

Senior Mobility Guide

Staying Connected in San Mateo County



Table of Contents

Introduction	1
Transit Service Information	3
ADA Paratransit	6
Community Shuttles	7
Senior Center Services	12
Community Services	14
Private Services	16
Local Driver Safety Training	18
Other Driver Safety Resources	19
Walking and Fitness	21
Other Information Resources	23
Quick Phone List	Inside back cover



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

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

- A driver safety course can help keep your skills sharp and make sure you know how to adjust for changes as you get older. Page 18
- Many publications and online resources can help you spot possible difficulties before they become serious problems. Page 19

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

- A driver safety course can help you learn how to adjust your driving and deal with issues related to vision, flexibility, reaction time and medication. Page 18
- Adjustments to your car may help you drive with more confidence. Page 20

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

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

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

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

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

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

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

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

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

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

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

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

Transit Service Information

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



SamTrans

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

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

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

Caltrain

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

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

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

BART (Bay Area Rapid Transit)

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

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

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

San Francisco Municipal Railway (Muni)

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

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

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

Santa Clara Valley Transportation Authority (VTA)

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

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

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

RTC Discount ID Card

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

Discounts on Public Transit

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

ADA Paratransit



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

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

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

Community Shuttles

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

Bayshore/Brisbane Senior Shuttle

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

For schedules and a map go to <http://www.caltrain.com/schedules/Shuttles.html> and look under “San Francisco County.”

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

Foster City Connections

Service Area:	Foster City
Fare:	FREE
Eligibility:	Open
For More Information:	650-588-1600 or www.commute.org

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

Red Line

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

Blue Line

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

Foster City Senior Express Shuttle

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

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



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

Redwood City Climate Best Express

Service Area: Eastern Redwood City
Fare: FREE
Eligibility: Open
Reservations: 650-248-9643
For More Information: 650-588-1600 (Peninsula Traffic Congestion Relief Alliance)
Or go to www.commute.org

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

East Palo Alto Community Shuttle

Service Area: East Palo Alto & Palo Alto
Fare: FREE
Eligibility: Open
For More Information: Caltrain 800-660-4287 or
TTY 650-508-6448
For schedules and a map go to <http://www.caltrain.com/schedules/Shuttles.html> and look under “Santa Clara County.”

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

East Palo Alto Senior Shuttle

Service Area:	East Palo Alto, Redwood City, Palo Alto, Mountain View
Fare:	FREE
Eligibility:	Open
For More Information:	East Palo Alto Mobility Manager 650-853-3119 or 650-444-0478

The East Palo Alto Senior Shuttle operates three different routes during the midday, which alternate on different days.

- Mondays and Thursdays, the Shuttle goes to Downtown Palo Alto, Palo Alto Medical Foundation, Stanford Shopping Center, Welch Road and Stanford Medical Center.
- Tuesdays and Fridays, the Shuttle goes to Kaiser Hospital, Foods Co., Smart & Final, Kmart, Sequoia Station in Redwood City and Stanford Hospital/Clinic.
- Wednesday, the Shuttle goes to the San Antonio Shopping Center, Costco and Wal-Mart in Mountain View.

You can wave for the shuttle to pick you up anywhere along the route wherever it is safe for the driver to stop. The shuttle buses have “East Palo Alto Senior Shuttle” written on the sides.

Menlo Park Midday Shuttle

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

The Menlo Park Midday Shuttle operates on an hourly schedule Monday through Friday, 9:30 am to 3:30 pm. The shuttle serves the Menlo Park Caltrain Station, Menlo Park Library, V.A. Medical Center, Menlo Park Senior Center, shopping and Stanford Hospital. The shuttle is a 20-passenger bus with two spaces available

for wheelchairs. The shuttle stops at all SamTrans stops and is also a flag down service for the convenience of the passengers.

Menlo Park Shopper's Shuttle

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

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

Senior Coastsiders

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

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

Seniors in Action

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

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

Senior Center Services

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

Belmont Twin Pines Senior Center

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



Photo: George Draper, MTC

East Palo Alto Senior Center

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

Menlo Park Senior Center

Service Area: Menlo Park and parts of East Palo Alto
Hours: Monday through Friday, 8:30 am to 1:30 pm
Fare: Based on Donations
Eligibility: Must be 62 years or older, be a registered Senior Center member, and live locally within the Senior Center's area
For More Information: 650-330-2287 Menlo Park Senior Center

Redwood City Veterans Memorial Senior Center

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

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

San Bruno Senior Center

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

South San Francisco Senior Center

Service Area: South San Francisco, Daly City, San Bruno
Hours: Monday through Friday
Fare: \$2.00
Eligibility: Must be age 50 or older
For More Information: 650-829-3824 Magnolia Center

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

Community Services

FISH

Rides are given for medical, dental or physical therapy appointments. Passengers must have no other way to get to their appointment and be unable to ride public transportation. Passengers must be ambulatory because they are driven in private vehicles by volunteers. Calls are answered by volunteers through an answering service. Rides can be requested up to one week in advance and at least 24 hours in advance. Rides are on a first come first served basis depending on driver availability.

- Three service areas:
- 1) San Mateo and Foster City
 - 2) Burlingame, Millbrae, Hillsborough
 - 3) Belmont, San Carlos, Redwood City, Atherton
Menlo Park and Palo Alto
- Hours:
- Services areas 1 and 2:
Monday through Friday, 9 am to 4 pm
- Service area 3:
Monday through Friday & Weekends, 9 am to 5 pm
- Fare: FREE
- For Appointments Call: 650-570-6002 for Service Areas 1 and 2
650-593-1288 for Service Area 3

American Cancer Society—Road to Recovery Program

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

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

For more information:

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

Get Up & Go (Peninsula Jewish Community Center)*

As part of the Get Up & Go program, the Peninsula Jewish Community Center (PJCC) operates a door-to-door, wheelchair-accessible bus and van service for older adults who do not drive. Every Monday, Tuesday and Friday the Get Up & Go buses transport seniors from their homes to destinations, mostly within San Mateo County, for medical appointments, shopping, personal errands or attendance at libraries and senior centers. Escorts are available if requested. Twice a month, seniors are brought to specially designed programs at the PJCC.

Service Area: San Mateo County (no service to the coast side); on occasion, to some hospitals outside San Mateo County.

*Get Up & Go is supported by gifts to the PJCC, and grants from The Jewish Community Endowment Fund of the Jewish Community Federation of San Francisco, the Peninsula, Marin and Sonoma Counties; Mills-Peninsula Health Services; and the Metropolitan Transportation Commission's New Freedom Program.

Regular Hours for Errands and Appointments:

Every Monday, Tuesday and Friday (daytime only);
Special programs—Every other Wednesday at
the PJCC.

Fare: \$5.00 round-trip

Eligibility: Older adults in San Mateo County who do not drive
or find it difficult to use public transportation.

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

Hospitals

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

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

Private Services

The services in this section are provided by private, for-profit companies. SamTrans does not endorse these services and has not verified the information provided by the companies.

Need-a-Ride

Service Area: Palo Alto north to San Mateo

Fare: A ride within the same city costs \$14.00 round trip.
Fare increases based on the number of cities away
the destination is.

Eligibility: Must be ambulatory

For More Information: 650-462-0853 Leave a message and your call will
be returned between 6:00 pm and 9:00 pm.

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

Silver Ride

SilverRide provides assisted transportation, companions, personalized activities, and group events for older adults who want to get things done, socialize and have enriching life experiences. As part of its service, SilverRide coordinates and refers a network of complementary products and services that together provide a comprehensive lifestyle solution for older adults.

Service Area: Throughout the Bay Area

Fare: \$70 per hour

Eligibility: Clients must be able to ambulate a minimum of 20 feet with a walking aid.

For more information: 415-861-7433 (Toll Free: 1-877-874-3310)
Or go to www.silverride.com

Let Me Take You There. Fun Outings for Seniors LLC

Transport and escort service to opera, concerts, theatre, museum exhibits, gardens and other events. Complimentary first meeting to discuss interests and prepare a schedule of outings.

Service Area: Palo Alto to San Francisco

Fare: \$35 per hour. Fare can be shared by up to 3 people if individuals do not need one on one assistance. Maximum group of 3.

For more information: 650-678-0956
Or go to www.outingsforseniors.com

Eligibility: Individuals using wheelchairs for outings need to be able to get in and out of a regular car with assistance. Vehicle is not equipped for on/off wheelchair accessibility.

Local Driver Safety Training

AARP

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

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

For information on AARP Driver Safety courses in your area, and for other helpful information, go to www.aarp.org and search for “driver safety” or call 888-AARP-NOW or 888-227-7669.

CHP

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

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

DriveWell

SamTrans staff is trained to present DriveWell information to interested individuals and organizations. DriveWell is a compendium of information assembled by the National Highway Traffic Safety Administration (NHTSA) and the American Society on Aging (ASA) to create understanding of issues related to older drivers and later-life independence and mobility. It focuses on health, fitness, assessment of driving abilities, ways to counsel on safe driving habits, alternatives to

driving and how to discuss driving retirement with a family member. Each session includes demonstration of a SamTrans bus to acquaint participants with public transit. This program is free of charge.

For more information call 650-508-6475.

Other Driver Safety Resources

Self Assessments

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

Roadwise Review—AAA (online tool)

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

Go to www.seniordrivers.org and click on “Measuring Your Driving Skills.”

Driving Decisions Workbook

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

National Highway Traffic Safety Administration (NHTSA) Brochures

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

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

Adjusting Your Vehicle

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

For more information: Go to www.car-fit.org or to <http://www.aarp.org/> and search for “driver safety”.

Talking to Family and Friends

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

DMV Licensing

The Department of Motor Vehicles does not take away your driver’s license when you reach a certain age. Your mental and/or physical condition or your inability to follow traffic laws and rules regardless of age determines whether your license is renewed, restricted, suspended or revoked. All customers age 70 or older must renew their driver’s license in person at a DMV office. Restrictions may be imposed relating to declining physical condition.

The number one restriction for senior drivers is vision-related and usually requires the driver to wear glasses or corrective contact lenses. Some other common restrictions are no freeway driving, no nighttime driving, no rush hour driving and driving only with proper support to ensure a proper driving position.

For more information: 1-800-777-0133
TTY 1-800-368-4327

Or www.dmv.ca.gov/about/senior/senior_top.htm

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

Community Exercise and Fitness Classes (membership based)

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

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

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

Other Information Resources

Help at Home Directory

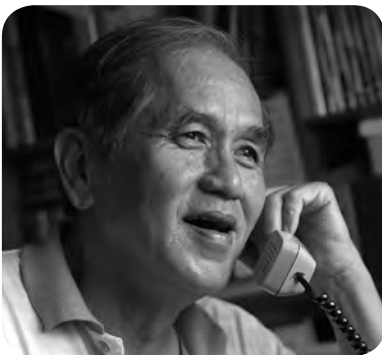
The Help at Home Directory is a mini reference guide to assist San Mateo County adults of all incomes to remain in their homes when they are ill, disabled or in crisis. The guide is developed by the San Mateo County Commission on Aging and contains some information on transportation in the county.

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

PDF versions of the booklet in English, Spanish or Chinese can be found on the Community Information Program website at <http://cip.plsinfo.org/hah.htm>.

Peninsula Library System

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



To find the branch nearest you, consult the blue government pages of your local phone book or go to www.plsinfo.org.

Community Information Program

The Community Information Program (CIP), a service of the Peninsula Library System, maintains an online database of nonprofit and public (government) agencies that provide direct services to people who live or work in San Mateo County. CIP publishes the Community Information Handbook: A Companion to the Community Information Program Database, which can be ordered from CIP and is available for free at local libraries and on the CIP website. An electronic copy of the Senior Mobility Guide is available on the Community Resources page of the CIP website.

For more information call 650-356-2132 or go to <http://cip.plsinfo.org>.

511

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

Getting Involved

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

Senior Mobility Guide On-Line

An on-line version of this guide is available at www.seniormobility.org. The on-line guide has live links to all the web resources listed in this print version.

Quick Phone List

Public Transit

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

Community Transit Services

American Cancer Society	800-227-2345
Bayshore/Brisbane Shuttle	800-660-4287
East Palo Alto Community Shuttle	800-660-4287
East Palo Alto Senior Shuttle	650-853-3119
FISH (San Mateo/Foster City to Millbrae)	650-570-6002
FISH (Belmont to Palo Alto)	650-593-1288
Foster City Connections Shuttles	650-588-1600
Foster City Senior Express Shuttle	650-286-2585
Get Up & Go (PJCC)	650-378-2750
Menlo Park Shuttles	650-330-6770
Pacifica Seniors in Action	650-738-7350
Redwood City Kaiser Hospital	650-299-3139
Redwood City Climate Best Express Shuttle	650-588-1600
Senior Coastsiders	650-726-9056
Seton Medical Center	650-808-9871



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

