



Florida's Guide to **Safe Mobility for Life**

The Keys to Your Transportation Future

Table of Contents

INTRODUCTION.....	1
CHAPTER 1: UNDERSTAND	5
The Impact of Aging on Driving	5
Medical Conditions.....	10
Your Florida Driver License and Identification (ID) Card.....	22
CHAPTER 2: BE PROACTIVE	27
As a Driver	27
As a Pedestrian.....	43
As a Bicyclist.....	44
As a Transit Rider.....	46
As a Motorcyclist.....	47
As a Golf Cart Driver	48
CHAPTER 3: PLAN	51
Benefits of Not Owning a Car	51
How to Get Around.....	56
CHAPTER 4: YOUR TRANSPORTATION FUTURE.....	69
Identify Your Transportation Options.....	69
Develop Your Transportation Plan	71
Test Your Plan	73
Make a Commitment.....	73
CHAPTER 5: RESOURCES	75
Statewide Resources.....	75
County Resources.....	81
APPENDIX	148

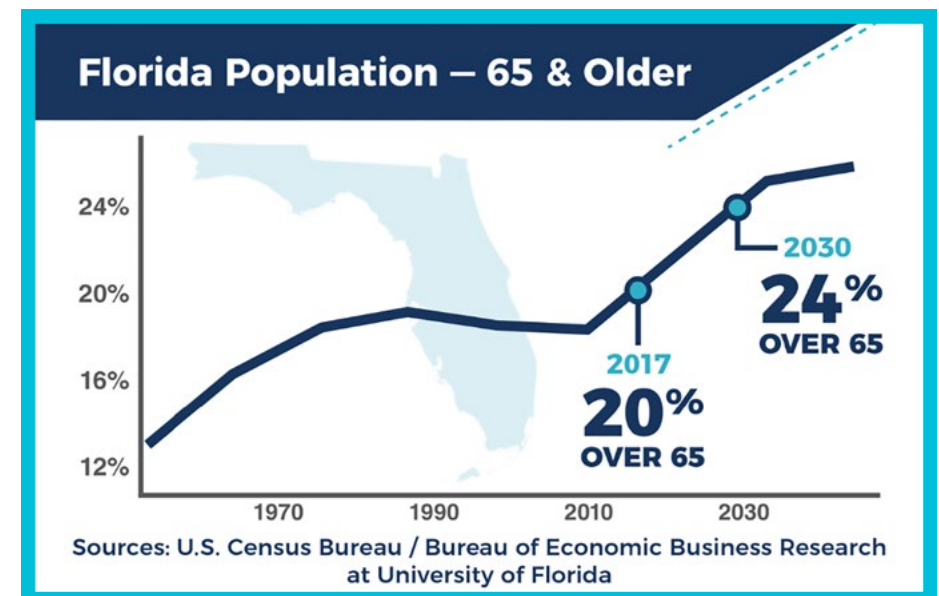


INTRODUCTION

Many of us still recall the first time we got our driver license and the feeling of freedom that little card gave us. We could go where we wanted to go and choose when we wanted to get there. Even as we age, we still have a close relationship with driving and may associate those early feelings of independence with our car.

Today Americans continue to drive well into our later years and for more miles than in the past. According to research by AAA, older adults can expect to outlive their ability to drive safely by 7 to 10 years.

Florida leads the country with 20% of the population older than 65 years of age. By the year 2030, they will represent more than 24% of Florida's population and approximately 1 in 4 licensed drivers.



To help address the natural changes that happen to all of us as we age, the Florida Department of Transportation (FDOT) has made roadway improvements for over 20 years, including:

- ▶ **Greater visibility** by increasing the width of the lines on the road from 4 to 6 inches.
- ▶ **Improving pedestrian features** by using high-emphasis crosswalks.
- ▶ **Providing advance notice** by using advance street name signs.
- ▶ **Improving intersection safety** by adding reflective back plates to traffic signals on roads posted over 45 miles per hour.

To ensure that we met the challenges of Florida's increasing aging population, FDOT needed to move beyond the roadway and establish a statewide coalition with the Pepper Institute on Aging and Public Policy at Florida State University. Together we reached out to



An aging road user is a driver, passenger, pedestrian, bicyclist, transit-rider, motorcyclist, or operator of a non-motorized vehicle who is 50 years of age or older, with a special focus on the 65 years or older age group.

| *Florida's Safe Mobility for Life Coalition*

other agencies and organizations with responsibilities and interests in the safety and mobility of older Floridians. It is the goal of Florida's Safe Mobility for Life Program and Coalition to improve the safety, access, and mobility needs of Florida's aging road users and reduce their crash, fatality, and injury rates.

Our Coalition believes that you hold the keys to your transportation future, and whether you are driving, walking, biking, or riding, you are as safe and mobile as possible. We developed *Florida's Guide to Safe Mobility for Life* to give you one place to look for the information you need and the available state and community resources that will enable you to be safe and mobile.

Whether you live in a city, suburb, or rural community, alone or with family members, you will find tips and information in this guide to help you achieve safe mobility for life in these key areas:



UNDERSTAND
the impact aging
has on driving



BE PROACTIVE
about safe
driving skills



PLAN
for a safe transition
from driving

By reading this guide and thinking ahead to your future transportation needs, you will learn how to maintain independence and remain active in your community, even beyond the driver's seat.



FACT

Ninety percent of the information needed to stay safe on the road comes from your vision.



CHAPTER 1: UNDERSTAND

As we age, many of us might see a steady decline in some of the important skills needed for driving. While natural age-related changes do not affect all drivers at the same age or in the same way, starting around age 55 there is generally a slow decrease in our ability to process information quickly, remember and judge driving events, and respond rapidly to other vehicles and road users we encounter on the road.

In this chapter, you will gain a better understanding of the specific impact that aging and medications can have on your ability to drive safely, how to identify changes in your driving behavior, and what to do to address these issues. You will also learn more about your Florida driver license and ID card.

THE IMPACT OF AGING ON DRIVING

Specific skills such as vision, memory, strength, flexibility, and quick reaction time decline as we age, but how soon this happens varies from person to person. Learning more about how the specific changes can affect safe driving skills will help you prepare to achieve safe mobility for life.

Vision

Did you know that 90 percent of the information needed to stay safe on the road comes from your vision? Visual decline is the most critical loss for drivers of all ages. When driving, aging eyes need:

- ▶ More light to help distinguish features along the roadway.

FACT

People who keep track of changes in their eyesight, physical fitness, and reflexes may be able to adjust their driving habits so they stay safe on the road.

| *National Highway Traffic Safety Administration*



- ▶ To be closer to properly read signs and markings.
- ▶ More time to recover from the glare of bright headlights at night or the sun.

It is so important that you see well to help ensure safe driving. If you wear glasses or contact lenses for driving, please remember to:

- ▶ Always wear them when you drive, even if you are only traveling a short distance. If your driver license indicates that you must wear corrective lenses and you are not wearing them, it may result in receiving a ticket, missing a stop sign, or getting involved in a crash.
- ▶ Keep an extra pair of glasses in your car in case your regular glasses get broken or lost. This will also help if you do not always wear glasses and you forget to take them with you when you drive.
- ▶ Avoid dark glasses or tinted contact lenses when driving at night, even if you think it will help with headlight glare. You need as much light as possible to help you see clearly when driving at night.



An in-person vision test is required for all drivers to renew a driver license unless you have used your one-time renewal, which you can do either online or by mail. More information on “Understanding Your Florida Driver License and ID card” can be found later in this chapter.

Cognition

Cognition includes your thinking and how well you use your sensory perception, attention, learning, memory, thought, visual processing, reading, and problem solving. Driving is a very complex activity that requires using many of these skills at the same time whether driving a short or long distance.

When driving you must always remember how to operate your vehicle, what the traffic signs and signals mean, and know where you are going, and how to get



TIP

Journaling can be a helpful way to track any changes to the skills needed to safely drive.

there safely. You must be able to do all these things in addition to processing other information you encounter while behind the wheel.

When driving, cognition issues may result in:

- ▶ Distraction or disorientation.
- ▶ Problems maintaining control of your car for long distances.
- ▶ Slower response to traffic signs, signals, or markings.
- ▶ Trouble recognizing changes in traffic conditions, traffic hazards, or emergencies.
- ▶ Delayed reactions to seeing and responding to the position of other vehicles that are changing lanes or present when you are entering the roadway.
- ▶ Trouble recognizing and safely responding to pedestrians and bicyclists.
- ▶ Problems properly operating the controls in your car, such as the brake and gas pedal while watching the roadway.
- ▶ Improper use of your turn signal to warn other drivers when your car is turning or changing lanes.



TIP

The brain is no different than any other part of the body. It needs to be used to stay in peak condition. Many people take up crossword puzzles or other games to exercise their minds, or they read more. Reading is a great brain exercise.



- ▶ Trouble planning and safely maneuvering your driving route.
- ▶ Frequently becoming lost, confused, or unable to find your way from one location to another. This can result in panic and sudden irrational changes while driving, or losing control of your car.

If you notice any of these issues, please talk to a health care provider.

Physical Ability

As we age we usually lose muscle mass and bone strength, which increases our chances of injury or death in a crash.

Aging can also result in sensory issues in our hands and feet, such as tingling, numbness, and problems telling where they may be positioned. These can affect our ability to feel, grasp, manipulate, or release controls or pedals in the vehicle. Loss of strength can also give us more trouble keeping a firm grip on the steering wheel or keeping consistent pressure on the pedals with our legs and feet.

FACT

In a crash, drivers 70 years of age or older have as high a fatality rate as drivers under 24 years of age due to their frailty.

| *Insurance Institute for Highway Safety*



Decreased flexibility may cause rigidity or limited range of motion in the neck, torso, arms, legs, or joints. Vertigo, dizziness, or loss of balance can occur along with muscle spasms or tremors that may cause you to lose control of your vehicle.

Simple range of motion exercises and stretches can help slow down the loss of flexibility and relieve joint stiffness. Not only can this help to improve strength and flexibility in your daily life, but it can also benefit your safe driving skills.

TIP

Check with your local community or senior center for low cost exercise classes.

**MEDICAL CONDITIONS**

In addition to natural age-related changes, there are many common medical conditions that can affect safe driving. In this section, we will discuss some of these conditions in more detail. However, if you experience any of these medical conditions tell a family member or



friend and talk to your health care provider as soon as possible. By understanding how these conditions can affect your driving, you can learn to lessen their impact on your safe driving skills.

Dementia

Dementia is a term used to describe a cognitive decline that interferes with daily life. The most common type of dementia is Alzheimer's disease. It affects one's memory, judgment, and decision-making skills which are critical to safe driving. People in the early stages of dementia may still be able to drive under normal circumstances, but will have difficulty as the disease progresses.

The National Highway Traffic Safety Administration's (NHTSA) Driver Fitness Medical Guidelines lists the following signs to help determine if a person needs evaluation for possible dementia:

- ▶ Scores from simple screening tools show possible cognitive issues
- ▶ Has had a recent crash or traffic violation
- ▶ Has been prescribed medications for memory problems

- ▶ Uses medications such as tranquilizers, benzodiazepines, neuroleptics, or antidepressants
- ▶ Is 80 years of age or older
- ▶ Has a recent history of falls

Florida Memory Disorder Clinics are located throughout the state and offer screenings and evaluations for cognitive disorders. To find a clinic near you, go to your County Resources in Chapter 5.



TIP

To report a Silver Alert for a cognitively impaired missing person, contact local law enforcement immediately.

Cataracts

Cataracts cause the eye's lens to become opaque making it harder to see the road, signage, lane markers, and others on the road. Cataracts can affect your driving in the following ways:

- ▶ Difficulty seeing at dawn, dusk, and at night
- ▶ Sensitivity to sunlight and headlights at night
- ▶ Seeing double images in one eye
- ▶ Colors look faded
- ▶ Sudden changes in your prescriptions for glasses or contacts

Glaucoma

Glaucoma is a buildup of pressure in the eye that develops slowly and often has no symptoms. If left untreated, it can lead to blank spots in the field of vision which can grow larger as the disease progresses. Glaucoma can affect your driving in the following ways:

- ▶ Loss of peripheral or side vision which limits ability to see things out of the corner of your eye
- ▶ Vision may be dull and blurry
- ▶ Trouble seeing the road, signs, lane markers, and others on the road
- ▶ Difficulty seeing on cloudy days, sunrise, sunset, or nighttime
- ▶ Trouble managing glare from bright sunlight or oncoming headlights

Macular Degeneration

Age-related macular degeneration affects the part of the eye responsible for sharp, central vision and is one of the leading causes of vision loss for people over the age of 65. It is a common condition that makes it hard to drive safely and can lead to blindness. Macular degeneration can affect your driving in the following ways:

- ▶ Dull or blurry central vision
- ▶ Trouble seeing the road, signs, lane markers and others on the road
- ▶ Colors that look less bright
- ▶ Difficulty adjusting from bright to low light
- ▶ Trouble recognizing faces

Diabetes

Diabetes is a disease that prevents a person's body from maintaining healthy blood sugar (glucose) levels. If not properly diagnosed and controlled, it can result in nerve damage making it more difficult to feel your hands, arms, legs, or feet. Diabetes can affect your driving in the following ways:

- ▶ Feeling sleepy or dizzy
- ▶ Feeling tired or irritable
- ▶ Having blurry vision
- ▶ Having a seizure
- ▶ Losing consciousness

When it comes to driving, consider the following:

- ▶ Do not drive if your blood sugar (glucose) level is too low (hypoglycemia) or too high (hyperglycemia).
- ▶ Wait until your blood sugar levels return to the target levels set by your health care provider before driving.



TIP

Keep a blood glucose test kit along with snacks that are a quick source of sugar, like juice or hard candy nearby.

Arthritis

Many people experience the pain, swelling, and stiffness caused by arthritis. It can limit your ability to move and bend your hips, hands, head, neck, and shoulders making it more difficult to manage even the most basic driving task. Arthritis can affect your driving in the following ways:

- ▶ Difficulty holding and turning your steering wheel
- ▶ Trouble fastening your safety belt
- ▶ Difficulty looking over your shoulder to check for cars in your blind spot
- ▶ Issues pressing on the brake or gas pedal

Parkinson's Disease

Parkinson's disease affects the central nervous system controlling muscle movement causing hands, arms, and legs to shake. While it can occur at any age, it usually affects people 60 and older. Parkinson's can affect your driving in the following ways:

- ▶ Reacting quickly to road hazards
- ▶ Using the gas pedal or pushing down the brake when you need to react quickly
- ▶ Driving at night because of changes to your vision

Sleep Apnea

Sleep apnea is a common occurrence that causes breathing to be briefly interrupted during sleep. Left untreated, sleep apnea can seriously affect your ability to drive safely in the following ways:

- ▶ Drowsiness can prevent you from reacting quickly to traffic and road changes
- ▶ Problems concentrating and focusing your eyes
- ▶ Trouble learning and retaining information

Stroke

A stroke happens when blood flow to the brain is interrupted resulting in brain cells dying, causing difficulty with speaking, seeing, thinking clearly, or controlling your body. It may cause temporary weakness or paralysis on one side of the body. Depending on the extent of damage, it may be possible to drive, but you should first check with your doctor or health care provider. A stroke can affect your driving in the following ways:

- ▶ Trouble turning the steering wheel or applying the brake
- ▶ Becoming easily frustrated or confused when driving
- ▶ Drifting across lane markings
- ▶ Becoming overwhelmed by confusing traffic conditions

Hearing Loss

Hearing is one of the most common conditions affecting older adults today and aging is one of the most common causes of hearing loss. While not a requirement for maintaining a driver license, you often rely on hearing to alert us to:

- ▶ Ambulances, emergency vehicles, or a horn honking to alert you to a potentially dangerous situation.
- ▶ Something wrong with your car.
- ▶ Help you deal with situations quickly.

It is recommended to check your hearing every 3 years after age 50 as hearing loss that is identified early may be helped through treatment.

Medications

Older adults take longer to break down and eliminate any kind of medication, both prescriptions and over-the-counter drugs. Even medicines which might not have caused any trouble in the past can build up over time and affect you more strongly than before. When you are on multiple medications, the drugs may have adverse effects



FACT

Ninety percent of older drivers take prescription medications, and two-thirds of those taking any medication take multiple medications.

| *AAA Safety Foundation*



when combined and cause unintended side effects. Drugs, which affect the brain, nerves, and emotions, tend to affect driving more frequently. This may alter your ability to perceive hazards on the road and respond quickly.

If you are on three (3) or more medications or a new medication, go over your medicines with a doctor or pharmacist to see if there are any that could cause problems with driving ability. Medications that should be checked include, but are not limited to:

- ▶ Seizure medications
- ▶ Antihistamines
- ▶ Antipsychotics
- ▶ Antidepressants
- ▶ Anti-spasm medications
- ▶ Urinary and gastrointestinal medications
- ▶ Tranquilizers
- ▶ Muscle relaxants
- ▶ Pain medication
- ▶ Sleeping pills

CHANGES TO YOUR DRIVING BEHAVIOR**Common Driving Errors**

Taking into consideration what we learned about the impact aging has on safe driving skills, these can be the most common problem areas on the roadway:

- ▶ Making left turns
- ▶ Driving at night, in bad weather, and/or rain
- ▶ Merging into traffic
- ▶ Changing lanes
- ▶ Yielding to traffic
- ▶ Following traffic signals
- ▶ Driving under the influence of medications, drugs, or alcohol

For more information and available resources to help you avoid these errors and keep you safe while driving, go to Chapter 3.

**TIP**

As we age it can become more difficult to accurately judge time and speed of oncoming vehicles. If uncomfortable making left turns, consider making three right turns to get you where you need to go.

The Warning Signs

It is important for everyone to recognize the following warning signs to help determine when it may be necessary to limit or stop driving:

- ▶ Being more uncomfortable, nervous, and/or fearful while driving
- ▶ Having difficulty staying in your travel lane.
- ▶ Getting lost in familiar places
- ▶ Having trouble paying attention to signals, road signs, and pavement markings
- ▶ Slowing down when responding to unexpected driving situations
- ▶ Being diagnosed with medical conditions
- ▶ Taking medications that may be affecting your ability to safely handle your car
- ▶ Experiencing close calls such as almost crashing
- ▶ Finding dents and scrapes on the car or on fences, mailboxes, garage doors, curbs, etc.
- ▶ Having trouble judging gaps in traffic at intersections and on entrance/exit ramps
- ▶ Having other drivers honking at you



I don't feel confident behind the wheel on main highways in a lot of traffic.

| *Margaret, 81 Sarasota*

FACT

Driving is an instrumental activity of daily living that can be addressed by occupational therapy.

| *American Occupational Therapy Association (AOTA)*



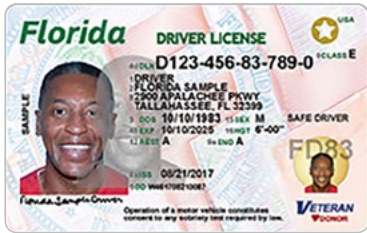
- ▶ Becoming angry more frequently at other drivers
- ▶ Friends or relatives saying they do not want to ride with you
- ▶ Having difficulty seeing the sides of the road when looking straight ahead
- ▶ Being easily distracted or have a hard time concentrating while driving
- ▶ Having trouble turning to check over your shoulder while backing up or changing lanes
- ▶ Recently getting tickets, unexplained damages, or warnings by law enforcement officers

If you notice one or more of these warning signs, talk to your health care provider about a referral to an Occupational Therapist or assessment by a Driver Rehabilitation Specialist (DRS). To learn more about a DRS, go to page 33 in Chapter 2. Together, you can address concerns, discuss possibilities for driving, and explore resources.

YOUR FLORIDA DRIVER LICENSE AND IDENTIFICATION (ID) CARD

Florida Licensing and ID Requirements

If you are a Florida resident 79 years of age or under you can be issued an eight (8) year driver license which can be renewed by mail or in person. Drivers age 80 or older are issued a six (6) year license.



Florida Highway Safety and Motor Vehicles (FLHSMV) began issuing REAL ID-compliant credentials starting January 1, 2010. Driver licenses and ID cards are REAL ID-compliant

if they have a star in the upper right corner of the card. To meet REAL ID requirements, you must bring original documents that prove your identity, proof of legal residence, and date of birth. You will need to visit an office to renew either your license or identification card when:

- ▶ You are applying for your first driver license or ID card;
- ▶ Your current license or ID card expires, your last renewal was completed through the mail or online, and/or your current driver license or ID card does not have a star in the upper corner; or
- ▶ You have legally changed your name (e.g., by marriage or divorce).

For more information on the REAL ID requirements and what you need to bring with you before you make a trip to a driver license service center, go to the Statewide Resources in Chapter 5.

FACT

In 2008, the REAL ID Act became effective across the nation changing how driver licenses and ID cards are issued.

| *U.S. Department of Homeland Security*



Vision Requirements

Ninety percent of the information needed to perform safe driving comes from our vision. All licensed drivers in Florida must have at least 20/70 vision in either eye or with both eyes together. If one eye is blind, or 20/200 or worse, the other eye must be 20/40 or better. In addition, all drivers must have a minimum of 130 degrees of visual field, which refers to how far to either side you can see without moving your eyes or head. If a driver cannot meet any of these standards, their driving privilege will be revoked.

If you are a Florida driver 80 years or older and are renewing your driver license, you must successfully pass a vision test administered at any driver license service center or provide a completed Mature Driver Vision Test form (HSMV 72119 S). The Mature Driver Vision Test form must be completed by a physician licensed to practice in Florida or a licensed physician at a federally established veterans' hospital. If you have 20/50 vision or worse in either eye, or there is any indication of eye disease or injury that would affect your driving ability, you must have an ophthalmologist or optometrist complete the Report of Eye Examination form (HSMV 72010).

If your driving privilege is revoked for inadequate visual acuity, you may submit an updated Report of Eye Examination form for reconsideration. If your driving privilege is revoked because of inadequate field of vision, you may submit a charted visual field for reconsideration.

For more information on how to obtain FLHSMV's vision forms, go to the Statewide Resources in Chapter 5.

Reporting Unsafe Drivers

You may see behaviors or symptoms of medical conditions in someone you know that may indicate they are unsafe to drive. Under Florida law, any physician, agency, family member, or the general public, who knows of any licensed driver's mental or physical disability that may cause them to be an unsafe driver, is authorized to report this information to the FLHSMV. The Medical Reporting Form should provide the full name, date of birth, and address of the person being reported along with a description of the problem. Anyone reporting the driver must include their own contact information and sign the report. However, this contact information is not shared with anyone, including the driver being reported. It is only used when the report information needs to be clarified.

These reports are kept strictly confidential and no legal action can be taken against the person submitting the report. You can learn more about this reporting process as well as how to have a conversation when you have concerns about someone's safe driving in our Families and Caregivers brochure.



For more information on how to obtain FLHSMV's Medical Reporting Form or to order our Families and Caregivers brochure from the Safe Mobility for Life Resource Center, go to the Statewide Resources in Chapter 5.

Medical Review Process

Florida has a Medical Advisory Board that consists of doctors who advise the FLHSMV on medical criteria and vision standards relating to the licensing of drivers. Board members also provide the FLHSMV with recommendations after reviewing physician evaluations received as part of the medical review process.

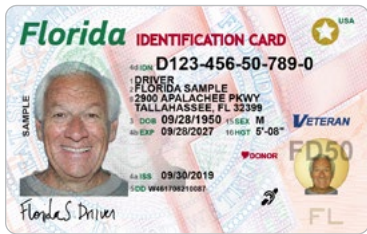
After the FLHSMV receives a report regarding an unsafe driver, the driver is notified in writing that they are under medical review and they are required to provide medical information from their physician within 45 days. The medical report form is reviewed by the Medical Advisory Board, which takes into

consideration all available facts including the initial referral, medical report(s), driving record, and any crash related incidents. Drivers are notified in writing of the outcome.

If approved, the driver may be required to take a re-examination and/or submit a follow-up medical report as a condition of licensure. However, if the driver has a medical condition that affects their ability to drive safely and their records indicate that they may pose a risk to public safety, their driving privilege will be denied.

For more information on the FLHSMV Medical Review Process, go to the Statewide Resources in Chapter 5.

Identification Cards



Many people continue to keep and/or renew their driver license as proof of identification, which is a vital necessity in today's world. However, there is an alternative.

Did you know that Florida's Identification card functions exactly the same as a driver license for the purpose of providing proof of identification? It can be used in airports, medical offices, banks or anywhere else a photo ID is needed. In addition, the documentation needed for an identification card is the same as for a driver license.

You may obtain or renew your driver license or ID card by visiting your Florida driver license service center. To find an office near you, go to your County Resources in Chapter 5.

CHAPTER 2: BE PROACTIVE

To maintain safe mobility for life it is important to learn about the tips and available resources to help improve your use of all forms of transportation. Whether you are driving, walking, taking the bus, or riding your bike, there are things that you can do to safely get from one place to another.

In this chapter, we will share information on being proactive no matter what transportation option you choose to get around your community. You will also learn tips to help you safely share the road with all road users.

BEING PROACTIVE AS A DRIVER

To stay safe on the road, every time you get into your vehicle to drive, it is important to remember the following:

- ▶ Always wear your safety belt correctly. The shoulder belt should lie across the middle of the chest and shoulder, not the neck or throat. The lap belt should be low and snug across the upper thighs, not the belly.
- ▶ Always use your turn signal ahead of time when changing lanes and making turns.
- ▶ Always look twice before turning.
- ▶ Never drive when impaired by alcohol, recreational, prescription or over-the-counter drugs.



TIP

Always check your blind spots before changing lanes or merging, especially in heavy traffic.



- ▶ Always pay attention to the task of driving and do not be distracted by internal or external factors, e.g., passengers, cell phones, etc.
- ▶ Do not drive if you are tired or drowsy. This can be particularly important for drivers suffering from sleep apnea.

Sharing the Road

Not all road users driver cars. Many people walk, ride bicycles, drive motorcycles or golf carts. Here are some tips to help you safely share the road:

- ▶ Expect to encounter other road users on the road at anytime and anywhere.
- ▶ Watch carefully for pedestrians, bicyclists, and motorcyclists who can be very hard to notice – especially in bad weather or at night.
- ▶ Stop before making a right turn at a red light or stop sign. Pedestrians and bicyclists using crosswalks at intersections rely on this time to cross.

FACT

When passing you must keep a safe distance of no less than 3 feet between your vehicle and the bicycle or other nonmotorized vehicle.

| *Section 316.083, Florida Statutes*



- ▶ Scan the road ahead before making a turn to look for pedestrians, bicyclists, or vehicles that may cross into your intended path.
- ▶ When approaching a crosswalk, drive slowly, and be prepared to stop.
- ▶ Always stop for pedestrians in a crosswalk. Stop far enough in advance so that drivers in the other lanes can also see the pedestrian in time to stop.
- ▶ Do not pass other vehicles that are stopped for pedestrians.
- ▶ Always look out for pedestrians in parking lots and be extra careful when backing out of a parking space.
- ▶ Always give yourself extra time to respond to what is happening on the roadway. Leave at least a six-second distance between your car and a motorcycle in front of you.
- ▶ When passing a motorcycle, give a full lane to the motorcycle. Do not share lanes!
- ▶ Always stop for any pedestrian who is blind or visually impaired and stepping into the road, regardless of their location. This is known as the White Cane Law.

Self-Assessment

To help determine your own safe driving ability, you can take this short quiz developed by AARP Driver Safety:

A=Always F=Frequently O=Occasionally N=Never

Question	A	F	O	N
I notice that other drivers seem to be honking at me.				
I find gaps in traffic hard to judge.				
I find that cars suddenly appear from nowhere.				
I find drivers are stopping suddenly in front of me.				
I have trouble looking over my shoulder to back up or change lanes.				
I have trouble remembering to look left and right to check traffic at intersections.				
I have trouble driving through intersections.				
I get nervous making left turns.				
I do not feel confident driving in heavy traffic and at high speeds.				
I feel overwhelmed by too many road signs, signals, pavement markings, pedestrians, other vehicles, etc.				

Question	A	F	O	N
I have trouble moving my foot from the gas pedal to the brake pedal or turning the steering wheel.				
I get lost on roads that are familiar to me.				
I feel nervous, agitated, or irritated while driving.				
I have had several "fender benders" in the last three years.				
TOTAL				

Always=3 Frequently=2 Occasionally=1 Never=0

A: _____ F: _____ O: _____ N: _____

(Multiply the total number of checkmarks in each column by the matching number above for your grand score.)

Grand Score	You Should
0 to 5	Not be concerned at this time
6 to 15	Take additional self-assessments
16 or Above	Consider a more formal assessment by a driver rehabilitation specialist

For more information on other available driver fitness screening tools, go to the Statewide Resources in Chapter 5.

FACT

Florida drivers are required to move over one lane or slow down when approaching law enforcement, emergency, sanitation, utility service vehicle and tow trucks or wreckers that are stopped on the road. If you can't move over, or are traveling on a two-lane road, slow to a speed that is 20 mph less than the posted speed limit.

*Section 316.126, Florida Statutes
(Move Over Law)*

MOVE OVER
or slow down for emergency lights.

- ◀ Move over a lane for stopped law enforcement, emergency, sanitation, utility service vehicles and tow trucks.
- ◀ If you can't move over, slow to 20 mph less than the posted speed limit.
- ◀ If the posted speed limit is 20 mph or less, slow down to 5 mph.

#MoveOverFL

FLORIDA

Driving Rehabilitation Specialist

Health care professionals with special training in driver rehabilitation are called Driver Rehabilitation Specialists (DRS). A DRS can give you driving evaluations in an office or in a car to help them best assess your physical, visual, and cognitive abilities as a driver.

A DRS can evaluate your driving skills, recommend rehabilitation, and suggest vehicle or route modifications, such as avoiding left turns, to help you continue driving safely.

Based on their assessment, a DRS may recommend one or more options for you:

- ▶ Return to driving with or without any adaptive equipment
- ▶ Limit your driving
- ▶ Attend a remedial driving course
- ▶ Referral to a health care specialist to address specific problem
- ▶ Behind-the-wheel training
- ▶ Transition from driving

**TIP**

There is a variety of adaptive equipment or modification items that can have a dramatic effect on safety and comfort. Examples include pedal extenders, panoramic mirrors, hand controls, seat lifts, and steering devices.

Taking a driving assessment can help you determine where you currently stand with your driving skills and whether it is wise for you to continue driving. A number of assessment tools are available, including evaluations by professionals or the self-assessment quiz you took earlier. Both can help you make good decisions about your driving skills.

To learn if there is a DRS available near you, go to AOTA Driving & Community Mobility in the Statewide Resources in Chapter 5.

CarFit

CarFit is an educational safety program created by the American Society on Aging and developed jointly with AAA, AARP, and the American Occupational Therapy Association. It is designed to keep you safe and comfortable by improving the “fit” between you and your car. The program promotes safe driving conversations, provides community transportation resources, and information on how to use new vehicle technologies and warning devices.

CarFit checkups are free, fun, and do not take up much of your time. Trained volunteers will help you learn things such as:

- ▶ The clear line of sight over your steering wheel.
- ▶ The safe distance between you and your airbag.
- ▶ The proper position of your seat and all mirrors.
- ▶ The proper use and fit of your safety belt.



CarFit safety events are held throughout the year in many communities across the state. To learn if there is a scheduled event near you or to view instructional videos, go to the Statewide Resources in Chapter 5.



The two people that showed us how to make improvements were terrific. There is more to being a good driver than taking classes. It is when you put them into practice. Also someone cares. I have and will continue to suggest the class.

| CarFit attendee, Fort Myers

Driver Safety Courses

If you are a Florida driver 55 years of age or older you are eligible to complete an approved driver safety course and could receive a cost reduction on your car insurance for three years. These classes are an opportunity to maintain your safe and defensive driving skills, understand your abilities and learn techniques to compensate for age-related changes discussed in Chapter 1.

To view the FLHSMV's list of approved Mature Driver Discount Insurance Courses, go to the Statewide Resources in Chapter 5.



TIP

Check with your insurance company to determine if this cost reduction is available.

Buying the Right Car for You

AAA and the University of Florida Institute for Mobility, Activity, and Participation recommend the following features to look for when buying a car to optimize your comfort and safety:

- ▶ **Safety features**, such as safety belts and airbags
- ▶ **Design features** that reduce fatigue and discomfort, such as adjustable pedals and seats
- ▶ **Comfort**, such as ease of entry and exit, legroom, and size of control buttons
- ▶ **Value**, that takes into consideration the total cost of ownership including price, maintenance, reliability, fuel economy, and resale value

For more information on how to obtain the Smart Features for Older Drivers brochure, go to the Statewide Resources in Chapter 5.

In-vehicle Technology

There are many new technologies that can help make driving safer and easier. These can include back-up cameras, blind spot warnings, or navigation systems. Just like any new feature in your car, it is important to take time to learn how to use them properly and ask questions if you are not comfortable.



TIP

MyCarDoesWhat.org has videos and other educational resources to help you learn about new vehicle safety technology.

Vehicle Safety

Being able to safely operate and maintain a motor vehicle is essential at any age. To help maintain your vehicle, monitor the following on a regular basis:

- ▶ Check the tire pressure of all tires, including the spare to make sure they are at the recommended pressure stated in the owner's manual.
- ▶ Check the wear on your tires by inserting a quarter into the tire tread with Washington's head toward the tire. If no portion of his head is covered, that means the tread is below 1/8 of an inch and should be replaced soon.





- ▶ Check all fluid levels, including oil, transmission, coolant, power steering, brake, windshield wiper, and fuel.
- ▶ Schedule regular maintenance of brakes.
- ▶ Check headlights, brake lights, turn signals, emergency flashers and interior lights to make sure they are working properly.
- ▶ Check windshield wiper blades often and replace when needed.

On the Road

The driving environment has changed dramatically in the last few years and roads are more complex and congested. As we mentioned in Chapter 1, FDOT is making improvements that not only help older adults,



TIP

Stay up to date on the latest changes to traffic and motor vehicle laws by reading the Florida Driver's Handbook or visiting FLHSMV.gov.



but benefit road users of all ages. The Safe Mobility for Life Coalition creates print materials to help educate on how to understand and use these improvements such as Flashing Yellow Arrow, Right Turn on Red, or Roundabouts.

To order these educational materials through the Safe Mobility for Life Resource Center, go to the Statewide Resources in Chapter 5.

Community Traffic Safety Teams

Community Traffic Safety Teams (CTSTs) are locally based, data-driven groups of highway safety advocates that are committed to a common goal of improving traffic safety in their communities. Please contact your local CTST Coordinator for more information on Community Traffic Safety Teams in your community. They are a great resource to help solve traffic safety problems and to raise public awareness on traffic safety campaigns.

To find contact information for your local CTST, go to the Statewide Resources in Chapter 5.

Road Rangers

FDOT's Road Ranger Service Patrol provides incident management response services and limited no-cost highway assistance to improve highway safety for the



TIP

To request a Road Ranger or if you are experiencing or witnessing an emergency, call *347 (FHP) on your mobile phone.

emergency responders and the public. The Road Ranger Service Patrol consists of vehicles that patrol congested and high incident areas along urban freeways, equipped to assist drivers (e.g. booster cables, jacks, sand, fire extinguishers, first aid kits, reflective cones, etc.)

For more information on Road Rangers, go to the Statewide Resources in Chapter 5.

Florida 511

The Florida 511 Traveler Information System is a public service developed by FDOT to provide drivers, commuters, truck drivers, residents, and visitors the latest traffic information and urgent alerts. These alerts include notifications about traffic incidents, road closures, and suggested alternate routes. Florida 511 also provides severe weather notifications and the AMBER, Silver, and law enforcement Blue alerts.



There are five convenient ways for all motorists to receive traffic updates:

- ▶ Download the free Florida 511 Mobile app available on Google Play or Apple App Store.



TIP

When you're ready to evacuate, check Florida's 511 Traveler Information Service at **FL511.com** to make sure your planned route is clear.

- ▶ Visit FL511.com for interactive roadway maps showing traffic congestion and crashes, travel times, and traffic camera views. Website information is available in English and Spanish.
- ▶ Sign up for a "My Florida 511" account at FL511.com to create custom routes and register for email and text alerts.
- ▶ Follow #FL511 on Twitter, Facebook, and Instagram.

For more information on Florida 511 go to the Statewide Resources in Chapter 5.

Emergency Evacuation

The best time to prepare for an emergency is now, when you are calm and have time to make sure your preparations are in place. Then if the news comes of an approaching storm or any other emergency, you will be ready to take care of yourself and your family. Evacuation often is the safest



FACT

“Get a Plan” is an online tool at [FloridaDisaster.org](https://www.floridadisaster.org) that helps all Floridians build an emergency plan for families and persons with special needs.

| *Florida Division of Emergency Management*



option when facing severe weather events, which is why knowing where you will go and how you will get there is the key to a safe and successful emergency transportation plan.

Do not forget your pets! If you evacuate your home, **do not leave your pets or animals behind**. If you are a pet owner, it is important to consider their needs and have a portable pet disaster kit ready before the next disaster strikes.

Know your options before an emergency hits. Plan to stay with family, friends, or at an emergency shelter outside the evacuation area. If you plan to travel to a city outside the evacuation area, choose one you are familiar with and has plenty of lodging options. Your plan should include an evacuation route to the north and one inland. Map out the best route to each destination and at least two alternate routes in case your planned route is not accessible. Keep your gas tank full or your electric car fully charged if you plan to evacuate. It is best not to let your tank go below half-full in case gas stations are unavailable.

If you are not able to drive, talk to nearby family, friends, and neighbors to see if you can arrange for them to

transport you and your emergency supply kit.

There is a special needs registry to assist people with physical, mental, cognitive, or sensory disabilities. Prior to any emergency, contact your county emergency management office to see if you are eligible for this registry. To find an emergency management office near you, go to your County Resources in Chapter 5.

BEING PROACTIVE AS A PEDESTRIAN

We are all pedestrians, whether we are walking on a sidewalk, crossing a roadway, or getting out of our vehicles in a parking lot. The following information is designed to keep you safe while walking:

- ▶ Always use the crosswalk. Push the button to get the walk signal.
- ▶ Use extra caution at intersections.
- ▶ Always use the sidewalk when available. When there are no sidewalks always walk facing traffic.
- ▶ Always pay attention to where you are going.
- ▶ Use a flashlight at night or in low light areas.
- ▶ Do not walk directly behind parked cars in a parking lot.
- ▶ Avoid roads and interstates where pedestrians are restricted.



TIP

Make eye contact with drivers before crossing the street and watch out for cars entering or exiting driveways.



Walking is always my favorite way to get around but I also have a free bus pass. I do have a bicycle but seldom use it in my neighborhood as it does not offer comfortable biking conditions.

| *Mary, 66 Jacksonville*

- ▶ Avoid any alcohol or drugs that can impair your attention or ability to move safely.

To learn more about pedestrian safety from Alert Today Florida, go to the Statewide Resources in Chapter 5.

Safe Walking for Life Workshop

The Safe Walking for Life workshop is a collaboration between the Safe Mobility for Life Coalition and Alert Today Florida. It is intended to increase awareness and knowledge on the benefits and risks of walking, and how to reduce those risks to increase safety.

To learn if there is a Safe Walking for Life workshop near you, visit SafeMobilityFL.com and click on “Find Event.”

BEING PROACTIVE AS A BICYCLIST

Riding your bicycle can be a fun, healthy, and useful way to get around your community. To be a safer cyclist, it is important to know the following:

- ▶ Remember, a bicycle is a vehicle and you are a driver. This means you should always ride in the same direction with traffic and follow the rules of the road.



- ▶ When riding on the sidewalk, you have the same rights and responsibilities as a pedestrian. When passing a pedestrian, you must give an audible signal before passing.
- ▶ Ride on the trail, paved shoulder, bike lane, or bike route when available.
- ▶ Watch for debris that might make you fall or swerve such as gravel or leaves.
- ▶ Always watch for turning traffic.

To learn more bicycle safety from Alert Today Florida, go to the Statewide Resources in Chapter 5.

Safe Bicycling for Life Workshop

The Safe Bicycling for Life workshop, developed by the Florida Traffic & Bicycling Safety Education Program, is designed to teach you how to be a safer bicyclist through in-class instruction and outside, on-bike skills. This workshop is designed for those who are interested in getting back into using bicycling as a transportation option to get around their community and those who ride already but want to learn how to be safer.

To learn more about the Safe Bicycling for Life workshop, go to the Statewide Resources in Chapter 5.

BEING PROACTIVE AS A TRANSIT RIDER

Besides providing an alternative to driving, there are many other benefits to using public transit, ranging from financial and environmental, to health and wellness. The following information is designed to keep you safe while using transit:

- ▶ Plan ahead. Familiarize yourself with the routes and times.
- ▶ Contact your local transit agency to see if they have a travel trainer or offer reduced fares.
- ▶ Be sure to stand in the designated areas near the bus stop signage or behind the yellow line at train platforms.
- ▶ Do not approach any moving vehicle until it has come to a full stop.
- ▶ Always wait for the bus to pull away before crossing the street.

Public transit is a safe and secure option for getting around due to its low crash and crime risk. Safety is a priority to transit agencies as it is an important part of the positive transit experience.

Safe Transit for Life Workshop

The Safe Transit for Life workshop is a collaboration between the Safe Mobility for Life Coalition and Florida Public Transportation Association. It is intended to increase awareness and knowledge on the benefits of



using transit to get around your community as a safe transportation option.

In addition to an educational presentation, you will have the opportunity to take a ride to a local destination.

To learn if there is a Safe Transit for Life workshop near you, visit SafeMobilityFL.com and click on “Find Event.”

BEING PROACTIVE AS A MOTORCYCLIST

Florida’s weather, beaches, and scenic highways make it a popular place for motorcyclists. Our growing population and popularity make motorcycle safety an important issue. The following information is designed to keep you safe while riding:

- ▶ Always wear your helmet and other protective gear including gloves, boots, and a jacket to protect you in a crash.
- ▶ Make yourself more visible to motorists.



TIP

Be extra cautious, paying attention to the signals and brake lights of other vehicles, especially trucks.

- ▶ Train regularly and get an endorsement on your driver license from FLHSMV specifying you have passed a motorcycle safety course.
- ▶ Always ride in control, within legal and personal limits.

For more information on motorcycle safety from Ride Smart Florida, go to the Statewide Resources in Chapter 5.

Motorcycle Safety Course

If you have not been on a motorcycle for a number of years, it is a good idea to take a safety course. Motorcycles today are different than the ones in the past and your skills are probably not what they once were.

To learn more information on the Florida Department of Highway Safety and Motor Vehicles approved motorcycle safety courses, go to the Statewide Resources in Chapter 5.

BEING PROACTIVE AS A GOLF CART DRIVER

Some Florida communities pass local laws to allow golf carts to safely travel within their communities as a transportation option. If you live in a designated golf cart community, the following information is designed to help you safely operate your golf cart:

- ▶ When riding your golf cart on shared paths, watch out for pedestrians and bicyclists.

FACT



The same vision requirements needed for safe driving are also needed to safely operate a golf cart.

- ▶ Remember, a golf cart is a vehicle and you're a driver.
- ▶ Always follow the same rules of the road, including obeying street signs.
- ▶ Do not ride on the sidewalk or bike trails, unless properly signed and allowed.
- ▶ Do not drive over 20 mph
- ▶ Driving while intoxicated, even on a golf cart, is illegal.

The Safe Mobility for Life Coalition has developed a series of educational materials to provide you detailed information on using other transportation options, such as bicycling, public transit, and golf carts. For more information on available materials and how to order from the Safe Mobility for Life Resource Center, go to the Statewide Resources in Chapter 5.

In Chapter 3 we will go into more detail on how to use all of these transportation options and more, to help develop your transportation plan.



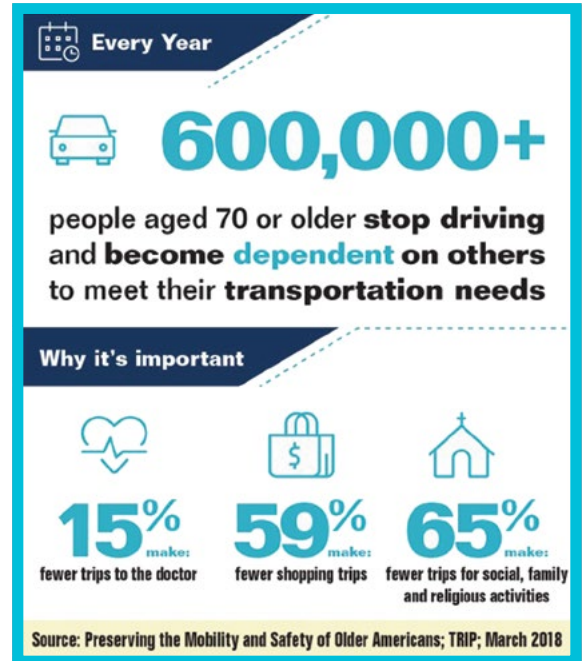
CHAPTER 3: PLAN

For most of us, a driver license offers mobility and independence. However, as we learned in Chapter 1, the time may come when driving is no longer a safe option. The choice to stop driving is never an easy one, but the key to a positive transition while maintaining safe mobility and independence is **planning**.

Having a personalized transportation plan in place before you need it will help you reduce stress and overcome obstacles resulting in continued mobility independence. In this chapter, we will share information on how you can develop your own transportation plan to support life beyond the driver's seat.

BENEFITS OF NOT OWNING A CAR

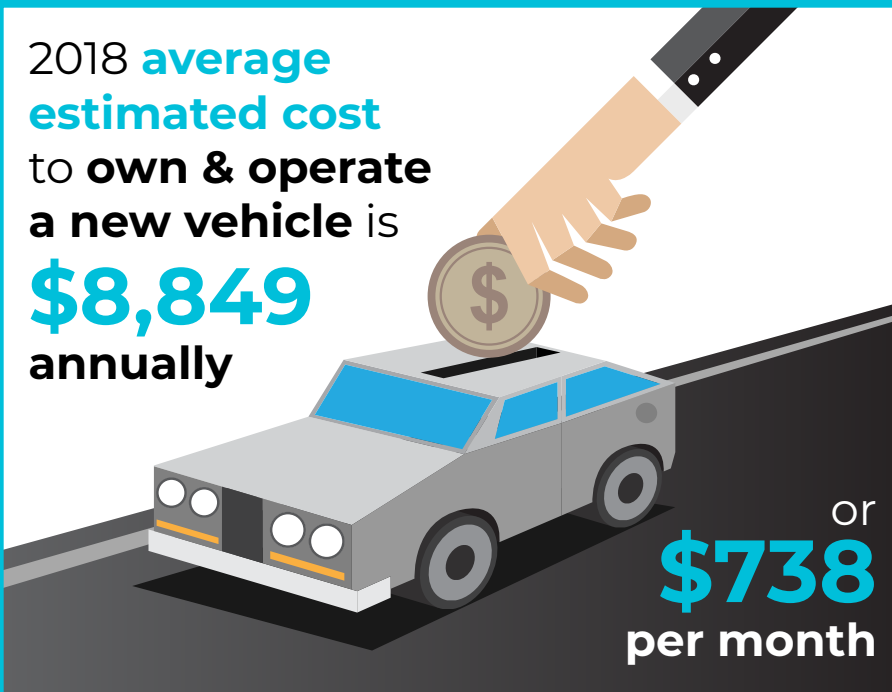
You may be surprised to learn when you take a hard look at driving that it might not be as beneficial as we all think. This section will explore some of the financial, health, and lifestyle benefits of not owning a car.



Financial Benefits

Car ownership can be expensive and transportation is often the second largest expense in a household budget. That is why one of the most compelling reasons not to own a car is financial. To help you understand how much you are really paying to drive, AAA annually publishes a guide titled “Your Driving Costs.” For more information on AAA’s guide, go to the Statewide Resources in Chapter 5.

The cost of car ownership may vary depending on your personal situation, including the number of cars in your household, how old your vehicle is, or miles driven. Complete the Car Cost Worksheet to calculate the specific annual costs of owning your car.



2018 **average estimated cost** to **own & operate a new vehicle** is **\$8,849** annually

or **\$738** per month

Source: AAA Your Driving Costs

Car Cost Worksheet

MY CAR INFORMATION	
Year/Make/Model:	Blue Book value:
Current mileage:	
Average miles driven in a month:	

MY CAR EXPENSES			
Some expenses can be monthly and some annual (approximate when necessary)	Write down the cost of each item	Calculate the annual cost of each item	Add up all the items
Monthly car payment: (Write 0 if you do not have a car payment)	\$	X 12 =	\$
Annual maintenance cost including oil changes:	\$	X 1 =	\$
Annual repair or replacement work including new tires, battery, bodywork, transmission, etc.:	\$	X 1 =	\$
Annual auto insurance	\$	X 1 =	\$
Annual licensing and registration fees:	\$	X 1 =	\$
Monthly gasoline, parking fees, and tolls:	\$	X 12 =	\$
Each year my car costs me:			\$



TIP

Open a transportation savings account with the money you save from not using your car to help pay for transit, taxis, or even buying a bicycle.

Compared to the cost of owning a car, public transit, when available, is an economical way to travel and many transit agencies offer a reduced fare for older adults. Walking, biking, or sharing a ride when it is available can cost little to no money. You will learn more about using other modes of transportation later in this chapter.

Health Benefits

In addition to saving money, physical activities such as walking and bicycling can have a positive impact on your overall health. While results may vary, walking or bicycling can improve your physical and mental well-being. As we age, we can become more vulnerable to social isolation and loneliness, which can put us at greater health risks. Getting outdoors can help maintain a connection to your neighbors and community.

Choosing to be a pedestrian or a bicyclist is an excellent way to combine the health benefits of exercise with getting to the places you need or want to go. Regular exercise has been found to improve the following:

- ▶ Strength, balance, and reaction time
- ▶ Mood and reduce depression
- ▶ Energy and increase quality sleep
- ▶ Ability to lose weight

FACT



Two and a half hours of moderate activity such as walking or bicycling spread throughout the week, combined with two days of muscle-strengthening exercises, can help maintain good health.

| *Centers for Disease Control and Prevention*

Talk with your health care provider on how to ease into a new healthy walking or bicycling routine. With a good pair of shoes and other accessories like a bike helmet, brightly colored and/or reflective clothing, you will stay safe and visible to those around you.

Lifestyle Benefits

Have you wanted to spend more time reading without distractions? Would you like to leave a greener footprint in your community? Have you been meaning to meet new people in your neighborhood? Choosing a car-free lifestyle can help you accomplish some of these goals.

When you are not behind the wheel, consider your time on the bus as an excuse to finish that new book. On a walk to the store you may cross paths with new neighbors or



TIP

Riding transit, taking Uber or Lyft, walking, or bicycling are always more fun with a buddy.

other friendly faces in your neighborhood. Asking a friend to share a cab, ride the bus, or take a walk with you will allow you time to catch up.

With fewer personal vehicles on the road, we can reduce greenhouse gas emissions while reducing traffic congestion. This improves the air we breathe and the flow of traffic for everyone.

All these lifestyle benefits are available when you choose to use transportation options beyond the driver's seat.



Some benefits are less stress, cheaper and, best of all, it's better for the environment.

| *Anonymous, 73 Tampa and Amsterdam*

HOW TO GET AROUND

This section will help you identify which transportation options might work best for you. You will also learn some things to keep in mind when using them.

To get started, ask yourself these questions:

- ▶ What are your current transportation needs? Think about all the places you want to go. This could include medical appointments, trips to the grocery store, going to the movies, or visiting family and friends.
- ▶ How often do you go to these places and how far away are they from your home?
- ▶ Are there other options you can use besides driving yourself to any of the places?

- » Can you walk or bike?
- » Is there a friend or family member you can ride with?
- » Can you take a bus or train?
- » Do you qualify for community door-to-door transportation such as paratransit?
- » Can you use transportation network companies such as Uber and Lyft or a taxi service?
- » Are there delivery services offered at nearby grocery stores, restaurants, or on-line services like Amazon?

Now that you have thought about the answers to these questions, we will use them later in Chapter 4 to help you develop your transportation plan.



TIP

If you don't have a computer or smartphone, ask family or friends to help you place your orders.

Walking as a Transportation Option

Walking is a popular physical activity for all ages that can be a useful transportation option to help maintain mobility and independence. The questions and tips below can get you thinking more about using walking to get around your community.

- ▶ Do you walk for exercise? If so, have you considered walking as a form of transportation? Walking can be a healthy, affordable and environmentally friendly way to travel, especially for shorter distances.



- » Try to combine exercising with simple errands or outings (picking up a prescription, getting lunch, light grocery shopping).
- » If you are new to walking, start off slow with shorter trips and work your way up to a faster pace and longer distances.
- ▶ Are there places you need and want to go, including grocery stores, parks, shops, etc. within a half mile from where you live?
- ▶ Are there accessible sidewalks or walking paths that can take you to places you need to go?
- ▶ Do you feel safe walking?
 - » If not, try to identify what makes you feel unsafe. Consider attending a local pedestrian safety event, such as Safe Walking for Life workshop mentioned in Chapter 2 to learn skills that can make you feel more comfortable while walking. Plan your route to walk in areas where you feel safe and comfortable. Sometimes it might be worth going a little farther to have a more enjoyable walk!

Bicycling as a Transportation Option

For many, the bike was the only independent transportation option before getting a driver license. As we became more dependent on the car, the bicycle turned into a recreational activity, if not forgotten completely. Answer the questions below to see if bicycling would be a possible transportation option for you to get around in your community.

- ▶ Do you own a bicycle?
 - » If you do not have a bike, some communities have bike-share programs or support services.
- ▶ Do you feel comfortable riding a bike?
 - » Many people have not ridden a bike in years, if at all. Learning to ride as an adult should be no harder than learning as a child. Many bike shops and communities offer safe biking courses including the Safe Bicycling for Life workshop mentioned in Chapter 2.
 - » Check into modifications that can make a bicycle more comfortable to ride (pedal assist, recumbent bikes, or adult three-wheel bikes).
- ▶ Are there bike lanes or shared use paths between where you live and places you need to go?
- ▶ Do you ride a bike for exercise? If so, have you considered bicycling as a form of transportation?
 - » Try to combine exercising with simple errands or outings (picking up a prescription, getting lunch, light grocery shopping).



- » If you are new to bicycling start off slow with shorter trips and work your way up to a faster pace and longer distances.

The Bicycling: Tips on How to Use Transportation Options booklet from the Safe Mobility for Life Resource Center contains more detailed information. To order a free copy, go to the Statewide Resources in Chapter 5.

Public Transit as a Transportation Option

Whether you choose transit because of age-related changes, economic reasons, or simply because of personal preference, transit can help you achieve mobility independence. We have identified some questions to get you thinking about using transit to get around your community.

- ▶ Do you have a transit system in your community?
 - » If you do not have a local transit system near you, consider another mode such as walking, biking or sharing a ride.



TIP

Use **findarideflorida.org** to learn what transportation options are available in your community.

- ▶ Do you know how to use the local transit system?
 - » Most transit agencies have a customer service line that you can call if you need help planning your trip and/or if you have questions in general.
 - » Maps and schedules can be found on the transit agency's website, mobile applications, or at the bus/rail terminals.
 - » Many transit agencies have Travel Trainers that will work with you individually or in a small group to teach you the skills you may need to travel confidently on your own.
- ▶ Is there a bus stop within walking distance to where you live or the place you need to go?
 - » Some transit agencies offer first and last mile connections through companies like Uber and Lyft.
 - » Consider riding a bike to the nearest stop. Many transit systems accommodate bikes or have places where you can lock up your bike.
 - » Using transit may not work in every situation. Make a list of places where it does.



- ▶ Do you know how much it costs to take transit and how you pay?
 - » Many transit agencies offer a reduced fare for older adults.
 - » Payment options can include exact change, mobile payment/app, or fare cards purchased in advance.
 - » Research the payment options offered by your local transit agency and choose the option that works best for you.
- ▶ Do you know if you qualify for special transportation services?
 - » All transit agencies offer services for people with special needs.
 - » ADA Complementary Paratransit Service provides door-to-door transportation to those eligible for the services on an appointment basis.
 - » Contact your county's Community Transportation Coordinator (CTC) to help determine if you are eligible for this option. The CTC can deliver quality, safe, and cost-effective transportation services if you qualify. To find the CTC near you, go to your County Resource in Chapter 5.

FACT

The Transportation Disadvantaged Program is a coordinated statewide effort which groups riders together for a shared ride service. Transportation services are available in all 67 Florida counties for those who are eligible and have no access to transportation.



Public Transit: Tips on How to Use Transportation Options booklet from the Safe Mobility for Life Resource Center contains more detailed information. To order a free copy, go to the Statewide Resources in Chapter 5.

Ridesourcing as a Transportation Option

Ridesourcing is the term used when referring to taxi companies and transportation network companies (TNC) such as Uber and Lyft. Answer the questions below to see if either would be a possible transportation option for you to get around your community.

- ▶ Are there any TNC companies like Uber, Lyft, or a taxi company in your community?
 - » Most TNC's require you to sign up and provide a method of payment before using the service. Most people access the service via a mobile app on their cell phone.
 - » You must have a cell phone that can get texts and calls.

- » These services may not work in every situation. Make a list of places or situations where it does.

Transportation Network Companies: Tips on How to Use Transportation Options booklet from the Safe Mobility for Life Resource Center contains more detailed information. To order a free copy, go to the Statewide Resources in Chapter 5.



TIP

Both Uber and Lyft allow you to hail a ride from a desktop computer by visiting their mobile site. You can find this by placing an “m” instead of the “www”. For example, “m.lyft.com.”

Sharing Rides as a Transportation Option

Sharing rides with family, friends, and/or caregivers might not work in every situation. The questions below will help you identify times that it might be a good transportation option to get around your community.

- ▶ Do you have family or friends that go to the same places you go?
 - » Carpool to places you both visit or enjoy.
 - » Ask if they can drop you off on their way to somewhere else.
- ▶ Do friends or family often offer to give you a ride?
 - » When someone offers to give you a ride, consider accepting their generosity. This may demonstrate to them that you may need a ride more often.



- ▶ Are you hesitant to ask for a ride from friends and family?
 - » Don't be afraid to ask friends and family for help. It is likely they recall a time you have helped them in the past and would like the opportunity to return the favor.
 - » Offer to pay for gas, babysit, or cook a dinner (you may not be the only one needing a little help).

Community Specific Transportation Options

There might be transportation options that are specific to your community such as golf carts, low speed vehicles, community operated shuttles, volunteer driver programs, or other locally developed programs.

Golf carts are becoming a very popular way to get around in some Florida communities, especially retirement communities. However, the state does not recognize them as on-road vehicles and will not allow them on the roadway unless approved by the local government. If it is determined that golf carts may safely operate in your community, the local government will issue an ordinance and install signs to show that golf carts are allowed on the roadway. If your community is a designated golf cart



TIP

Ask your neighbors, family, friends, local government, or senior center to see if any of these options are available.

community, golf carts can provide access to recreational opportunities, medical and education services, and shopping facilities. To prevent serious injuries, it is important to learn how to safely operate your golf cart in designated golf cart communities.

- ▶ Are golf carts allowed in your community?
 - » Check with your local government to learn where golf carts are allowed in your community, i.e., just in your community or also on local roads?

Golf Carts: Tips on How to Use Transportation Options booklet from the Safe Mobility for Life Resource Center contains more detailed information. To order a free copy, go to the Statewide Resources in Chapter 5.

- ▶ Do you know if there are shuttles or other groups that offer transportation for older adults? For example, some communities may offer shuttles to the grocery store, etc.
 - » If unsure, try asking your neighbors, family, friends, or people in your community (senior centers, Area Agency on Aging, medical facilities, or healthcare providers) if they are aware of any community transportation options. To find your local Area Agency on Aging, go to your County Resources in Chapter 5.

- ▶ Are there volunteer driver programs available near you?
 - » Some religious organizations or other community service providers offer volunteer transportation programs in communities across Florida.

Connected and Autonomous Vehicles (CAV) as a Transportation Option

When we think of connected and autonomous vehicles, some imagine the popular cartoon, “The Jetsons”, where father George Jetson would arrive home at night in his personal spacecraft. While we may not be getting our own spacecraft anytime soon, there are some exciting new developments that have the potential to change transportation as we know it today. Connected vehicle technology helps drivers of all ages with safety applications such as curve speed warning, pedestrian and bicycle safety, forward collision warning, and wrong-way entry. While most people think of autonomous vehicles as self-driving cars, there are levels of automation. Many new vehicles that have automated functions to improve safety include adaptive cruise control, blind spot warning, and lane-keeping assistance. These features make driving easier as we age.

Many states and communities here in Florida continue to test CAV as a potential transportation option to take people around their communities. As services such as self-driving shuttles and/or vehicles become available, we will develop materials to help you learn how to use these innovative transportation options.

FACT

In May 2019, Florida was designated as an Age-Friendly State in the AARP Network of Livable Communities.



Lifelong Communities

A lifelong community is one in which you can live with some level of independence in a residence of your choice. This includes having access to features and services needed daily that contribute to a rewarding, healthy, and active lifestyle. Many of the options we discussed in this chapter are essential to a lifelong community that benefit residents of all ages. When developing your transportation plan it is important to determine if your community or one you may be considering retiring to will meet your lifelong transportation needs.

For more information on AARP's Age-Friendly Communities in Florida, go to the Statewide Resources in Chapter 5. To order a free copy of the Lifelong Community Transportation Checklist, go to the Safe Mobility for Life Resource Center in Chapter 5.

Now that you have thought about where you need to go and how you can get there, we will walk you through some worksheets in Chapter 4 to help develop your personal transportation plan.



Moving to an area providing multiple modes of transportation. It was liberating!

| *William, 70 Winter Park*

CHAPTER 4: YOUR TRANSPORTATION FUTURE

Whether you live in an urban, suburban, or rural community, alone or with others, you hold the keys to your transportation future. With a little research on available transportation options, with a focus on your unique needs, it is possible to get anywhere you need to go without driving. In this chapter, we will take what you have learned to help you create a transportation plan and put that plan into action!

Let's get started by walking through a few key steps and worksheets to build your transportation plan. There are examples of the worksheets in this chapter and blank copies can be found in the Appendix or can be downloaded at SafeMobilityFL.com.

IDENTIFY YOUR TRANSPORTATION OPTIONS

The first step in creating your transportation plan is to identify all your available transportation options. As mentioned earlier, not all options are available everywhere, but you might be surprised to learn about other ways you can get around your community. "My Transportation Options" worksheet will help summarize each option, including times available, cost, and what you might need to bring with you when using this option. Keep in mind that this list can grow and change over time. It could be helpful to review and update this worksheet every few months depending on your transportation needs.



Making arrangements for others to transport me, was my biggest challenge when transitioning from driving.

| James, 86 Sarasota

FindaRideFlorida.org

Throughout this guide, we mentioned how FindaRideFlorida.org can help you learn more about your available transportation options. It is a free resource developed and maintained in partnership with the University of Florida and designed to provide an online listing of transportation service providers available in all 67 counties.

Go to FindaRideFlorida.org and ask yourself three things:

1. Where do I want to go? Input your start and end points to find your ride.
2. What are my options? Scroll through the list or print your results.
3. How do I contact a service provider? Choose the provider and contact them with any follow up questions you might have.



TIP

Review and update your transportation plan as needed and put the worksheets on your refrigerator or somewhere else for easy access.

After doing some research, review the example shown in the “My Transportation Options” worksheet on how to complete. Then go to the Appendix for a blank copy and fill in what you have learned about your available transportation options.

Example of My Transportation Options Worksheet

MY TRANSPORTATION OPTIONS				
Name: Kristin Cloud		Date: July 2019		
Transportation Options	Times Available	Contact Info	Cost	Need to Bring
Walking	Daytime hours	None	Free	Sunscreen, umbrella, hat, water
Regional Transit System	Sunday - Saturday	555-5200	\$0.60 one way (reduced for 65+)	Bus pass, ID card
Uber	6am-11pm	Phone app	Varies	Phone
Ride from son, Tommy	Anytime	555-1234	Lunch once a month	Nothing
Paratransit	Saturday or Sunday	555-5199	\$2.50 one way	Exact change
Bicycling	Call before 5pm the day before	None	Free	Helmet, bike pump, backpack
Church vanpool - Trinity transit	Daytime hours / light traffic	555-2304	Donation	Cash
Taxi - Yellow Cab	Monday - Sundays (call in advance)	555-5555	\$2.50 First 1/5 th mile/\$0.50 after	Cash/Credit Card
Sharing ride with my friend Patty	Anytime	555-0600	Chip in for gas money	A few \$1 bills

DEVELOP YOUR TRANSPORTATION PLAN

With all your transportation options identified, now it is time to focus on all the places you need and want to go. We’ve included some suggestions of places to go to help get you started. Review the example of the “My Transportation Plan” worksheet to help you pull your plan together. Then go to the Appendix for a blank copy and fill in the places you need and want to go and how you can get there.

PLACES YOU MIGHT WANT TO GO

Airport	Health Club	Restaurants
Clubs/Classes	Library	Senior Center
Community Center	Movie Theater	Shopping
Doctor's Office(s)	Museums/	Veterinarian
Family/Friends	Tourist	Special
Grocery Store/ Supermarket	Attractions	Community Events
Hair Salon/ Barber	Park	Work or Volunteer
	Place of Worship	Sporting Events
	Pharmacy	
	Post Office	

Example of My Transportation Plan Worksheet

MY TRANSPORTATION PLAN							
Name: Kristin Cloud			Date: July 2019				
Where do I want to go?	How often do I go?	How far?	What options are available?*		First choice	Alternative	Can I combine a trip or mode?
Volunteering at hospital	Mon-Fri	4 miles	<input checked="" type="checkbox"/> Walk <input checked="" type="checkbox"/> Transit <input checked="" type="checkbox"/> Share Ride	<input checked="" type="checkbox"/> Bike <input checked="" type="checkbox"/> TNC <input type="checkbox"/> Other	Church vanpool	K bus to A bus	Walk 3 blocks from bus stop
Farmers Market	Saturday Morning	2 miles	<input checked="" type="checkbox"/> Walk <input checked="" type="checkbox"/> Transit <input type="checkbox"/> Share Ride	<input checked="" type="checkbox"/> Bike <input type="checkbox"/> TNC <input type="checkbox"/> Other	K bus to terminal	Bike	Can bring bike on bus
Hair Salon	Once a month	.5 miles	<input checked="" type="checkbox"/> Walk <input type="checkbox"/> Transit <input checked="" type="checkbox"/> Share Ride	<input checked="" type="checkbox"/> Bike <input checked="" type="checkbox"/> TNC <input checked="" type="checkbox"/> Other	walk	Ride with Patty	Use Uber if weather is bad
Visit my brother, Peter	Once a week	6 miles	<input type="checkbox"/> Walk <input checked="" type="checkbox"/> Transit <input checked="" type="checkbox"/> Share Ride	<input type="checkbox"/> Bike <input checked="" type="checkbox"/> TNC <input type="checkbox"/> Other	Para-transit	Ride from Tommy	Peter lives near senior center
Pharmacy	Once a month	1 Mile	<input checked="" type="checkbox"/> Walk <input checked="" type="checkbox"/> Transit <input type="checkbox"/> Share Ride	<input checked="" type="checkbox"/> Bike <input type="checkbox"/> TNC <input checked="" type="checkbox"/> Other	walk	Paratransit	Stop by after doctor appt
Yoga class at Senior center	Tues & Thurs	5 Miles	<input type="checkbox"/> Walk <input checked="" type="checkbox"/> Transit <input checked="" type="checkbox"/> Share Ride	<input checked="" type="checkbox"/> Bike <input type="checkbox"/> TNC <input type="checkbox"/> Other	Ride with Patty	Paratransit	Uber if Patty stays late
Dr. Mitchell	Every 3 months	1.5 Miles	<input checked="" type="checkbox"/> Walk <input checked="" type="checkbox"/> Transit <input type="checkbox"/> Share Ride	<input type="checkbox"/> Bike <input checked="" type="checkbox"/> TNC <input type="checkbox"/> Other	Taxi (covered by insurance)	Paratransit	Walk to after pharmacy
Visit my daughter, Grace	Twice a year	2 hour drive	<input type="checkbox"/> Walk <input checked="" type="checkbox"/> Transit <input checked="" type="checkbox"/> Share Ride	<input type="checkbox"/> Bike <input type="checkbox"/> TNC <input checked="" type="checkbox"/> Other	Ride from Tommy	Regional Express	Tommy can drop off at terminal

* Check all that apply

TEST YOUR PLAN

Now that you have developed your transportation plan, the final step is to test it out. It is important to transition from driving slowly, one step at a time. This approach may help you overcome any fears or anxiety about this new life beyond the driver's seat.

When testing out your plan using other transportation options, try doing so in low stress situations. For example, when you do not have a tight schedule such as a trip to the library, going to the park, or eating out. Start with short trips to familiar places on a nice day in places that feel safe. Once you start getting around on your own without driving, you may find there is a need for more transportation options in your community and you might become an advocate to promote change.

MAKE A COMMITMENT

After you have tested out your transportation plan and adjusted so it works best for you, begin to make a commitment to transition from driving. This decision can be made because you think it is the right thing to do, your family and friends are urging you not to continue driving, or you want to make a more positive impact in your health or the environment. Whatever the reason, the key to making and keeping a commitment is practice.

Challenge yourself to use a new transportation option to get to the grocery store or meet friends for lunch at least once a week. As you get more comfortable with not driving, share your experiences with your friends and family. You may find others will want to join you on your next adventure.



Don't be afraid to let go of the car.
Sometimes change is good!

| Cyndee, 65 The Villages



With planning and practice you can discover that you do hold the keys to your transportation future. A future where you can maintain your independence and connection to your community, beyond the driver's seat.

CHAPTER 5: RESOURCES

STATEWIDE RESOURCES

Safe Mobility for Life Resource Center

Pepper Institute on Aging and Public Policy

Florida State University

P.O. Box 3061121

Tallahassee, FL 32306

Phone: (850) 644-8426

Email: contact@safemobilityfl.com

SafeMobilityFL.com



Educational materials, workshops or events mentioned in Chapter 2 can be found at:

SafeMobilityFL.com/Outreach.htm

Electronic versions of the guide, worksheets, and additional resources mentioned in Chapter 4 can be found at:

SafeMobilityFL.com/Guide.htm



TIP

To stay up-to-date on all the latest information and educational materials, sign up for the Safe Mobility for Life Insider e-newsletter at SafeMobilityFL.com.

AAA Senior Driving

seniordriving.aaa.com

Use the search option “*Find the Right Vehicle for You*”

AAA Your Driving Costs

exchange.aaa.com/automotive/driving-costs

AARP Fitness-to-Drive Screening Tool

www.aarp.org

Use the search option “*How to Decide When to Stop Driving*”

AARP Network of Age-Friendly States and Communities

www.aarp.org

Use the search option “*How to Decide When to Stop Driving*”

AOTA Driving & Community Mobility

www.aota.org/Practice/Productive-Aging/Driving

Click button “*Search for a Driver Specialist*”

Approved Mature Driver Discount Courses

www.flhsmv.gov

Use the search option “*Mature Driver Discount*”

10 Dollar Florida Senior

1-844-812-8512

www.10dollarfloridasenior.com

AAA-Safe Driving for Mature Operators

1-866-659-1317

seniordriving.aaa.com

AARP Driver Safety Program Provider’s Website

1-888-227-7669

www.aarp.org/drive

American Safety Council

1-800-771-2255 or 1-800-732-4135

www.maturedrivercourse.com/florida

American Safety Institute - Senior Driving Course

1-800-800-7121

www.florida55.com

Cheap Mature Driver (Online)

1-800-998-8533

www.cheapmaturedriver.com

Defensive Drivers Discount

Broward, Hillsborough, Miami-Dade,
Orange and Palm Beach counties

1-877-697-2331

DriverEducators.com

1-800-800-7121

www.mymaturedriver.com

Florida Educational Driving School Online Senior Driver Discount Course

1-888-497-1755

www.fedsafe.com

I Drive Safely - Online Mature Driver Course

1-800-723-1955

www.idrivesafely.com/insurance-discount/mature/florida

National Safety Council - Coaching the Mature Driver

1-800-237-0676

Online Mature Driver by Improv Comedy Club

1-800-660-8908

www.myimprov.com/mature-driver/florida

Traffic School Online - Mature Driver

1-800-800-3579

trafficschoolonline.com/florida-mature-driver

Wise Traffic School

1-877-885-8843

www.wisetrafficschool.com

CarFit

Workshops or events mentioned in Chapter 2 can be found at:

www.car-fit.org

Commission for the Transportation Disadvantaged

1-800-983-2435

ctd.fdot.gov

Community Traffic Safety Teams

www.fdot.gov/safety/7b-yourcommunity/yourcommunity.shtm

District 1 (Southwest Florida)

Charlotte, Collier, DeSoto, Glades, Hardee, Hendry, Highlands, Lee, Manatee, Okeechobee, Polk, Sarasota
(863) 519-2671

District 2 (Northwest Florida)

Alachua, Baker, Bradford, Clay, Columbia, Dixie, Duval, Gilchrist, Hamilton, Lafayette, Levy, Madison, Nassau, Putnam, St. Johns, Suwannee, Taylor, Union
(904) 360-5419

District 3 (Northwest Florida)

Bay, Calhoun, Escambia, Franklin, Gadsden, Gulf, Holmes, Jackson, Jefferson, Leon, Liberty, Okaloosa, Santa Rosa, Wakulla, Walton, Washington
(850) 330-1428

District 4 (Southeast Florida)

Broward, Indian River, Martin, Palm Beach, St. Lucie
(954) 777-4361

District 5 (Central Florida)

Brevard, Flagler, Lake, Marion, Orange, Osceola, Seminole, Sumter, Volusia
(386) 943-5323

District 6 (South Florida)

Miami-Dade, Monroe
(305) 470-5437

District 7 (West Central Florida)

Citrus, Hernando, Hillsborough, Pasco, Pinellas
(813) 975-6970

Elder Helpline

1-800-963-5337

Find a Ride Florida

(352) 273-9624

findarideflorida.org

Florida 211

2-1-1 or 1-866-728-8445

my211florida.org

Florida 511

FL511.com

Florida Bicycle Association

floridabicycle.org/florida-bike-share-programs

Florida Highway Safety and Motor Vehicles

www.flhsmv.gov

(850) 617-2000

Approved Motorcycle Safety Courses

Use the search option “*Safety Course Locations*”

Medical Review Process

(850) 617-3814

Use the search option “*Medical Review Process*”

REAL ID Requirements

Use the search option “*What to Bring*”

Vision Forms

Use the search option “*Vision Forms*”

Florida Division of Emergency Management

Plan and Prepare Information:
floridadisaster.org/planprepare/

Special Needs Registry Information:
floridadisaster.org/snr

Florida’s Pedestrian and Bicycle Focused Initiative

Alert Today Alive Tomorrow
alerttodayflorida.com

Florida Motorcycle Safety Coalition

Ride Smart Florida
ridesmartflorida.com

Florida Traffic and Bicycle Safety Education Program

(352) 294-1685
Safety@hhp.ufl.edu
hhp.ufl.edu/safety

Road Rangers

*FHP or *347 on your mobile phone
www.fdot.gov/traffic/RoadRangers/home.htm

Silver Alert

To report call 1-888-FL Missing (356-4774)
www.fdle.state.fl.us/AMBER-Plan/Silver-Alert

University of Florida Fitness-to-Drive Screening Measure

fitnessdrive.php.ufl.edu/us

COUNTY RESOURCES

Alachua

Area Agency on Aging

Elder Options
(352) 378-6649
www.agingresources.org

Transit Agency

Gainesville Regional Transit System
(352) 334-2600
Go-RTS.com

Community Transportation Coordinator

MV Transportation, Inc.
(352) 375-2784
Go-RTS.com/ada

Driver Licenses Services

Alachua County Tax Collector
(352) 374-5236
www.alachuacollector.com/driver-license

Memory Disorder Clinic

University of Florida
(352) 294-5000
neurology.ufl.edu/patient-care/patients-page/memory-disorders

Baker

Area Agency on Aging

ElderSource
(904) 391-6600
www.myeldersource.org

Community Transportation Coordinator

Baker County Council on Aging
(904) 259-9315
www.bakercoa.org/transportation/transportation.html

Driver License Services

Baker County Tax Collector
(904) 259-6004
www.bakertaxcollector.com

Memory Disorder Clinic

Mayo Clinic Jacksonville
(904) 953-7103
www.mayoclinic.org
Use the search option “*Memory Disorder Clinic Florida*”

Bay

Area Agency on Aging

Area Agency on Aging for North Florida, Inc.
(850) 488-0055
www.aaanf.org

Transit Agency

Bay Town Trolley
(850) 769-0557
www.baytownrolley.org

Community Transportation Coordinator

Bay Area Transportation (BAT)
(850) 785-0808
www.baytownrolley.org/bay-area-transit

Driver License Services

Bay County Tax Collector
(850) 248-8501
www.baytaxcollector.com/driver-license

Memory Disorder Clinic

West Florida Hospital
(850) 494-6490
www.westfloridahospital.com/service/memory-disorders

Bradford

Area Agency on Aging

Elder Options
(352) 378-6649
www.agingresources.org

Community Transportation Coordinator

Suwannee River Economic Council
(904) 964-6696, ext. 25 or 1-800-824-5308, ext. 3
srecinc.org/service-areas/bradford-county

Driver License Services

Bradford County Tax Collector
(904) 966-6240
www.bradfordtaxcollector.com

Memory Disorder Clinic

University of Florida
(352) 294-5000
[neurology.ufl.edu/patient-care/patients-page/
memory-disorders](http://neurology.ufl.edu/patient-care/patients-page/memory-disorders)

Brevard

Area Agency on Aging

Senior Resource Alliance
(407) 514-1800
www.seniorresourcealliance.org

Transit Agency / Community Transportation Coordinator

Space Coast Area Transit
(321) 633-1878
www.321transit.com

Driver License Services

Brevard County Tax Collector
(321) 264-6969 – North County
(321) 633-2199 – South County
www.brevardtaxcollector.com

Memory Disorder Clinic

East Central Florida
(321) 434-7612
www.ecfmdc.org

Broward

Area Agency on Aging

Aging and Disability Resource Center of Broward County, Inc.

(954) 745-9567

www.adrcbroward.org

Transit Agency

Broward County Transit (BCT)

(954) 357-8400

www.broward.org/BCT

Tri-Rail

(954) 783-6030 or 1-800-874-7245

www.tri-rail.com

Community Transportation Coordinator

Broward County Transportation Options (TOPS)

1-866-682-2258

www.mytopstrips.org

Driver License Services

Florida Highway Safety and Motor Vehicles

(954) 497-1570

www.flhsmv.gov/locations/broward

Memory Disorder Clinic

Broward Health North

(954) 786-7392

Calhoun

Area Agency on Aging

Area Agency on Aging for North Florida, Inc.

(850) 488-0055

www.aaanf.org

Community Transportation Coordinator

Calhoun County Transit

(850) 674-4496 or (850) 674-2947

www.calhouncountyseniors.org/calhoun-transit

Driver License Services

Calhoun Tax Collector

(850) 674-8242

www.calhouncountytaxcollector.com

Memory Disorder Clinic

Tallahassee Memorial HealthCare

(850) 431-5037

www.tmh.org/services/neuroscience/memory-disorders

Charlotte

Area Agency on Aging

Area Agency on Aging for Southwest Florida
(239) 652-6900
www.aaaswfl.org

Transit Agency / Community Transportation Coordinator

Charlotte County Transit
(941) 575-4000
www.charlottecountyfl.gov/services/transportation

Driver License Services

Charlotte Tax Collector
(941) 743-1350
taxcollector.charlottecountyfl.gov/driver-license

Memory Disorder Clinic

Lee Memorial
(239) 343-9220
www.leehealth.org/memory-care

Citrus

Area Agency on Aging

Elder Options
(352) 378-6649
www.agingresources.org

Transit Agency / Community Transportation Coordinator

Citrus County Transit
(352) 527-7630
www.citruscountytransit.com

Driver License Services

Citrus County Tax Collector
(352) 341-6500
www.citrustc.us

Memory Disorder Clinic

University of Florida
(352) 294-5000
neurology.ufl.edu/patient-care/patients-page/memory-disorders

Clay

Area Agency on Aging

ElderSource
(904) 391-6600
www.myeldersource.org

Transit Agency / Community Transportation Coordinator

Jacksonville Transportation Authority (JTA)
(904) 630-3100 – Clay Regional Express
(904) 284-5977 – CTC
www.jtafla.com/schedules/regional-services

Driver License Services

Clay County Tax Collector
(904) 284-6320
www.claycountytax.com/drivers-license

Memory Disorder Clinic

Mayo Clinic Jacksonville
(904) 953-7103

Collier

Area Agency on Aging

Area Agency on Aging for Southwest Florida
(239) 652-6900
www.aaaswfl.org

Transit Agency

Collier Area Transit (CAT)
(239) 252-7777
www.colliercountyfl.gov/residents/bus-cat-information

Community Transportation Coordinator

Collier Area Paratransit (CAP)
(239) 252-7272

Driver License Services

Collier County Tax Collector
(239) 434-4600
www.colliertaxcollector.com

Memory Disorder Clinic

Lee Memorial
(239) 343-9220
www.leehealth.org/memory-care

Columbia

Area Agency on Aging

Elder Options
(352) 378-6649
www.agingresources.org

Community Transportation Coordinator

Suwannee Valley Transit Authority
(386) 362-5332 or (386) 362-7433
www.ridesvta.com

Driver License Services

Columbia County Tax Collectors
(386) 758-1077 – Lake City Office
(386) 497-2456 – Fort White Office
www.columbiataxcollector.com

Memory Disorder Clinic

Mayo Clinic Jacksonville
(904) 953-7103

DeSoto

Area Agency on Aging

Area Agency on Aging for Southwest Florida
(239) 652-6900
www.aaaswfl.org

Transit Agency

DeSoto-Arcadia Regional Transit (DART)
1-855-418-0466
www.desotobocc.com/department/social_services/dart

Community Transportation Coordinator

MV Transportation, Inc.
1-800-260-0139

Driver License Services

DeSoto County Tax Collector
(863) 993-4793
www.desotocountytaxcollector.com

Memory Disorder Clinic

Sarasota Memorial
(941) 917-7197
www.smh.com/Home/Services/Memory-Disorders

Dixie

Area Agency on Aging

Elder Options
(352) 378-6649
www.agingresources.org

Community Transportation Coordinator

Suwannee River Economic Council
(352) 498-5018, ext. 3 or 1-800-597-7579, ext. 3
srecinc.org/service-areas/dixie-county

Driver License Services

Dixie County Tax Collector
(352) 498-1213
fl-dixie-taxcollector.manatron.com

Memory Disorder Clinic

University of Florida
(352) 294-5000
neurology.ufl.edu/patient-care/patients-page/memory-disorders

Duval

Area Agency on Aging

ElderSource
(904) 391-6600
www.myeldersource.org

Transit Agency

Jacksonville Transportation Authority (JTA)
(904) 630-3100
www.jtafla.com

Community Transportation Coordinator

Jacksonville Transportation Authority (JTA) - Connexion
(904) 265-6999
www.jtafla.com/schedules/paratransit

Driver License Services

Duval County Tax Collector
(904) 630-1916
www.coj.net/departments/tax-collector

Memory Disorder Clinic

Mayo Clinic Jacksonville
(904) 953-7103

Escambia

Area Agency on Aging

Northwest Florida Area Agency on Aging
(850) 494-7100
www.nwflaaa.org

Transit Agency

Escambia County Area Transit (ECAT)
(850) 595-3228
www.goecat.com

Community Transportation Coordinator

Escambia County Community Transit (ECCT)
(850) 595-0501
www.goecat.com/ada-services

Driver License Services

Escambia County Tax Collector
(850) 438-6500, ext. 3252
www.escambiataxcollector.com

Memory Disorder Clinic

West Florida Hospital
(850) 494-6490
www.westfloridahospital.com/service/rehab-driving-program

Flagler

Area Agency on Aging

ElderSource
(904) 391-6600
www.myeldersource.org

Community Transportation Coordinator

Flagler County Public Transportation
(386) 313-4100
www.flaglercounty.org/departments/transportation/index.php

Driver License Services

Flagler County Tax Collector
(386) 313-4160
www.flaglertax.com

Memory Disorder Clinic

Mayo Clinic Jacksonville
(904) 953-7103

Franklin

Area Agency on Aging

Area Agency on Aging for North Florida, Inc.
(850) 488-0055
www.aaanf.org

Community Transportation Coordinator

Gulf ARC & Transportation
(904) 229-6550
www.hometown.com/gulfarc/transportation.htm

Driver License Services

Franklin County Tax Collector
(850) 653-9323 – Apalachicola Office
www.franklincountytaxcollector.com

Memory Disorder Clinic

Tallahassee Memorial HealthCare
(850) 431-5037
www.tmh.org/services/neuroscience/memory-disorders

Gadsden

Area Agency on Aging

Area Agency on Aging for North Florida, Inc.
(850) 488-0055
www.aaanf.org

Transit Agency / Community Transportation Coordinator

Big Bend Transit, Inc.
(850) 627-9958
www.bigbendtransit.org/gadsden

Driver License Services

Gadsden County Tax Collector
(850) 627-7255
www.gadsdentaxcollector.com

Memory Disorder Clinic

Tallahassee Memorial HealthCare
(850) 431-5037
www.tmh.org/services/neuroscience/memory-disorders

Gilchrist

Area Agency on Aging

Elder Options

(352) 378-6649

www.agingresources.org

Community Transportation Coordinator

Suwannee River Economic Council, Inc.

(352) 498-5018, ext. 3 or 1-800-597-7579, ext. 3

srecinc.org/service-areas/gilchrist-county

Driver License Services

Florida Highway Safety and Motor Vehicles

(850) 617-2000

*Driver licensing and ID card services are available in nearby counties. Please check our locations at flhsmv.gov/locations

Memory Disorder Clinic

University of Florida

(352) 294-5000

neurology.ufl.edu/patient-care/patients-page/memory-disorders

Glades

Area Agency on Aging

Area Agency on Aging for Southwest Florida

(239) 652-6900

www.aaaswfl.org

Community Transportation Coordinator

Good Wheels, Inc.

(239) 768-2900 or 1-800-741-1570

www.goodwheels.org

Driver License Services

Glades County Tax Collector

(863) 946-6035

www.mygladescountytaxcollector.com

Memory Disorder Clinic

Lee Memorial

(239) 343-9220

www.leehealth.org/memory-care

Gulf

Area Agency on Aging

Area Agency on Aging for North Florida, Inc.
(850) 488-0055
www.aaanf.org

Community Transportation Coordinator

Gulf ARC & Transportation
(904) 229-6550
www.hometown.com/gulfarc/transportation.htm

Driver License Services

Gulf County Tax Collector
(850) 229-6116
www.gulfcountytaxcollector.com/Services/DriversLicense

Memory Disorder Clinic

Tallahassee Memorial HealthCare
(850) 431-5037
www.tmh.org/services/neuroscience/memory-disorders

Hamilton

Area Agency on Aging

Elder Options
(352) 378-6649
www.agingresources.org

Community Transportation Coordinator

Suwannee Valley Transit Authority
(386) 362-5332 or 1-800-258-7267
www.ridesvta.com

Driver License Services

Hamilton County Tax Collector
(386) 792-1284
www.hamiltoncountytaxcollector.com

Memory Disorder Clinic

Mayo Clinic Jacksonville
(904) 953-7103

Hardee

Area Agency on Aging

Senior Connection Center, Inc.
1-800-336-2226
www.seniorconnectioncenter.org

Community Transportation Coordinator

MV Transportation, Inc.
(863) 773-0015

Driver License Services

Hardee County Tax Collector
(863) 773-9144
www.hardeecountytaxcollector.com

Memory Disorder Clinic

University of South Florida
(813) 974-8900

Hendry

Area Agency on Aging

Area Agency on Aging for Southwest Florida
(239) 652-6900
www.aaaswfl.org

Transit Agency / Community Transportation Coordinator

ClewBelle Community Bus Route / Good Wheels, Inc.
(239) 768-2900 or 1-800-741-1570
www.goodwheels.org

Driver License Services

Hendry County Tax Collector
(863) 675-5274 – LaBelle Office
(863) 983-1460 – Clewiston Office
www.hendrycountytcc.com

Memory Disorder Clinic

Lee Memorial
(239) 343-9220
www.leehealth.org/memory-care

Hernando

Area Agency on Aging

Elder Options
(352) 378-6649
www.agingresources.org

Transit Agency

Hernando County Transit (TheBus)
(352) 754-4444
www.hernandocounty.us/thebus

Community Transportation Coordinator

Trans-Hernando
(352) 799-1510
www.mfcs.us.com/Transportation-10-50.html

Driver License Services

Hernando County Tax Collector
(352) 754-4230 – Brooksville Office
(352) 754-4180 – Springhill Office
www.hernandocounty.us/departments/other-government-agencies/tax-collector

Memory Disorder Clinic

Orlando Health Center for Aging
(321) 841-9700
www.orlandohealth.com/services-and-specialties/memory-disorder-clinic

AdventHealth Orlando
(407) 303-3408

Highlands

Area Agency on Aging

Senior Connection Center, Inc.
1-800-336-2226
www.seniorconnectioncenter.org

Community Transportation Coordinator

MV Transportation, Inc.
Avon Park (863) 452-0139, Sebring (863) 382-0139,
Lake Placid (863) 699-0995

Driver License Services

Highlands County Tax Collector
(863) 402-6685
www.hctaxcollector.com

Memory Disorder Clinic

Sarasota Memorial
(941) 917-7197
www.smh.com/Home/Services/Memory-Disorders

Hillsborough

Area Agency on Aging

Senior Connection Center, Inc.
1-800-336-2226
www.seniorconnectioncenter.org

Transit Agency

Hillsborough Area Regional Transit Authority (HART)
(813) 254-4278
www.gohart.org

Community Transportation Coordinator

Sunshine Line
(813) 272-7272
www.hillsboroughcounty.org/government/departments/sunshine-line

Driver License Services

Hillsborough County Tax Collector
(813) 635-5200
www.hillstax.org/services/services-driver-licenses.aspx

Holmes

Area Agency on Aging

Area Agency on Aging for North Florida, Inc.
(850) 488-0055
www.aaanf.org

Community Transportation Coordinator

Tri-County Community Council, Inc.
(850) 547-3688
www.tricountycommunitycouncil.com

Driver License Services

Holmes County Tax Collector
(850) 547-1115
www.holmescountytaxcollector.com

Memory Disorder Clinic

West Florida Hospital
(850) 494-6490
www.westfloridahospital.com/service/memory-disorders

Indian River

Area Agency on Aging

Area Agency on Aging of Palm Beach/Treasure Coast
1-866-684-5885
www.youragingresourcecenter.org

Transit Agency

Indian River Transit (GoLine)
(772) 569-0903
www.golineirt.com

Community Transportation Coordinator

Senior Resource Association, Inc.
(772) 569-0903
www.seniorresourceassociation.org

Driver License Services

Indian River County Tax Collector
(772) 226-1338
www.irtax.com/motorist-services

Memory Disorder Clinic

East Central Florida
(321) 434-7612
www.ecfmdc.org

Jackson

Area Agency on Aging

Area Agency on Aging for North Florida, Inc.
(850) 488-0055
www.aaanf.org

Transit Agency / Community Transportation Coordinator

JTrans
(850) 482-7433
www.jtrans.org

Driver License Services

Jackson County Tax Collector
(850) 482-9602
www.jacksoncountytaxcollector.com

Memory Disorder Clinic

West Florida Hospital
(850) 494-6490
www.westfloridahospital.com/service/memory-disorders

Jefferson

Area Agency on Aging

Area Agency on Aging for North Florida, Inc.
(850) 488-0055
www.aaanf.org

Community Transportation Coordinator

Big Bend Transit, Inc.
(850) 997-1323
www.bigbendtransit.org/jefferson

Driver License Services

Jefferson County Tax Collector
(850) 342-0147
www.jeffersoncountytaxcollector.com

Memory Disorder Clinic

Tallahassee Memorial HealthCare
(850) 431-5037
www.tmh.org/services/neuroscience/memory-disorders

Lafayette

Area Agency on Aging

Elder Options
(352) 378-6649
www.agingresources.org

Community Transportation Coordinator

Suwannee River Economic Council, Inc.
1-800-597-7599, ext. 3
srecinc.org/service-areas/lafayette-county

Driver License Services

Lafayette County Tax Collector
(386) 294-1961
www.lafayettetc.com

Memory Disorder Clinic

University of Florida
(352) 294-5000
neurology.ufl.edu/patient-care/patients-page/
memory-disorders

Lake

Area Agency on Aging

Elder Options
(352) 378-6649
www.agingresources.org

Transit Agency

Lake County Transit (LakeXpress)
(352) 742-1940
www.ridelakexpress.com

Community Transportation Coordinator

Lake County Connection
(352) 742-2612
www.ridelakexpress.com/paratransit

Driver License Services

Lake County Tax Collector
(352) 253-6075
www.laketax.com

Memory Disorder Clinic

Orlando Health Center for Aging
(321) 841-9700

AdventHealth Orlando
(407) 303-3408

Lee

Area Agency on Aging

Area Agency on Aging for Southwest Florida
(239) 652-6900
www.aaaswfl.org

Transit Agency

LeeTran
(239) 533-8726
www.leegov.com/leetran

Community Transportation Coordinator

Good Wheels, Inc.
(239) 768-2900
www.goodwheels.org

Driver License Services

Lee County Tax Collector
(239) 533-6000
www.leetc.com/driver-licenses

Memory Disorder Clinic

Lee Memorial
(239) 343-9220
www.leehealth.org/memory-care

Leon

Area Agency on Aging

Area Agency on Aging for North Florida, Inc.
(850) 488-0055
www.aaanf.org

Transit Agency

StarMetro
(850) 891-5200
www.talgov.com/starmetro/starmetroHome.aspx

Community Transportation Coordinator

Dial-a-Ride
(850) 891-5199
www.talgov.com/starmetro/dial-a-ride.aspx

Driver License Services

Leon County Tax Collector
(850) 606-4700
www.leontaxcollector.net/driverlic.html

Memory Disorder Clinic

Tallahassee Memorial HealthCare
(850) 431-5037
www.tmh.org/services/neuroscience/memory-disorders

Levy

Area Agency on Aging

Elder Options
(352) 378-6649
www.agingresources.org

Community Transportation Coordinator

Levy County Transit
(352) 486-3485
www.levycounty.org/department/transportation/index.php

Driver License Services

Levy County Tax Collector
(352) 486-5172 – Bronson Office
(352) 528-6091 – Williston Office
(352) 493-4646 – Chiefland Office
www.levytaxcollector.com

Memory Disorder Clinic

University of Florida
(352) 294-5000
neurology.ufl.edu/patient-care/patients-page/
memory-disorders

Liberty

Area Agency on Aging

Area Agency on Aging for North Florida, Inc.
(850) 488-0055
www.aaanf.org

Community Transportation Coordinator

Liberty County Transit
(850) 643-2524

Driver License Services

Liberty County Tax Collector
(850) 643-2442
www.libertycountytaxcollector.com

Memory Disorder Clinic

Tallahassee Memorial HealthCare
(850) 431-5037
www.tmh.org/services/neuroscience/memory-disorders

Madison

Area Agency on Aging

Area Agency on Aging for North Florida, Inc.
(850) 488-0055
www.aaanf.org

Community Transportation Coordinator

Big Bend Transit, Inc.
(850) 973-4418
www.bigbendtransit.org/madison

Driver License Services

Madison County Tax Collector
(850) 973-6136
www.madisoncountytaxcollector.com

Memory Disorder Clinic

Tallahassee Memorial HealthCare
(850) 431-5037
www.tmh.org/services/neuroscience/memory-disorders

Manatee

Area Agency on Aging

Senior Connection Center, Inc.
1-800-336-2226
www.seniorconnectioncenter.org

Transit Agency

Manatee County Area Transit (MCAT)
(941) 749-7116
www.ridemcat.org

Community Transportation Coordinator

Manatee County Area Transit (MCAT), Handy Bus
(941) 748-2317
www.ridemcat.org/handy-bus-system

Driver License Services

Manatee County Tax Collector
(941) 741-4807
www.taxcollector.com

Memory Disorder Clinic

University of South Florida
(813) 974-8900

Marion

Area Agency on Aging

Elder Options
(352) 378-6649
www.agingresources.org

Transit Agency

SunTran
(352) 401-6999
www.suntran.org

Community Transportation Coordinator

Marion Senior Services, Inc., Marion Transit
(352) 620-3071
www.marionseniorservices.org

Driver License Services

Marion County Tax Collector
(352) 368-8200
www.mariontax.com

Memory Disorder Clinic

University of Florida
(352) 294-5000
neurology.ufl.edu/patient-care/patients-page/memory-disorders

Martin

Area Agency on Aging

Area Agency on Aging of Palm Beach/Treasure Coast
1-866-684-5885
www.youragingresourcecenter.org

Transit Agency

Martin County Public Transit (Marty)
(772) 463-2860
www.martin.fl.us/public-transit

Community Transportation Coordinator

Medical Transportation Management (MTM)
1-844-239-5974
www.mtm-inc.net/floridaffs

Driver License Services

Martin County Tax Collector
(772) 288-5600
www.taxcol.martin.fl.us

Memory Disorder Clinic

Florida Atlantic University
(561) 297-0502

Miami-Dade

Area Agency on Aging

Alliance for Aging, Inc.
(305) 670-6500
www.allianceforaging.org

Transit Agency

Miami-Dade Transit
(305) 891-3131
www.miamidade.gov/transit

Tri-Rail

(954) 783-6030 or 1-800-874-7245
www.tri-rail.com

Community Transportation Coordinator

Special Transportation Service (STS)
(305) 871-1111
www.miamidade.gov/transit/special-transportation.asp

Driver License Services

Florida Highway Safety and Motor Vehicles
(305) 229-6333
www.flhsmv.gov/locations/miami-dade

Memory Disorder Clinic

Mt. Sinai Medical Center
(305) 674-2543, ext. 54461

University of Miami
(305) 355-9065

Monroe

Area Agency on Aging

Alliance for Aging, Inc.
(305) 670-6500
www.allianceforaging.org

Transit Agency

Key West Transit
(305) 809-3910
www.kwtransit.com

Monroe County Transit (MCT)
(305) 292-4424
www.monroecounty-fl.gov/142/Transportation

Community Transportation Coordinator

Guidance/Care Center, Inc.
(305) 434-7660, Option 2
www.guidancecarecenter.org

Driver License Services

Monroe County Tax Collector
(305) 289-2306 – Marathon Office
(305) 853-3562 – Key Largo Office
(305) 293-6338 – Key West Office
www.monroetaxcollector.com

Memory Disorder Clinic

Mt. Sinai Medical Center
(305) 674-2543, ext. 54461

University of Miami
(305) 355-9065

Nassau

Area Agency on Aging

ElderSource
(904) 391-6600
www.myeldersource.org

Transit Agency

NassauTRANSIT
(904) 261-0700 or 1-800-298-9122
www.nassautransit.org

Community Transportation Coordinator

Nassau County Council on Aging
(904) 261-0700 or 1-800-298-9122
www.nassaucountycouncilonaging.org/resources/transportation

Driver License Services

Nassau County Tax Collector
(904) 491-7400
www.nassautaxes.com/Content/DriverLicenseId

Memory Disorder Clinic

Mayo Clinic Jacksonville
(904) 953-7103

Okaloosa

Area Agency on Aging

Northwest Florida Area Agency on Aging
(850) 494-7100
www.nwflaaa.org

Transit Agency

Emerald Coast Rider (EC Rider)
(850) 833-9168
www.ecrider.org

Community Transportation Coordinator

EC Rider Dial-a-Ride
(850) 833-9168
www.ecrider.org/dial-a-ride

Driver License Services

Okaloosa County Tax Collector
(850) 651-7300
www.okaloosatax.com

Memory Disorder Clinic

West Florida Hospital
(850) 494-6490

Okeechobee

Area Agency on Aging

Area Agency on Aging of Palm Beach/Treasure Coast
1-866-684-5885
www.youragingresourcecenter.org

Community Transportation Coordinator

MV Transportation, Inc.
(863) 357-9900

Driver License Services

Okeechobee County Tax Collector
(863) 357-0863
www.okeechobeecountytaxcollector.com

Memory Disorder Clinic

St. Mary's Medical Center
(561) 990-2135

Orange

Area Agency on Aging

Senior Resource Alliance
(407) 514-1800
www.seniorresourcealliance.org

Transit Agency

LYNX
(407) 841-5969
www.golynx.com

SunRail
1-855-724-5411
www.sunrail.com

Community Transportation Coordinator

ACCESS LYNX
(407) 423-8747
www.golynx.com/plan-trip/riding-lynx/access-lynx

Driver License Services

Orange County Tax Collector
(407) 845-6200
www.octaxcol.com/about-driver-licenses

Memory Disorder Clinic

Orlando Health Center for Aging
(321) 841-9700

AdventHealth Orlando
(407) 303-3408

Osceola

Area Agency on Aging

Area Agency on Aging of Palm Beach/Treasure Coast
1-866-684-5885
www.youragingresourcecenter.org

Transit Agency

LYNX
(407) 841-5969
www.golynx.com

SunRail
1-855-724-5411
www.sunrail.com

Community Transportation Coordinator

ACCESS LYNX
(407) 423-8747
www.golynx.com/plan-trip/riding-lynx/access-lynx

Driver License Services

Osceola County Tax Collector
(407) 742-4000
www.osceolataxcollector.org

Memory Disorder Clinic

East Central Florida
(321) 434-7612
www.ecfmdc.org

Palm Beach

Area Agency on Aging

Area Agency on Aging of Palm Beach/Treasure Coast
1-866-684-5885
www.youragingresourcecenter.org

Transit Agency

Palm Tran
(561) 841-4200
discover.pbcgov.org/palmtran

Tri-Rail
(954) 783-6030 or 1-800-874-7245
www.tri-rail.com

Community Transportation Coordinator

Palm Tran Connection
(561) 649-9838 or 1-877-870-9849
www.discover.pbcgov.org/palmtran/Pages/Connection.aspx

Driver License Services

Palm Beach County Tax Collector
(561) 355-2264
www.pbctax.com/driver-licenses

Memory Disorder Clinic

Florida Atlantic University
(561) 297-0502

Pasco

Area Agency on Aging

Area Agency on Aging of Pasco-Pinellas
1-800-963-5337
www.agingcarefl.org

Transit Agency / Community Transportation Coordinator

Pasco County Public Transportation (PCPT)
(727) 834-3322
www.pascocountyfl.net/243/Public-TransportationPCPT

Driver License Services

Pasco County Tax Collector
(727) 847-8032 – West Pasco
(813) 235-6076 – Central Pasco
(352) 521-4338 – East Pasco
www.pascotaxes.com/license

Memory Disorder Clinic

Morton Plant
(727) 461-8635

Pinellas

Area Agency on Aging

Area Agency on Aging of Pasco-Pinellas
1-800-963-5337
www.agingcarefl.org

Transit Agency / Community Transportation Coordinator

Pinellas Suncoast Transit Authority (PSTA)
(727) 540-1900
www.psta.net

Driver License Services

Pinellas County Tax Collector
(727) 464-7777
www.taxcollect.com/driver-licenses-home

Memory Disorder Clinic

Morton Plant
(727) 461-8635

Polk

Area Agency on Aging

Senior Connection Center, Inc.
1-800-336-2226
www.seniorconnectioncenter.org

Transit Agency / Community Transportation Coordinator

Citrus Connection
1-855-765-5287
ridecitrus.com

Driver License Services

Polk County Tax Collector
(863) 534-4700
www.polktaxes.com

Memory Disorder Clinic

Orlando Health Center for Aging
(321) 841-9700

AdventHealth Orlando
(407) 303-3408

Putnam

Area Agency on Aging

Elder Options
(352) 378-6649
www.agingresources.org

Transit Agency / Community Transportation Coordinator

Ride Solution
(386) 325-9999
www.theridesolution.org

Driver License Services

Putnam County Tax Collector
(386) 329-0282
www.putnamcountytaxcollector.com

Memory Disorder Clinic

Mayo Clinic Jacksonville
(904) 953-7103

St. Johns

Area Agency on Aging

ElderSource
(904) 391-6600
www.myeldersource.org

Transit Agency

The Sunshine Bus Company
(904) 209-3716
www.sunshinebus.net

Community Transportation Coordinator

St. Johns County Council on Aging, Inc.
(904) 209-3710
www.coasjc.org/paratransit

Driver License Services

St. Johns Tax Collector
(904) 209-2250
www.sjctax.us/License.aspx

Memory Disorder Clinic

Mayo Clinic Jacksonville
(904) 953-7103

St. Lucie

Area Agency on Aging

Area Agency on Aging of Palm Beach/Treasure Coast
1-866-684-5885
www.youragingresourcecenter.org

Transit Agency

Treasure Coast Connector
(772) 464-8878
www.treasurecoastconnector.com

Community Transportation Coordinator

St. Lucie County Board of County Commissioners,
Treasure Coast Connector
Ft. Pierce (772) 464-7433, Port St. Lucie (772) 879-1287
[www.treasurecoastconnector.com/services/
community-transit](http://www.treasurecoastconnector.com/services/community-transit)

Driver License Services

St. Lucie Tax Collector
(772) 462-1650
www.tcslc.com/dmv-fl

Memory Disorder Clinic

East Central Florida
(321) 434-7612
www.ecfmdc.org

Santa Rosa

Area Agency on Aging

Northwest Florida Area Agency on Aging
(850) 494-7100
www.nwflaaa.org

Community Transportation Coordinator

Tri-County Community Council, Inc.
(850) 626-6806
www.tricountycommunitycouncil.com

Driver License Services

Santa Rosa Tax Collector
(850) 983-1800
www.srctc.com

Memory Disorder Clinic

Mayo Clinic Jacksonville
(904) 953-7103

Sarasota

Area Agency on Aging

Area Agency on Aging for Southwest Florida
(239) 652-6900
www.aaaswfl.org

Transit Agency

Sarasota County Area Transit (SCAT)
(941) 861-5000
www.scgov.net/scat

Community Transportation Coordinator

SCAT Plus
(844) 879-7340

Driver License Services

Sarasota County Tax Collector
(941) 861-8300, option 2
www.sarasotataxcollector.com

Memory Disorder Clinic

Sarasota Memorial
(941) 917-7197
www.smh.com/Home/Services/Memory-Disorders

Seminole

Area Agency on Aging

Senior Resource Alliance
(407) 514-1800
www.seniorresourcealliance.org

Transit Agency

LYNX
(407) 841-5969
www.golynx.com

SunRail

1-855-724-5411
www.sunrail.com

Community Transportation Coordinator

ACCESS LYNX
(407) 423-8747
www.golynx.com/plan-trip/riding-lynx/access-lynx

Driver License Services

Seminole County Tax Collector
(407) 665-1000
www.seminolecounty.tax

Memory Disorder Clinic

Orlando Health Center for Aging
(321) 841-9700

AdventHealth Orlando
(407) 303-3408

Sumter

Area Agency on Aging

Elder Options
(352) 378-6649
www.agingresources.org

Transit Agency / Community Transportation Coordinator

Sumter County Transit
(352) 568-6683
www.sumtercountyfl.gov/95/Transit

Driver License Services

Sumter County Tax Collector
(352) 569-6740
www.sumtertaxcollector.com

Memory Disorder Clinic

Orlando Health Center for Aging
(321) 841-9700

AdventHealth Orlando
(407) 303-3408

Suwannee

Area Agency on Aging

Elder Options
(352) 378-6649
www.agingresources.org

Community Transportation Coordinator

Suwannee Valley Transit Authority
(386) 362-5332 or (386) 362-7433 or 1-800-258-7267
www.ridesvta.com

Driver License Services

Suwannee County Tax Collector
(386) 362-2816
www.suwanneecountytax.com

Memory Disorder Clinic

Mayo Clinic Jacksonville
(904) 953-7103

Taylor

Area Agency on Aging

Area Agency on Aging for North Florida, Inc.
(850) 488-0055
www.aaanf.org

Community Transportation Coordinator

Big Bend Transit, Inc.
(850) 584-5566
www.bigbendtransit.org/taylor

Driver License Services

Taylor County Tax Collector
(850) 584-2089
www.taylorcountytaxcollector.com

Memory Disorder Clinic

Tallahassee Memorial HealthCare
(850) 431-5037
www.tmh.org/services/neuroscience/memory-disorders

Union

Area Agency on Aging

Elder Options
(352) 378-6649
www.agingresources.org

Community Transportation Coordinator

Suwannee River Economic Council, Inc.
(386) 496-0624
srecinc.org/service-areas/union-county

Driver License Services

Union County Tax Collector
(386) 496-3331
unioncountytc.com/Services/DriversLicense

Memory Disorder Clinic

University of Florida
(352) 294-5000

Volusia

Area Agency on Aging

ElderSource
(904) 391-6600
www.myeldersource.org

Transit Agency / Community Transportation Coordinator

Votran
(386) 756-7496
www.votran.org

SunRail

1-855-724-5411
www.sunrail.com

Driver License Services

Volusia County Tax Collector
(386) 238-3140
www.flhsmv.gov/locations/volusia

Memory Disorder Clinic

Mayo Clinic Jacksonville
(904) 953-7103

Wakulla

Area Agency on Aging

Area Agency on Aging for North Florida, Inc.
(850) 488-0055
www.aaanf.org

Community Transportation Coordinator

Wakulla County Senior Citizens' Council
(850) 926-7145
www.wakullaseniorcitizens.com

Driver License Services

Wakulla County Tax Collector
(850) 926-3371
www.wakullacountytaxcollector.com

Memory Disorder Clinic

Tallahassee Memorial HealthCare
(850) 431-5037
www.tmh.org/services/neuroscience/memory-disorders

Walton

Area Agency on Aging

Northwest Florida Area Agency on Aging
(850) 494-7100
www.nwflaaa.org

Community Transportation Coordinator

Tri-County Community Council, Inc.
(850) 892-2422
www.tricountycommunitycouncil.com

Driver License Services

Walton County Tax Collector
(850) 892-8121
www.waltontaxcollector.com

Memory Disorder Clinic

West Florida Hospital
(850) 494-6490

Washington

Area Agency on Aging

Area Agency on Aging for North Florida, Inc.
(850) 488-0055
www.aaanf.org

Community Transportation Coordinator

Tri-County Community Council, Inc.
(850) 547-3688
www.tricountycommunitycouncil.com

Memory Disorder Clinic

West Florida Hospital
(850) 494-6490

Driver License Services

Washington County Tax Collector
(850) 638-6284
www.washingtoncountytaxcollector.com

APPENDIX

SAFE MOBILITY FOR LIFE COALITION

Working together, the Safe Mobility for Life Coalition's mission is to implement a strategic plan to increase the safety, access, and mobility for aging road users and eliminate fatalities and reduce serious injuries.

As of July 2019, Safe Mobility for Life Coalition member organizations include the following:

- ▶ AAA Auto Club South
- ▶ AARP
- ▶ Area Agency on Aging for North Florida, Inc.
- ▶ Carlin Rogers Consulting
- ▶ Commission for the Transportation Disadvantaged
- ▶ Community Traffic Safety Teams Coalition
- ▶ Federal Highway Administration – Florida Division
- ▶ Florida Association of Area Agencies on Aging
- ▶ Florida Association of Senior Centers
- ▶ Florida Department of Economic Opportunity
- ▶ Florida Department of Elder Affairs
- ▶ Florida Department of Health
- ▶ Florida Department of Highway Safety and Motor Vehicles
- ▶ Florida Department of Transportation
- ▶ Florida Law Enforcement Liaison Program
- ▶ Florida Occupational Therapy Association
- ▶ Florida Police Chiefs Association
- ▶ Florida Public Transportation Association
- ▶ Florida Regional Councils Association
- ▶ Florida State University, College of Medicine
- ▶ Hillsborough Area Regional Transit Authority
- ▶ Lee County Sheriff's Office
- ▶ Metropolitan Planning Organization Advisory Council
- ▶ National Highway Traffic Safety Administration (Ex-officio member)
- ▶ Pepper Institute on Aging and Public Policy
- ▶ Tallahassee Senior Center
- ▶ University of Florida, Institute for Mobility, Activity and Participation
- ▶ University of South Florida, Sarasota-Manatee



AGING ROAD USER STRATEGIC SAFETY PLAN

To help achieve our mission, the Safe Mobility for Life Coalition has developed a safety plan that focuses on six key focus areas and their goals:

- 1. Aging in Place:** Promote design features that support lifelong communities and safe mobility for all road users
- 2. Licensing and Enforcement:** Educate and promote resources for law enforcement and licensing personnel.
- 3. Outreach and Advocacy:** Provide information and resources that promote the mission of the Coalition to public officials, community stakeholders and aging road users.
- 4. Prevention and Assessment:** Promote driver fitness, early recognition of at-risk drivers, and aging road user mobility through prevention and intervention resources.
- 5. Program Management, Data, and Evaluation:** Lead, coordinate, and evaluate Coalition programs and activities using a data driven approach that identifies needs and determines measurable outcomes.
- 6. Transitioning from Driving:** Empower individuals considering transitioning away from driving through identification of viable transportation options.

With this safety plan, we are trying to strike a balance between safety and mobility to help aging Floridians maintain independence and remain active in their community even when driving is no longer a safe option.

Guiding the plan is the vision, mission, and goal:

Vision: Working together to improve the safety, access, and mobility of Florida’s aging population.

Mission: To implement a strategic plan to increase the safety, access, and mobility for aging road users and eliminate fatalities and reduce serious injuries.

Goal: To improve the aging road user safety and mobility in Florida by achieving a reduction in the number of aging road user fatalities, serious injuries, and crashes while maintaining their safe mobility and connection to the community.

SAFEMOBILITYFL.COM

Florida’s Guide to Safe Mobility for Life was created as a print version of our website, SafeMobilityFL.com. The website provides more information and resources on all areas covered in this guide. SafeMobilityFL.com, serves as a virtual “one-stop shop” for all your transportation safety and mobility needs. It provides information and easy access to resources to assist older adults, family members, caregivers, health care providers, law enforcement, engineers, planners, and communities to help us meet our goals.

EDUCATIONAL MATERIALS

The Safe Mobility for Life Coalition provides free materials that help people continue to drive safely and stay connected to the people important to them, and to the activities they love, long after they have transitioned from driving. The following materials are available from the Safe Mobility for Life Resource Center to help you remain safe and mobile for life.

Families and Caregivers Brochure

Families and friends play a large role in an older adult's safety and mobility. This brochure provides tips for talking with aging drivers about safe driving concerns.

How to Choose Your Lifelong Community: A Transportation Checklist

By completing this checklist, individuals can learn how well a community meets their mobility needs to successfully age in place.

How to Use Find a Ride Florida

Find a Ride Florida is an online listing of transportation service providers in all of Florida's 67 counties. This tip card helps you use the website FindaRideFlorida.org.

Keys to Your Transportation Future Tip Card

This card promotes the three keys to remain safe and mobile for life along with how to find additional resources.

Roadway Safety Tip Cards

These tip cards help educate on how to safely navigate or understand roadway changes. Current tip cards include: Multi-Lane Roundabouts, Turning Right on Red, and Flashing Yellow Arrow.

Tips on How to Use Transportation Options in Florida Series

This new series contains tips and resources for bicycling, using public transit, golf cart and using transportation network companies.

DEFINITIONS

The following terms are defined for use in this guide:

Aging in Place: Living in a community with some level of independence in a residence of your choice. This includes having access to services that are needed day to day, while maintaining your independence and quality of life.

Assessment: An evaluation or appraisal of a condition.

Driver Rehabilitation Specialist: One who is trained and certified to plan, develop, coordinate and implement driver rehabilitation services for older drivers or individuals with disabilities.

Impaired Driving: The operation of a motor vehicle by anyone under the influence of alcohol or drugs or driving while drowsy, or having any medical condition which adversely affects the operator's ability to drive safely and competently.

Mobility Manager: A person who is responsible for optimizing mobility by coordinating the travel and trip planning needs of an individual by identifying and offering available community transportation alternatives including, but not limited to, ride-sharing, public or para-transit, volunteer or private driving programs.

Move Over Law: Section 316.126, Florida Statutes requires all drivers to move over a lane — when you can safely do so — for stopped emergency, sanitation, utility service vehicles and wreckers. If you can't move over, or when on a two-lane road, slow to a speed that is 20 mph less than the posted speed limit. Slow down to 5 mph

when the posted speed limit is 20 mph or less. When you fail to move over, you put yourself and others at risk; you could crash into a vehicle or worker. Violating the Move Over law will result in a fine, fees, and points on your driving record.

No-Zone: The danger areas around trucks and buses where crashes are more likely to occur. Some No-Zones are actual blind spots or areas around trucks and buses where your car or motorcycle “disappears” from the view of the driver.

Rehabilitation: Overcoming functional deficits, which can be accomplished by improving an individual’s skills, and/or using adaptive equipment for those skills that cannot be improved, or a combination of both.

Silver Alert: For cognitively impaired individuals who become lost while driving a car or lost while on foot. It is a plan to help local law enforcement in the rescue of missing persons who have a cognitive impairment, such as Alzheimer’s disease or dementia. Through the use of dynamic message signs along Florida roadways, Silver Alerts are broadcast to the public.

Travel Trainer: Teaches older adults, people with disabilities, and interested travelers, independently or in a small group, on how to access and use public transit.

White Cane Law: Section 316.1301, Florida Statutes protects the pedestrian rights of the blind and visually impaired. This law requires all drivers to fully stop for any pedestrian on a public street or highway, guided by a dog guide or carrying in a raised or extended position a cane or walking stick that is white in color or white tipped with red.



MY TRANSPORTATION OPTIONS

Name:

Date:

Transportation Options	Times Available	Contact Info	Cost	Need to Bring

Blank copies of this worksheet can be downloaded at: SafeMobilityFL.com/Guide.htm



MY TRANSPORTATION OPTIONS

Name: _____

Date: _____

Transportation Options	Times Available	Contact Info	Cost	Need to Bring

Blank copies of this worksheet can be downloaded at: SafeMobilityFL.com/Guide.htm



MY TRANSPORTATION PLAN

Name: _____

Date: _____

Where do I want to go?	How often do I go?	How far?	What options are available?*	First choice	Alternative	Can I combine a trip or mode?
			<input type="checkbox"/> Walk <input type="checkbox"/> Transit <input type="checkbox"/> Share Ride <input type="checkbox"/> Bike <input type="checkbox"/> TNC <input type="checkbox"/> Other			
			<input type="checkbox"/> Walk <input type="checkbox"/> Transit <input type="checkbox"/> Share Ride <input type="checkbox"/> Bike <input type="checkbox"/> TNC <input type="checkbox"/> Other			
			<input type="checkbox"/> Walk <input type="checkbox"/> Transit <input type="checkbox"/> Share Ride <input type="checkbox"/> Bike <input type="checkbox"/> TNC <input type="checkbox"/> Other			
			<input type="checkbox"/> Walk <input type="checkbox"/> Transit <input type="checkbox"/> Share Ride <input type="checkbox"/> Bike <input type="checkbox"/> TNC <input type="checkbox"/> Other			
			<input type="checkbox"/> Walk <input type="checkbox"/> Transit <input type="checkbox"/> Share Ride <input type="checkbox"/> Bike <input type="checkbox"/> TNC <input type="checkbox"/> Other			
			<input type="checkbox"/> Walk <input type="checkbox"/> Transit <input type="checkbox"/> Share Ride <input type="checkbox"/> Bike <input type="checkbox"/> TNC <input type="checkbox"/> Other			
			<input type="checkbox"/> Walk <input type="checkbox"/> Transit <input type="checkbox"/> Share Ride <input type="checkbox"/> Bike <input type="checkbox"/> TNC <input type="checkbox"/> Other			

* Check all that apply

Blank copies of this worksheet can be downloaded at: SafeMobilityFL.com/Guide.htm



MY TRANSPORTATION PLAN

Name: _____

Date: _____

Where do I want to go?	How often do I go?	How far?	What options are available?*	First choice	Alternative	Can I combine a trip or mode?
			<input type="checkbox"/> Walk <input type="checkbox"/> Transit <input type="checkbox"/> Share Ride <input type="checkbox"/> Bike <input type="checkbox"/> TNC <input type="checkbox"/> Other			
			<input type="checkbox"/> Walk <input type="checkbox"/> Transit <input type="checkbox"/> Share Ride <input type="checkbox"/> Bike <input type="checkbox"/> TNC <input type="checkbox"/> Other			
			<input type="checkbox"/> Walk <input type="checkbox"/> Transit <input type="checkbox"/> Share Ride <input type="checkbox"/> Bike <input type="checkbox"/> TNC <input type="checkbox"/> Other			
			<input type="checkbox"/> Walk <input type="checkbox"/> Transit <input type="checkbox"/> Share Ride <input type="checkbox"/> Bike <input type="checkbox"/> TNC <input type="checkbox"/> Other			
			<input type="checkbox"/> Walk <input type="checkbox"/> Transit <input type="checkbox"/> Share Ride <input type="checkbox"/> Bike <input type="checkbox"/> TNC <input type="checkbox"/> Other			
			<input type="checkbox"/> Walk <input type="checkbox"/> Transit <input type="checkbox"/> Share Ride <input type="checkbox"/> Bike <input type="checkbox"/> TNC <input type="checkbox"/> Other			
			<input type="checkbox"/> Walk <input type="checkbox"/> Transit <input type="checkbox"/> Share Ride <input type="checkbox"/> Bike <input type="checkbox"/> TNC <input type="checkbox"/> Other			

* Check all that apply

Blank copies of this worksheet can be downloaded at: SafeMobilityFL.com/Guide.htm



[SafeMobilityFL.com](https://www.SafeMobilityFL.com)