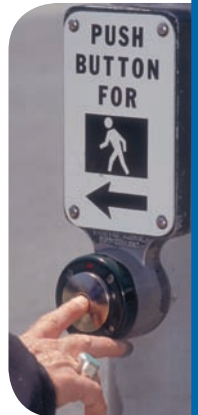


# Senior Mobility Guide

Staying Connected in San Mateo County

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March 2009

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This guide provides information about a wide range of programs and services that can help you stay mobile, active and connected to your community. These programs range from help remaining a safe driver to specialized services for people who need assistance getting out into the community. Regardless of your situation, there is probably something available that can help you. Here are some common situations and suggestions for what information you may find helpful.

## PAGE

### **You drive yourself and plan to keep driving as long as you safely can.**

- A driver safety course can help keep your skills sharp and make sure you know how to adjust for changes as you get older. 17
- Many publications and online resources can help you spot possible difficulties before they become serious problems. 18

### **You drive yourself but don't feel as confident as you used to.**

- A driver safety course can help you learn how to adjust your driving and deal with issues related to vision, flexibility, reaction time and medication. 17
- Adjustments to your car may help you drive with more confidence. 19
- Public transportation may be an option for you. If you haven't ridden a bus for a long time, you might be surprised by how much they've changed. 3

### **You've cut back on your driving and are looking for other ways to get around.**

- Depending on your physical abilities, public transportation may be an option for some of your needs. Buses now have a lot of features that make them easier to use. 3
- Many communities have small buses that are designed for short trips to go shopping, to the library and to medical appointments. 7
- If using the bus is too hard for you, you might be eligible for services that pick you up at home and take you where you want to go. 6

### **You are concerned about a friend or family member who probably shouldn't be driving anymore.**

- Several publications provide tips about how to talk to friends and family about driving. 19
- Get the latest information about DMV policies on testing, reporting and license renewal. 20

### **You ride public transportation but you're finding it more difficult as you get older, for example, if you need to carry anything.**

- Local shuttle routes in some communities may be easier for you to use than SamTrans buses. 7

### **You can't drive, or prefer not to, and transit routes just don't go where you need to go.**

- You may be able to get a ride on services operated by community organizations and some cities. 14

### **Your condition doesn't let you drive or use public transportation.**

- You may be eligible for paratransit service that picks you up at home and takes you where you want to go. 6

### **You need help from another person in order to go anywhere.**

- Services operated by community organizations and some cities may be able to help you. 14

## Transit Service Information

The San Mateo County Transit District manages a range of public transit services including SamTrans bus service, Caltrain rail service and paratransit service for individuals who cannot use fixed-route transit.



### SamTrans

SamTrans provides fixed-route bus service throughout San Mateo County and into parts of San Francisco and Palo Alto. All SamTrans buses are equipped with lifts or ramps that can be used by people who use mobility devices or cannot climb steps. Each bus also has a kneeling feature that lowers the front end so the first step is easier to reach. All SamTrans buses are equipped with an automated system that makes amplified announcements of major transfer points, intersections and destinations. An electronic message board inside the bus simultaneously displays the same information. External loudspeakers announce the route number and destination of the bus at all bus stops.

Free travel training is available for people with disabilities who want to learn to ride SamTrans buses or Caltrain. For more information about travel training, call 650-508-6202.

For more information about SamTrans service, call 1-800-660-4287 (TTY 650-508-6448) or visit [www.samtrans.com](http://www.samtrans.com).

### Caltrain

Caltrain operates commuter rail service on the Bay Area Peninsula between San Jose and San Francisco, with commute-hour service to Gilroy. Caltrain has 12 stations in San Mateo County, connecting with BART at the Millbrae Intermodal Station.

Every train has at least one wheelchair accessible car that can accommodate up to two wheelchairs. Caltrain stations that are not currently wheelchair accessible are 22<sup>nd</sup> Street, South San Francisco, Broadway, Atherton, California Avenue and College Park.

For more information on Caltrain service, call 1-800-660-4287 (TTY 650-508-6448), or visit [www.caltrain.com](http://www.caltrain.com).

## **BART (Bay Area Rapid Transit)**

BART is a regional rail service with six BART stations in northern San Mateo County (Daly City, Colma, South San Francisco, San Bruno, San Francisco Airport and Millbrae). The entire BART system consists of five lines with 43 stations in San Mateo, San Francisco, Alameda and Contra Costa counties.

BART has many features to make it easy for seniors and persons with disabilities to use it. There is disabled parking at all stations with parking lots. All BART stations have escalators and elevators to the platforms. From the platform, there is level boarding to the trains. All BART cars have space for wheelchairs. Station Agents are available at all times in each station to help seniors and persons with disabilities.

For more information on BART service or ticket vendors call 650-992-2278 (TTY 510-839-2220) or visit [www.bart.gov](http://www.bart.gov).

## **San Francisco Municipal Railway (Muni)**

Muni provides public transportation in San Francisco and connects with SamTrans, Caltrain and BART. Muni buses are fully accessible on all lines except the 41-Union which only runs during peak periods. Muni Metro Light Rail services are accessible at all stations and at key stops on the surface portion of the Metro lines.

For a brochure or more information on Muni's Accessible Services please call the Muni Accessible Services Program at 415-701-4485 (TTY 415-701-4730).

For more information on Muni service call 415-701-2311 (TTY 415-701-2323) or visit [www.sfmta.com](http://www.sfmta.com).

## **Santa Clara Valley Transportation Authority (VTA)**

VTA provides public transit in Santa Clara County and connects with SamTrans in Palo Alto. All buses are equipped with lifts or ramps to make boarding easier for persons who use mobility devices or for anyone who may have difficulty negotiating steps. VTA now requires that all mobility devices be secured upon VTA buses. Light rail stations also provide level boarding, meaning that there are no steps required to get on board, or offer ramps for boarding assistance.

For more information on VTA service call 408-321-2300 (TTY 408-321-2330) or visit [www.vta.org](http://www.vta.org).

For individuals who are unable to use VTA's bus or light rail services due to their disabilities, paratransit is provided as required by the Americans with Disabilities Act. Information about VTA's ADA paratransit can be obtained by calling Outreach at 408-436-2865 (TDD 408-436-0155).

### **RTC Discount ID Card**

The Regional Transit Connection (RTC) Discount ID Card allows passengers with disabilities to ride at a discounted fare on Bay Area transit systems, including SamTrans, Caltrain, BART and Muni. The RTC Discount Card is available to qualified persons with disabilities and senior citizens. For more information or to request an application call SamTrans at 1-800-660-4287 (TTY 650-508-6448) or visit [transit.511.org/disabled/RTDC.asp](http://transit.511.org/disabled/RTDC.asp).

## Discounts on Public Transit

Seniors (age 65 and older) and persons with disabilities who possess a Regional Transit Connection Discount ID Card, Medicare Card or Department of Motor Vehicles Disabled Placard Identification Card are eligible for discounted fares on SamTrans, Caltrain and all other Bay Area public transit systems. For SamTrans, they also may purchase a Senior/Disabled Pass, which is sold through the mail and at 80 sales outlets throughout SamTrans' service area. Valid photo ID must be presented at the fare box upon request.

## ADA Paratransit



If you are unable to use SamTrans regular bus service some or all of the time due to a disability, you may be eligible for Americans with Disabilities Act paratransit. Paratransit buses, vans and sedans serve most of the county and will come to your home and take you to your destination. Trips can be reserved up to seven days in advance and

as late as one day in advance. The paratransit service is called Redi-Wheels on the bayside of the county and RediCoast on the coastside. Before you can use ADA paratransit, SamTrans will need to evaluate your eligibility; this process may take up to 21 days.

For more information on ADA paratransit service in San Mateo County call Redi-Wheels and RediCoast at 650-508-6241 or visit [www.samtrans.com](http://www.samtrans.com). You can also call 1-800-660-4287 for general information on transit and ADA paratransit services.

## Community Shuttles

Community shuttles are typically vans or shuttle buses that serve small areas within cities and communities weekdays during the midday, with some exceptions.

### **Bayshore/Brisbane Senior Shuttle**

Service Area:	Brisbane
Fare:	FREE
Eligibility:	Open
For More Information:	1-800-660-4287 or TTY 650-508-6448
Or to book a ride:	415-740-9458

For general information go to [www.caltrain.com](http://www.caltrain.com) (click on “Shuttles” and then on “San Francisco”).

The Bayshore/Brisbane Senior Shuttle operates request-ride service during the midday and connects to the Bayshore Caltrain Station. Passengers may request rides for any purpose within the service area. To request a ride, the passenger must call the driver’s cell phone and leave a message stating when and where they would like to be picked up and dropped off. The driver will then return the call and work out the schedule with the passenger.

### **Foster City Connections**

Service Area:	Foster City
Fare:	FREE
Eligibility:	Open
For More Information:	650-588-1600 or <a href="http://www.commute.org">www.commute.org</a>

The Foster City Connections Shuttles operate on two different lines midday in Foster City.

## Red Line

The Red Line follows SamTrans route 251 and serves the Hillsdale Shopping Center, Beach Park Plaza, Bridgepointe Shopping Center, Edgewater Place, Foster City Recreation/Senior Center, Bowditch Middle School and Marlin Cove.

## Blue Line

The Blue Line serves residential areas in Foster City, Bridgepointe Shopping Center, Edgewater Place, Metro Center, Foster City Recreation/Senior Center and Charter Square.

## Foster City Senior Express Shuttle

- Service Area:** Foster City and as far north as Trousdale Drive/ Mills-Peninsula Hospital in Burlingame and as far south as Veterans Boulevard/Kaiser Hospital in Redwood City. The bus also travels to Stanford Hospital and the Millbrae Intermodal Station.
- Fare:** One Way: \$2 for local trips, \$5 for trips outside of Foster City
- Eligibility:** Must be a Foster City resident and must be age 50 or older
- For More Information:** Community Center Senior Wing 650-286-2585

The Senior Express Shuttle is an on-demand service for Foster City residents who are age 50 and over. The service includes a pick-up at the residence and drop-off at the Foster City Senior Wing or designated stop. The Senior Express Shuttle operates Tuesday through Thursday during the midday. To make a reservation, call or stop by the Recreation Center Senior Wing front desk between the hours of 9:00 am and 1:00 pm Monday through Friday.



No ride requests for the next day will be taken after 1:00 pm. The payment method for the Senior Express Shuttle is a punch card. Punch cards can be purchased at the Senior Wing front desk or can be mailed to your home, after a check has been received by the Senior Wing front desk staff.

## **Redwood City Climate Best Express**

Service Area:	Eastern Redwood City
Fare:	FREE
Eligibility:	Open
Reservations:	650-248-9643
For More Information:	650-588-1600 (Peninsula Traffic Congestion Relief Alliance) go to <a href="http://www.commute.org/shuttle_rwc_ondemand.htm">http://www.commute.org/shuttle_rwc_ondemand.htm</a>

This shuttle provides on-demand service in the eastern part of Redwood City and two stops outside of the service area—Veterans Memorial Senior Center and Woodside Plaza. It is free to riders. It operates Tuesday through Saturday except holidays from 10:00 am to 5:00 pm. To book a ride, call the bilingual driver the day before or up to seven days in advance of your trip. The driver will return your call and confirm the requested times or reschedule the trip to an alternate time if the requested time is unavailable.

## **East Palo Alto Community Shuttle**

Service Area:	East Palo Alto & Palo Alto
Fare:	FREE
Eligibility:	Open
For More Information:	Caltrain 800-660-4287 or TTY 650-508-6448 Or go to <a href="http://www.caltrain.com">www.caltrain.com</a> (click on “Shuttles” and then on “Santa Clara County”)

The East Palo Alto Community Shuttle operates seven days per week during morning and afternoon peaks with some late night service. The shuttle goes from destinations in East Palo Alto, such as the Ravenswood Health Clinic and University Village, to the Palo Alto Caltrain Station.

## **East Palo Alto Shopper Shuttle**

Service Area:	East Palo Alto, Redwood City, Palo Alto, Mountain View
Fare:	FREE

Eligibility: Open  
For More Information: East Palo Alto Mobility Manager 650-771-1637 or  
650-853-7143

The East Palo Alto Shopper Shuttle operates three different routes during the midday, which alternate on different days. Mondays and Thursdays, the Shuttle goes to Palo Alto Medical Center and the Stanford Shopping Center. Tuesdays and Fridays, the Shuttle goes to Kaiser Permanente and Kmart in Redwood City. Wednesdays, the Shuttle goes to the San Antonio Shopping Center in Mountain View.

The shuttle will be traveling through specific locations at specific times. However, you can also wave for the shuttle to pick you up anywhere along the route wherever it is safe for the driver to stop. The shuttle buses have “East Palo Alto Shopper Shuttle” written on the sides.

### **Menlo Park Midday Shuttle**

Service Area: Menlo Park  
Fare: FREE  
Eligibility: Open  
For More Information: 650-330-6770  
Or go to [www.menlopark.org](http://www.menlopark.org) (click on “Getting Around”)

The Menlo Park Midday Shuttle operates on an hourly schedule Monday through Friday, 9:30 am to 3:30 pm. The shuttle serves the Menlo Park Caltrain Station, Menlo Park Library, V.A. Medical Center, Menlo Park Senior Center, shopping and Stanford Hospital. The shuttle is a 20-passenger bus with two spaces available for wheelchairs. The shuttle stops at all SamTrans stops and is also a flag down service for the convenience of the passengers.

### **Menlo Park Shopper’s Shuttle**

Service Area: Menlo Park  
Fare: FREE  
Eligibility: Open  
For More Information: 650-330-6770  
Or go to [www.menlopark.org](http://www.menlopark.org) (click on “Getting Around”)

The Menlo Park Shoppers Shuttle is a request-ride service that operates during the midday on Wednesdays. By request, the shuttle will pick you up at your home in Menlo Park and take you to destinations such as Sharon Heights, downtown Menlo Park or the Stanford Shopping Center.

## **Senior Coastsiders**

Service Area: Coastside (Half Moon Bay, Moss Beach, El Granada and Montara)  
Fare: \$2.00 round trip  
Eligibility: Must be age 60 or older  
For More Information: 650-726-9056

The Senior Coastsiders Van is a request-ride service that operates Monday through Friday during the midday on the coastside of San Mateo County. The van is primarily used to transport seniors from their homes to programs at the Senior Center but also provides rides for other purposes, such as shopping.

## **Seniors in Action**

Service Area: Pacifica  
Fare: \$2.50 suggested donation for transportation to the center. Scheduled shopping trips are \$2. Medical appointments are a mandatory fare of \$20 round trip.  
Eligibility: Must be age 60 or older and a Pacifica resident  
For More Information: 650-738-7350

The Seniors in Action van transports seniors to and from the Pacifica Senior Center Monday through Friday during the midday with 24-hour phone notice. The Center schedules two group shopping trips per month to local destinations. Individual requests for transportation to medical appointments will be accommodated as the schedule permits and must be requested at least 72 hours in advance.

## Senior Center Services

The following Senior Center Services only transport seniors to and from their homes and the local senior center.

### Belmont Twin Pines Senior Center

Service Area:	Belmont
Hours:	Monday through Thursday midday and some Fridays for special programs
Fare:	\$1.00 suggested donation
Eligibility:	Must be a senior or a person with a disability and live in Belmont
For More Information:	650-595-7444 Belmont Senior Center



Photo: George Draper, MTC

### East Palo Alto Senior Center

Service Area:	East Palo Alto
Hours:	Monday through Friday, 9 am to 2 pm
Fare:	\$0.25 one way
Eligibility:	Must be a senior
For More Information:	650-329-5900 East Palo Alto Senior Center

### Menlo Park Senior Center

Service Area:	Menlo Park and parts of East Palo Alto
Hours:	Monday through Friday, 8:30 am to 1:30 pm
Fare:	FREE
Eligibility:	Must be age 55 or older or a person with a disability and must pre-register in person
For More Information:	650-330-2287 Menlo Park Senior Center

## **Redwood City Veterans Memorial Senior Center**

Service Area:	Redwood City
Hours:	Monday through Friday, 8 am to 4 pm
Fare:	\$1.00 one way
Eligibility:	Must be age 50 or older and apply in advance
For More Information:	650-780-7270 Veterans Memorial Senior Center

Additionally, if you live in Redwood City and need to get to the Redwood City Kaiser Hospital, the Senior Center will coordinate a ride for you (only on Mondays and Thursdays) from the Center to the Hospital using the free Kaiser Shuttle.

## **San Bruno Senior Center**

Service Area:	San Bruno
Hours:	Monday through Friday during the midday
Fare:	\$1.00 one way
Eligibility:	Must be age 50 or older and a San Bruno resident
For More Information:	650-616-7150 San Bruno Senior Center

## **San Mateo Senior Center**

Service Area:	City of San Mateo
Hours:	Wednesday and Thursday, 9 am to 5 pm
Fare:	\$0.50 one way
Eligibility:	Must be age 50 or older, ambulatory and a San Mateo resident
For More Information:	650-522-7490 San Mateo Senior Center

The Senior Center also uses the van for local group grocery shopping trips for seniors on the first and third Thursdays of the month. The fare for these trips is \$3.00 round-trip.

## **South San Francisco Senior Center**

Service Area:	South San Francisco, Daly City, San Bruno
Hours:	Monday through Friday
Fare:	\$2.00

Eligibility: Must be age 50 or older  
For More Information: 650-829-3824 Magnolia Center

The transportation service is primarily used to transport clients in the Adult Day Care program to and from their homes. Transportation to El Camino Senior Center and Magnolia Center may be available dependent upon the pick-up location and time.

## Community Services

### FISH

Rides are given for medical, dental or physical therapy appointments. Passengers must have no other way to get to their appointment and be unable to ride public transportation. Passengers must be ambulatory because they are driven in private vehicles by volunteers. Calls are answered by volunteers through an answering service.

Two service areas: 1) Burlingame, Millbrae, Hillsborough, Foster City and San Mateo  
2) Belmont, San Carlos, Redwood City, Atherton, Menlo Park and Palo Alto

Hours: Monday through Thursday, 9 am to 4 pm

Fare: FREE

For Appointments Call: 650-570-6002 for Burlingame, Millbrae, Hillsborough, Foster City and San Mateo  
650-593-1288 for Belmont, San Carlos, Redwood City, Atherton, Menlo Park and Palo Alto

### American Cancer Society—Road to Recovery Program

The American Cancer Society's Road to Recovery Program is staffed by volunteer drivers who pick up cancer patients at their homes and take them to anything cancer-related, including doctor's appointments, radiation treatments and chemotherapy.

Service Area: San Mateo County  
Hours: Monday through Friday. It is preferable if the medical appointment or treatment starts between 9:30 am and 4:30 pm. Rides must be scheduled 7 to 10 business days in advance.  
Fare: FREE  
Eligibility: Ambulatory cancer patients

For more information:

- 1. Cancer patients** who need a ride to a cancer-related medical appointment or treatment should call 1-800-ACS-2345 (1-800-227-2345). Cancer patients who do not meet all of the eligibility requirements above can still call this number for help finding an appropriate transportation provider.
- 2. To become a volunteer driver** for this program, call the American Cancer Society's San Mateo County Unit at 650-578-9902 (press 3 for the local office).

### **Get Up & Go (Peninsula Jewish Community Center)\***

The Peninsula Jewish Community Center (PJCC) operates door-to-door, wheelchair-accessible van service as part of its Get Up & Go transportation and activity program. On the first and third Wednesday of each month, the van takes seniors to programs at the PJCC. Every Monday and Tuesday, the van transports seniors from their homes to destinations within San Mateo County for medical appointments, shopping and errands. Escorts available if requested.

Service Area: San Mateo County (no service to the coastside)  
Hours: Every Monday and Tuesday and every other Wednesday  
Fare: \$4.00 round-trip  
Eligibility: Older adults in San Mateo County who do not drive or find it difficult to use public transportation

To find out whether the service is appropriate for you, call 650-378-2750.

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\*Get Up & Go is made possible by a grant from the Jewish Community Endowment Newhouse Fund of the Jewish Community Federation of San Francisco, the Peninsula, Marin and Sonoma Counties.

## **Transportation Reimbursement for Independence Program (TRIP)**

The TRIP program, administered by Family Service Agency of San Mateo County, targets San Mateo County seniors who face mobility barriers and are unable to use SamTrans or Redi-Wheels/RediCoast paratransit services. The seniors selected to participate in this program are expected to recruit their own volunteer drivers (drivers may be friends and relatives, except for immediate family members, e.g. spouse or children), arrange their own rides, and submit a monthly report to the TRIP Program staff on the number of trips and miles driven each month. In turn, the volunteer driver receives a reimbursement of \$0.52 per mile. Due to budgetary constraints, there is a cap on the number of seniors allowed to participate in this program. Priority for new participants is given to those whose need is greatest (those who are most infirm).

Service Area:	Ride must begin or end in San Mateo County. Mileage reimbursed per trip cannot exceed 50 miles one way. Mileage reimbursed cannot exceed 170 miles per month.
Hours:	Any
Fare:	FREE to rider
Eligibility:	Seniors aged 65 or older who face mobility barriers and are unable to use SamTrans or Redi-Wheels/RediCoast

For more information, call TRIP Program at 650-780-7546.

## **Hospitals**

Two hospitals in San Mateo County offer some limited transportation for their patients. In addition, the Road Runners program of El Camino hospital in Mountain View offers transportation to residents of southern San Mateo County. For more information:

Kaiser Permanente Medical Center–Redwood City	650-299-3139
Seton Medical Center	650-808-9871
El Camino Hospital–Road Runners Program	650-940-7016

## Private Services

### Need-a-Ride

Service Area:	Palo Alto north to San Mateo
Fare:	A ride within the same city costs \$13.00 round trip. Fare increases based on the number of cities away the destination is.
Eligibility:	Must be ambulatory
For More Information:	650-462-0853 Leave a message and your call will be returned between 6:00 pm and 9:00 pm.

Need-a-Ride is a ride-request service that operates Monday through Friday all day and half of Saturday.

## Local Driver Safety Training

### AARP

The AARP Driver Safety Program offers local classes for drivers aged 50 plus. The courses cover many topics related to being an older driver such as traffic rules, staying flexible, medications, etc. The course is designed to help you remain a safe driver. It covers normal age-related physical changes, and how to adjust your driving to allow for these changes. Additionally, all insurance companies offer a discount to AARP Driver Safety graduates.

Courses are offered throughout the year. Each class is eight hours long, most commonly in two four-hour segments over two days. In San Mateo County, courses meet at nearly 20 locations throughout the county. AARP now offers a four-hour renewal course for previous graduates.

For information on AARP Driver Safety courses in your area, and for other helpful information, go to [www.aarp.org/families/driver\\_safety](http://www.aarp.org/families/driver_safety) or call 888-AARP-NOW or 888-227-7669.

## CHP

The California Highway Patrol offers an Older Driver Traffic Safety seminar in conjunction with the San Mateo County Commission on Aging and San Mateo County Supervisor Adrienne Tissier. The free class is three hours long and includes having a SamTrans bus demonstration at every event.

To register for the seminar or for more information, please contact the office of Supervisor Adrienne Tissier at 650-363-4572.

## DriveWell

SamTrans staff is trained to present DriveWell information to interested individuals and organizations. DriveWell is a compendium of information assembled by the National Highway Traffic Safety Administration (NHTSA) and the American Society on Aging (ASA) to create understanding of issues related to older drivers and later-life independence and mobility. It focuses on health, fitness, assessment of driving abilities, ways to counsel on safe driving habits, alternatives to driving and how to discuss driving retirement with a family member. Each session includes demonstration of a SamTrans bus to acquaint participants with public transit. This program is free of charge.

For more information call 650-508-6475.

## Other Driver Safety Resources

### Self Assessments

If you are becoming concerned about your ability to drive a vehicle, information developed by various aging and traffic safety groups may help you determine whether you need to have a more formal evaluation of your driving abilities.

### ***Roadwise Review—AAA (interactive CD-ROM)***

The AAA Roadwise Review is an interactive CD-ROM that helps you identify potential aging-related driving issues, identify steps to reduce risk and monitor your driving health in private.

Each Roadwise Review CD is \$7 for AAA members, \$10 for non-Members and free to senior centers. To purchase a copy of the CD call 1-800-922-8228 or go to [www.csaa.com](http://www.csaa.com).

### ***Driving Decisions Workbook***

The University of Michigan developed a 47-page workbook to help older drivers evaluate their ability to drive safely. The workbook is available online at [www.umtri.umich.edu/library/pdf/2000-14.pdf](http://www.umtri.umich.edu/library/pdf/2000-14.pdf).

### ***National Highway Traffic Safety Administration (NHTSA) Brochures***

The National Highway Traffic Safety Administration (NHTSA) has developed a series of pamphlets that address older adults' ability to drive safely. These include "Safe Driving for Older Adults" and pamphlets dealing specifically with driving when you have had a stroke or have various conditions, such as arthritis, Parkinson's disease, sleep apnea, diabetes or seizures.

Brochures can be ordered by calling the NHTSA at 888-327-4236 or can be viewed online at [www.nhtsa.dot.gov/people/injury/olddrive](http://www.nhtsa.dot.gov/people/injury/olddrive).

### **Adjusting Your Vehicle**

Proper adjustment of seats, mirrors, headrests and the steering wheel can help keep you driving safely. A variety of simple devices can be added to help compensate for physical changes or simply to make the vehicle fit you more comfortably and safely. The American Society on Aging, the American Automobile Association and AARP have developed a program called CarFit, Helping Mature Drivers Find Their Perfect Fit. For more information visit [www.car-fit.org](http://www.car-fit.org).

### **Talking to Family and Friends**

The Hartford insurance company and the MIT AgeLab have developed a guide to help families initiate productive and caring conversations with older adults about driving safety. A 24-page free brochure called "We need to talk...Family conversations with older drivers" is available from The Hartford, We Need to Talk, 200 Executive Boulevard, Southington, CT 06489. The information is also available at [www.thehartford.com/talkwitholderdrivers/](http://www.thehartford.com/talkwitholderdrivers/).



## Walking and Fitness



Fitness and exercise are key components of your mobility. Not only does regular exercise make it easier for you to walk to destinations and travel on transit, it also helps you maintain your body's strength, flexibility, reflexes and coordination, which can lengthen the amount of time that you are able to drive safely.

### **City Parks and Recreation Departments**

Most cities in San Mateo County offer health and exercise classes through their Parks and Recreation Departments. Some cities even have programs targeted specifically at older adults. For more information, contact your city's Parks and Recreation Department.

### **San Mateo County Adult Schools**

Several group exercise classes are available through the county's five Adult Schools. Seniors can often take these courses for free or for a nominal fee. For more information and a current schedule of classes, contact:

- Cabrillo Adult School (Half Moon Bay): 650-712-7122
- Jefferson Adult School (Daly City):  
650-550-7890 or [www.juhsd.k12.ca.us/aed](http://www.juhsd.k12.ca.us/aed)
- San Mateo Adult School: 650-558-2100 or [www.smace.org](http://www.smace.org)
- Sequoia District Adult School (Menlo Park):  
650-306-8866 or [www.adultschool.seq.org](http://www.adultschool.seq.org)
- South San Francisco Adult School:  
650-877-8844 or [www.ssfusd.org/ae/](http://www.ssfusd.org/ae/)

## **Community Exercise and Fitness Classes (membership based)**

The three YMCAs in San Mateo County offer a variety of fitness classes appropriate for older adults. The Peninsula Jewish Community Center (PJCC) offers a Stay Fit for Life program, which is designed specifically for sedentary older adults. Membership discounts are available for seniors at YMCAs and the PJCC.

For more information on membership and a current schedule of classes:

- Peninsula Family YMCA (San Mateo):  
650-286-9622 or [www.ymcasf.org/Peninsula](http://www.ymcasf.org/Peninsula)
- Sequoia YMCA (Redwood City):  
650-368-4168 or [www.mcasv.org/sequoia](http://www.mcasv.org/sequoia)
- East Palo Alto YMCA:  
650-328-9622 or [www.mcasv.org/eastpaloalto](http://www.mcasv.org/eastpaloalto)
- Peninsula Jewish Community Center (Foster City):  
650-212-7522 or [www.pjcc.org/health/fitness/hf-classes-fitlife.html](http://www.pjcc.org/health/fitness/hf-classes-fitlife.html)

## **Other Information Resources**

### **Help at Home Directory**

The Help at Home Directory is a mini reference guide to assist San Mateo County adults of all incomes to remain in their homes when they are ill, disabled or in crisis. The guide is developed by the San Mateo County Commission on Aging and contains some information on transportation in the county.

Printed copies of the directory can be found at all senior centers in the County, or you can request a printed copy by calling the TIES Line (1-800-675-8437) or the Community Information Program (650-802-7950).

The guide can be viewed online at [www.smco-coa.org](http://www.smco-coa.org) (Click on “Help at Home Directory” in the left-hand column) or PDF versions of the booklet in English, Spanish or Chinese can be found on the Community Information Program website at <http://cip.plsinfo.org/hah.htm>.

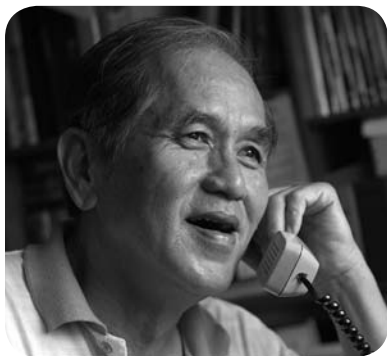
## Peninsula Library System

There are 34 libraries in San Mateo County, with at least one branch in almost every city. Each library has many informational resources for seniors, such as printed copies of the Community Information Handbook and helpful librarians who will do their best to help you find answers to your questions. Additionally, each library has maps and schedules for local transit. Most libraries also have computers that you can use to access websites and staff who can look up most of the Internet references in this guide for you.

To find the branch nearest you, consult the blue government pages of your local phone book or go to [www.plsinfo.org](http://www.plsinfo.org).

## Community Information Program

The Community Information Program (CIP), a service of the Peninsula Library System, provides information on nonprofit and public services available to people who live or work in San Mateo County. CIP maintains a community calendar and publishes a Community Information Handbook, which can be ordered from CIP and is available for free at local libraries and on the CIP website. An electronic copy of the Senior Mobility Guide is available on the Community Resources page of the CIP website.



For more information call 650-802-7950 or go to <http://cip.plsinfo.org>.

## 511

511 is a one-stop resource for Bay Area transportation information, including real-time traffic conditions, public transportation routes and schedules, bicycling information and much more. 511 information is available on the phone by dialing 511 or on the Web at [511.org](http://511.org). To use the phone service, speak your choices or press zero to use touch-tone menus. It is a free service and is available 24 hours a day, seven days a week. The website includes an interactive trip planner. Phone users who are hearing impaired can use 511 by calling 711.

## **Getting Involved**

This guide was created as a result of a planning process involving more than 20 community organizations, cities and public agencies in San Mateo County, as well as interested members of the public. If you would like to participate in efforts to create more options for senior mobility in San Mateo County, or you would like learn more about issues connected with senior mobility, information about the Senior Mobility Action Plan is available at [www.seniormobilityplan.com](http://www.seniormobilityplan.com).

## **Senior Mobility Guide On-Line**

An on-line version of this guide is available at [www.peninsularides.org](http://www.peninsularides.org). The on-line guide has live links to all the web resources listed in this print version.

## Quick Phone List

### Public Transit

Bay Area Transportation	511
SamTrans & Caltrain	800-660-4287
SamTrans Travel Training	650-508-6202
Redi-Wheels	650-508-6241
BART	650-992-2278
VTA (general transit information)	408-321-2300
VTA ADA Paratransit (Outreach)	405-436-2865
Muni (general transit information)	415-701-2311
Muni Accessible Services	415-701-4485

### Community Transit Services

American Cancer Society	800-227-2345
Bayshore/Brisbane Shuttle	800-660-4287
East Palo Alto Community Shuttle	800-660-4287
East Palo Alto Shopper Shuttle	650-771-1637
FISH (Burlingame-San Mateo)	650-570-6002
FISH (Belmont and south)	650-593-1288
Foster City Connections Shuttles	650-588-1600
Foster City Senior Express Shuttle	650-286-2585
Get Up & Go (PJCC)	650-378-2750
Menlo Park Shuttles	650-330-6770
Need-a-Ride	650-462-0853
Pacifica Seniors in Action	650-738-7350
Redwood City Kaiser Hospital	650-299-3139
Redwood City Climate Best Express Shuttle	650-588-1600
Senior Coastsiders	650-726-9056
Seton Medical Center	650-808-9871



SAN MATEO COUNTY  
PARATRANSIT COORDINATING COUNCIL



Aging & Adult Services,  
a Division of the San Mateo  
County Health Department

