



On the Road

Transportation Alternatives

Many older drivers have excellent skills and the safety records to prove it. But health conditions, medications and the normal changes associated with aging — diminished vision, hearing, strength and cognitive ability — can make driving more difficult and more risky.

As the ability to drive diminishes, the car stops functioning well as a mode of transportation. While the car as a symbol of independence remains, symbols don't get you to the market or the doctor. A good alternative gives older drivers the independence they had when they were driving a car.

So what are the options for safe mobility?

- **ITNAmerica:** The Independent Transportation Network® offers rides in private automobiles, 24/7 to seniors and people with vision problems. ITNAmerica is based in Portland, Maine, with affiliates now in 10 communities across the country.
- **Public Transportation:** An option for those able to use it where it is available. An easy choice for those living in cities. Unfortunately, more than half the country's over-65 population lives in a community with no public transit.
- **Volunteer Services:** Your local Area Agency on Aging can tell you if there are volunteer services in your community.
- **Taxi Cabs:** Sometimes an individual can work out a special relationship with a taxi service.
- **Family & Friends:** A relative, neighbor, friend or home healthcare worker can provide transportation using their own car, or using the older driver's car.