-a-Schedule>
- ▶ How to use a bike rack
  - ▶ <https://www.smartbus.org/How-to-Ride/How-to-Use-the-Bike-Rack>
- ▶ How to use a wheelchair lift
  - ▶ <https://www.smartbus.org/How-to-Ride/Wheelchair-Lift>
- ▶ How to use a wheelchair ramp
  - ▶ <https://www.smartbus.org/How-to-Ride/Wheelchair-Ramp>
- ▶ Rules for riding
  - ▶ <https://www.smartbus.org/Services/SMART-Basics/Rules-of-Riding>

# SMART BUS

## ▶ Benefits:

- ▶ Older adults and individuals with disabilities get priority seating at the front of the bus
- ▶ Veteran services are offered
- ▶ ADA door-to-door services
- ▶ Telephone services for those with hearing impairments
- ▶ Alternative formats for public documents (i.e. larger font size, braille, CD, audio cassette)

# SMART BUS



# AAA 1-B's myride2

## ▶ Their Mission:

- ▶ “Transportation can be the key to independence—helping seniors get to the store, to doctor’s appointments, or out to visit friends and family. The Area Agency on Aging 1-B myride2 mobility options services helps seniors and their families find transportation options and plan for a senior’s driving retirement.”

## ▶ How does it work?

- ▶ **Concierge service** → This service finds transportation for those living in Oakland, Wayne, and Macomb counties. The individual will call the service, let them know where they want to go, and transportation will be arranged. The database provides transportation for a diverse range of individuals that may need wheel-chair access or cost-friendly rides.
- ▶ **Transition from Driving** → The program offers the Mobility Options Counseling for family members or caregivers that are concerned about older adult driving. The counseling will provide tips on how to discuss the driving, alternative transportation methods, and a plan on how the individual will receive transportation services when they can no longer drive. The staff is trained in mobility options.
- ▶ **Helping seniors ride public transportation** → The Travel Training Service is used for those who are returning drivers or first-time drivers or those wanting more information on public transportation. It teaches foundational skills needed to travel independently.



# AAA1-B's myride2

## ▶ Benefits:

- ▶ No-cost telephone line
- ▶ Low-cost options
- ▶ Wheelchair accessible transportation
- ▶ Multi lingual



1-855-myride2  
1-855-697-4332



Toll Free & Multilingual

## Find a Ride Provider

Search here for transportation providers in your area. You will get a printable list of options and details on the services provided.

You can contact providers directly, or call us at 855-myride2 (855-697-4332) with any questions, or to help you schedule a ride.

Zip Code for Service:

Special Needs:

- Door to Door [?]
- Curb to Curb [?]
- Door through Door [?]
- Wheelchair Accessible [?]
- Non-Profit/Community Trans [?]

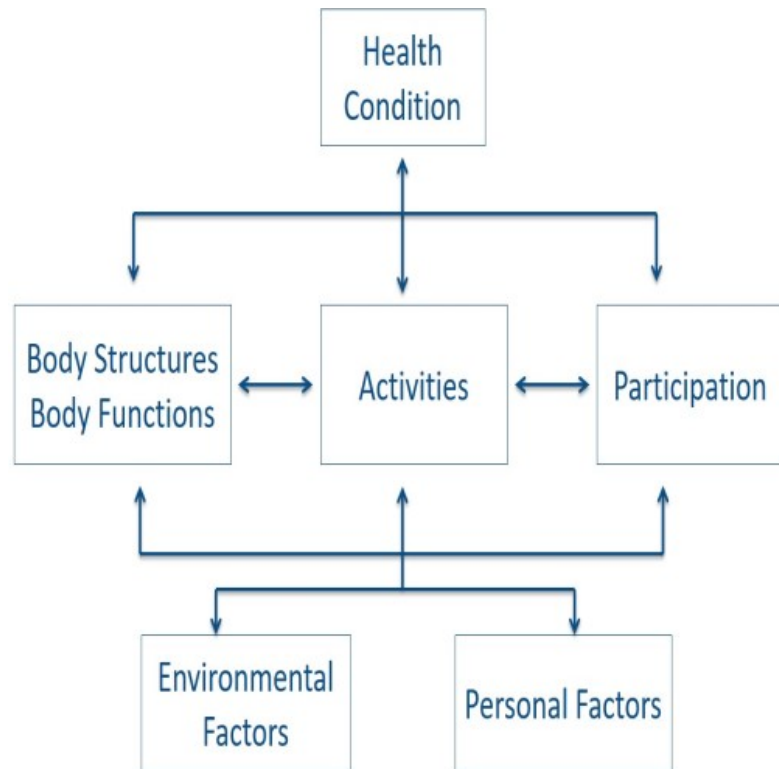
SEARCH PROVIDERS



# Who else can help?

- ▶ **Department of Transportation:** This department can be contacted to provide information on different transportation services throughout the United States. They can go through different services that would be appropriate for each individual's situation.
  - ▶ <https://www.transportation.gov/contact-us>
- ▶ **Occupational therapist Driving Rehabilitation Specialists:** These OT's specialize in evaluating individuals who may have driving difficulty, need transportation, suffer from a disability or medical condition, or have family and friends that are concerned about your driving.
  - ▶ <https://seniordriving.aaa.com/evaluate-your-driving-ability/professional-assessment/>

# How do these solutions help to improve occupational engagement?



- When community mobility is not available it may affect the following areas...
  - social participation
  - Physical participation
  - emotional well-being
  - quality of life
- With the following solutions listed in this presentation...
  - Social engagement can be achieved (attending religious services, friends houses)
  - Physical participation can be achieved (attending the gym)
  - Emotional well-being increases (sense of independence and dignity)
  - Quality of life increases (being able to engage in the things they enjoy such as hobbies, etc.)

# RESOURCES

- ▶ Barney, K., & Perkinson, M. (2016). Occupational Therapy with Aging Adults. Elsevier: ISBN 9780323067768 (available from Amazon, Barnes and Nobles & WSU bookstore).
- ▶ All links are listed throughout the presentation.