Considerations for a Personal Transportation Plan & Helping Families

Maryland Older Driver Safety Symposium

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Easter Seals DISABILITY SERVICES

n4a

Advocacy. Action. Answers on Aging.

The NCST…

- A partnership between n4a and Easter Seals
- Funded by the Federal Transit Administration (FTA)
- Supported by AoA/ACL
- Began operation in 2006; NEW Center effective 7/1/12

MISSION: ***To increase transportation options for older adults to support their independence and continued ability to live in the community.***

(866) 528-6278 (NCST)
www.seniortransportation.net

NCST Initiatives

- Training and Technical Assistance Assessment (Small Urban & Rural Transit Center partnership)
- Focus on education and support for communities
  - ✓ New Demonstration Grant Program – Summer 2013
  - ✓ Community Individual Technical Assistance Plans
  - ✓ Webinars, teleconferences
- NCST & Eldercare Locator Partnership

NCST Initiatives

- Expert Bureau & Citizen Advocacy Corps
- Identify & Support Adoption of Good Practices
- Senior Transportation Exchange: Funding; Walking & Biking
- New Web Site (in progress), eNews

Why Senior Transportation is Important

- "If older adults are going to stay in their own home, transportation they can access must be in place." [NCST, 2009]
- 85% of caregivers provide or arrange transportation [National Alliance for Caregiving, 2009]
- Older adults account for 19% of pedestrian fatalities and 11% of pedestrian injuries [NHTSA, 2010]

Transportation is growing in importance for Older Adults & Families

- The Eldercare Locator reports that Transportation is the #1 reason consumers and caregivers call
  - ✓ In 2012, the Locator handled more than 200,000 calls, 11% of which were about transportation
  - ✓ Most callers want to know about options and/or need rides for various reasons
  - ✓ Calls about transportation are more frequent than calls about financial needs, health care or other issues

Changes in Older Adults' Travel

- Older adults make up an increasing share of the nation's travel although older and retired people travel less
- Older men are more mobile than older women but the gap is narrowing
- The number of older non-drivers has grown by more than 1.1 million

AARP: *How the Travel Patterns of Older Adults Are Changing*

"Giving up the keys" has a profound impact

- Older Adult non-drivers make 15% fewer trips to doctor
- But. . .59% fewer shopping or restaurant outings and 65% fewer trips for social, family, religious, and other life-enhancing purposes
- Caregivers time off of work
- Higher healthcare costs

Senior Transportation

Modes:

- Driving
- Walking/Biking
- Public Transit: Fixed Route, Dial-a-Ride
- Paratransit
- Shuttles
- Taxi
- Volunteer Driver Programs
- Assisted Transportation
- Ride Share

Services:

- Older Driver Safety Programs
- Mobility Management/Travel Counseling
- Travel Training
- One-Call/One-Click Resource Centers

Senior Transportation and Livable Communities go hand in hand

- Requires a coordinated, community approach that addresses the mobility needs of pedestrians, drivers and transit users
- Includes walkable streets, safe roads and flexible, customer-focused transportation services
- One-size does not fit all – solutions are community based

Senior Mobility: Agency Roles and Responsibilities

- How do you define “optimal mobility”?
- What are your role and responsibilities for assuring elder mobility? What would you like to do?
- What can you bring to the table/build upon to achieve your goal?

Questions derived from Dr. Marla Berg-Weger

Senior Mobility

"…**people really don't understand** when you tell them something is wrong with you, and what things you can do and can't do. A lot of other people, especially your own family, they don't want to help you out. Then they tell you to move out of the house, but, you know, you can't drive to start with and so you just have to go someplace, and they do the best they can in getting you places you have to be."

Mobility Focus Group Participant
Quoted by Dr. Marla Berg-Weger

Senior Mobility

"**I was sentenced to household imprisonment about 2 years ago** when I was told I couldn't drive anymore. That's what it feels like. My head is out there, and my body's inside. I feel terribly isolated by virtue of that. I have friends, I have family, but they can only do so much."

Mobility Focus Group Participant
Quoted by Dr. Marla Berg-Weger

Potential Interventions to Aid Transition from Driving

- One-Call/One-Click Resource Centers
- Travel Training
- Person-Centered Mobility Management
- The ARMT (Assessment of Readiness for Mobility Transition) Tool

One-Call/One-Click Resource Centers

- Make it easier to try alternatives to driving
- Provide a central place (web site or phone line) for transportation information
- Includes transportation options, eligibility, hours of operation, costs, etc.
- Should build on existing Call Center (Aging Information and Referral/Assistance, ADRC)
- Should include person-centered mobility management

Travel Training

- **Offers a step-by-step approach for people who want to travel independently**
- **Orientation** to the services available, maps/schedules/trip planning, fare system, mobility issues
- **Familiarization** – practice trips accompanied by an experienced traveler, learn a specific route, learn how to access and use the system

Person-Centered Mobility Management

- 75% of respondents to the 2010 *Maturing of America* survey said mobility management was not available in their communities, but that's changing
- Addresses **transportation coordination** across modes, funding sources and populations is vital and explores unmet need/gaps in transportation services
- Provides **individualized support** to identify the right mode at the right time – a one-size-fits-all approach will not work

Assessment of Readiness for Mobility Transitions Assessment Tool

"Mobility counseling is a new and growing area as persons living into their eighth and ninth decades of life will likely need to retire from driving and find alternative means of remaining mobile. A person-centered approach to mobility counseling that integrates meanings and emotions is an important first step."

Dr. Marla Berg-Weger
Saint Louis University

Assessment of Readiness for Mobility Transitions Assessment Tool

- Developed by Dr. Tom Meuser (Univ. of MO– St. Louis) & Dr. Marla Berg-Weger (Saint Louis Univ.)
- Clinical measure of emotional/attitudinal readiness of older adults to approach mobility transition
- 24 item scale to (1) raise individual awareness and (2) assess personal perspective re: mobility
- 8 item short form is an option

Assessment of Readiness for Mobility Transitions Assessment Tool

- Facilitates recognition, evaluation & management of client mobility needs
- Evaluates individual priorities & capabilities in the context of the family & available community resources
- Includes negotiation of a mobility management plan

NCST Mobility Management Grantee Experience

- Mid East Area Agency on Aging (Franklin County, MO) incorporated mobility management into options counseling
  - ✓ Transportation is an essential component of the home and community based services system
  - ✓ Transportation is more than a “need” and may be seen as essential to one’s identify as an independent person
  - ✓ Exploring transportation may be stressful and emotional

Using the ARMT Tool to Support Mobility Management

- Mid East Area Agency on Aging (Franklin County, MO) found that the ARMT Tool
  - ✓ Gave seniors an opportunity to voice their feelings and concerns about transportation
  - ✓ ARMT Tool was an integral part of family conversations about driving and transportation options

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