



Senior Mobility Planning Toolkit



HOW TO PLAN FOR SUCCESS

Before you begin any conversations about a senior driver's safe driving and mobility needs, follow these four easy steps:

- 1. Do Your Research**
- 2. Prepare for Respectful Conversations**
- 3. Assess Your Loved One's Driving Ability & Modify**
- 4. Put a Mobility Plan into Action**

On the following pages, review the worksheets and checklists to help you complete each step.

SAFE DRIVING STATISTICS FOR SENIORS

Jot down some of the facts you have learned about the state of safety:

[illegible]

You may also go to AAAFoundation.org to review the ***“Older American Drivers and Traffic Safety Culture: A LongROAD Study”*** for more statistics.



PROJECT PLAN STEPS

STEP 1: DO YOUR RESEARCH

Document the facts about safe driving challenges for seniors as well as your loved one's current health status, financial means and driving ability. Do not forget to include medications. Many medications can influence safe driving.

CURRENT HEALTH STATUS

Knowing your loved one's health status is important because you can assess together what health issues may affect safe driving ability. If you do not know your loved one's current health status, write down observations with vision, hearing, mobility or cognition that may be of concern. Also, reach out to other family members to include their observations as well.

| Medical Condition | How it affects driving | Any observations |
|-------------------|------------------------|------------------|
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| Vision Status | How it affects driving | Any observations |
|---------------|------------------------|------------------|
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| Hearing Status | How it affects driving | Any observations |
|----------------|------------------------|------------------|
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| Motor Skills Status | How it affects driving | Any observations |
|---------------------|------------------------|------------------|
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| Cognitive Status | How it affects driving | Any observations |
|------------------|------------------------|------------------|
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STEP 1: DO YOUR RESEARCH

Document the facts about safe driving challenges for seniors as well as your loved one's current health status, financial means and driving ability. Do not forget to include medications. Many medications can influence safe driving.

More information and brochures that provide helpful information to modify driving behaviors are available at [Exchange.AAA.com](https://www.aaa.com/exchange).

Use [Roadwise Rx](#), a free, confidential, online tool developed by the AAA Foundation for Traffic Safety. Adults can use it to explore how medications may affect safe driving.

CURRENT MEDICATIONS

Most seniors are taking at least one medication and most likely more. Take the time to review your loved one's current list of medications and their potential side effects that inhibit safe driving.

| Medication | Side Effects | Any Observations |
|------------|--------------|------------------|
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FINANCIAL MEANS FOR MOBILITY CHANGES

Caregivers and senior drivers alike may have financial concerns since many seniors are on fixed incomes. If it is determined that needed changes must happen such as buying or leasing a new car or utilizing alternate transportation options to fit the senior driver's mobility needs, it is important to determine the costs associated with these changes. Once the financial costs are determined, caregivers can work with a senior driver to design a mobility plan that is realistic, affordable and acceptable to all.

| Cost Type | Current Costs | Future Costs |
|----------------------------------|---------------|--------------|
| Fuel | | |
| Maintenance | | |
| Tires | | |
| Insurance | | |
| License, Registration & Taxes | | |
| Depreciation | | |
| Finance | | |
| Public Transportation | | |
| Private Taxi Services | | |
| Other Transportation Services | | |
| Other | | |
| Other | | |
| | Total | Total |

STEP 1: DO YOUR RESEARCH

Document the facts about safe driving challenges for seniors as well as your loved one's current health status, financial means and driving ability. Do not forget to include medications. Many medications can influence safe driving.

Review AAA's [Your Driving Costs](#), an informational brochure published annually by AAA to help you calculate what you are paying to drive.



MINIMIZE NEGATIVE IMPACTS OF A SAFETY CONVERSATION

In reality, it is difficult for many loved ones to acknowledge a proverbial elephant in the room. Before you start a conversation, know why you want to meet, know potential sources of stress so everyone sees “the elephant in the room”, and determine the best person to actually converse with your senior loved one.

Why do you want to discuss your senior driver’s safe driving needs?

What are the potential sources of stress caregivers and the senior driver may be experiencing about a concerned safety issue?

| Question | Yes or No. Provide details if necessary. |
|--|--|
| Have there been recent traffic violations/crashes? | |
| Is there a recent health change causing concern? | |
| Has anyone reached out to you with driving concerns? | |
| Are you just planning? | |
| Other | |

Who will lead the Who conversation(s) with your senior driver? Why?

| Source of Stress | Why? Provide details if necessary. |
|---------------------------------|------------------------------------|
| Loss of Freedom and Sociability | |
| Financial Constraints | |
| Physical Safety | |
| Other | |

STEP 2: PREPARE FOR RESPECTFUL CONVERSATIONS

This may be the toughest part of the plan, but knowing the dynamics of a respectful conversation will minimize any emotional charges each of you may experience while discussing such an important safety topic. It is also wise to practice mock conversations so you can head off any emotional outbursts that may potentially happen.

PREPARE & PRACTICE FOR THE CONVERSATION(S)

As you prepare, verse yourself in successful negotiation tactics that provide win-win scenarios. Additionally, practice makes perfect. You and other loved ones know your senior driver well. Take the time to practice from both the perspective of the messenger and from the perspective of the senior driver. These guidelines will help minimize heart-wrenching situations that may jeopardize the goal of the meetings: safe mobility for your senior loved one.

Negotiate for positive results when you have a conversation:

1. Separate people from the problem.
2. Focus on Interests, not positions.
3. Invent or create options for mutual gain.
4. Use objective criteria taking the emotion out of the conversation.

When to have a conversation:

- **Select the best day of the week.** Make sure you and your loved one have enough time to have a thorough discussion without potential time constraints.
- **Select the best time during the day.** For many, mid-morning may be a time when one is alert, responsive, and in a good mood. Make sure to select a time that minimizes any rescheduling of a routine. For example, do not select a time when someone typically goes to church or has morning coffee with friends at the local coffee shop. What is most important is each of you agrees on the best time.
- **Select a neutral location.** You will not want it to appear that you (or anyone else) is attacking or ganging up on the individual.
- **Have your resources ready.** Plan to provide safe driving information to assist your loved one. Although you may have analyzed and researched lots of information, this may be the first time your loved one is digesting the idea.
- **Considerations.** Determine the consequences and other issues that may arise in conjunction with “driving retirement”. Should the senior “age in place,” continue living where they are, or move to an area that has better access to public transportation? Are they comfortable with using public transportation? Is a friend or family member available to practice using public transportation or a service such as Uber with the senior so they feel more confident?

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ROLE-PLAY SCENARIOS

Choose a scenario referenced below or create your own. Make sure you play both the role of the messenger and the senior driver. Not only will you be able to anticipate some potential roadblocks while you practice, you will infuse more empathy for the challenges your senior loved one may be facing. Prior to any negotiation with the individual, go through at least ONE of the role-play scenarios with a friend or family member. If possible, choose another individual invested in this process.

Scenario Group 1

Consider these issues regarding safe driving/driver safety. Role-play through a conversation with the people mentioned:

- My 88-year-old father drinks two scotch whiskeys at happy hour and drives home. He claims this is safe.
- My 84-year-old mother had an event last week where she drove her car to a local store located approximately 5 minutes from home; she was found 7 hours later. She does not know what happened or how she got there. A doctor evaluated my mother at the hospital and told her she was "fine".

Scenario Group 2

Consider these issues regarding your own safe driving status. Consider a reversed role-play as if you are the driver:

- I have had two crashes in the last 21 days.
- I am 68 years old and have received several tickets in the last few months.

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ROLE-PLAY SCENARIOS, *CONTINUED*

Prior to any negotiation with the individual, go through at least ONE of the role-play scenarios with a friend or family member. If possible, choose another individual invested in this process.

Scenario Group 3

Consider these issues regarding physical limitations:

- I am 84 years old and use a walker due to my bad knees and weakness. I believe I can still drive safely within our small town.
- My mother's 92-year-old friend is having difficulty driving, but her children refuse to discuss the subject with her. My mother would like to broach the subject without risking her friendship or incurring the wrath of her family.
- I have a 94-year-old father who is not stable on his feet, and his doctor says that he should not drive.
- My father is 91 years old and still driving. We have heard reports from the community of his erratic and reckless driving (We live in other towns). It is doubtful he would just surrender the keys to his vehicle. We are afraid he may crash or hurt himself or, worse, hurt or kill someone else.
- Mom shows signs of dementia. She only drives short distances, and my sister always accompanies her.

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STEP 2: PREPARE FOR SUCCESSFUL CONVERSATIONS

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ROLE-PLAY SCENARIOS, *CONTINUED*

Prior to any negotiation with the individual, go through at least ONE of the role-play scenarios with a friend or family member. If possible, choose another individual invested in this process.

Scenario Group 4

Consider these issues regarding alternate transportation:

- I am too anxious and uncomfortable about using transportation services to stop driving myself.
- We have talked with Mom about our concerns and have encouraged her to just let us take her where she needs to go, but her pride is getting in the way, and she gets very upset with us.
- When my brother approached my dad about his driving, my dad was reasonable about it. My dad commented he could not afford to stop driving because using a taxi or shuttle service would be too expensive.

Scenario Group 5

Consider these issues regarding care and concern for others:

- I work as a caregiver for seniors, and I am concerned about the driving safety of some of my clients.
- How can I make sure I do not make my dad angry if I talk to him about his driving?
- How do I get my dad to complete a driving assessment without offending him?
- If I could ride along with my mother to observe her driving, I would do it, but, unfortunately, I live in a different state visiting only a few times each year. How can I check in on her driving?

STEP 2: PREPARE FOR RESPECTFUL CONVERSATIONS

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EVALUATING THE RIGHT DRIVER ASSESSMENT OPTIONS

Many families may urgently take the keys away from a senior driver when a safety incident occurs. Avoid the automatic reaction and take the proper steps to evaluate the senior's safe driving ability. The results may surprise you. Sometimes simple adjustments can avoid another safety incident and extend the safe driving ability of a senior. As you review the assessment options, look at your state's licensing policies and practices. You may need to coordinate licensing requirements with assessment results.

STATE RESOURCES*

AAA Northeast has put together resources for senior drivers by state that may include links to state licensing policies and practices. Review your senior driver's state licensing requirements before you determine which assessment tool is the right choice for your loved one. Click on a state below to review the requirements. (Press **Ctrl+Click**)

STEP 3: ASSESS YOUR LOVED ONE'S DRIVING ABILITY & MODIFY

Know your options for assessing driving ability before you meet with your senior driver. Fear may impel loved ones to take the keys away after one stumble. As you converse with your loved one, work together to choose the right option. Sometimes simple modifications to the car and adjusting some driving habits can extend safe driving.

[Connecticut](#)

[Massachusetts](#)

[New Hampshire](#)

[New Jersey](#)

[New York](#)

[Rhode Island](#)

Jot down appropriate licensing policies and practices below for easy reference in the future:

***IMPORTANT:** We offer state-specific resources for your convenience, and we will do our best to keep the links and active resources up-to-date. From time to time, website addresses and active resources may change.

My local resources for Driver Evaluation:

| Name | Contact Information |
|------|---------------------|
| | |
| | |

MAKING SOME DRIVING CHANGES

It is important to know many seniors will outlive safe driving abilities by 6-10 years. Even though we may outlive our ability to drive, there are many options available to modify driving behaviors to extend a senior's driving career.

Here are some helpful tips to review with your loved one:

- **Tip 1: Understand how we age.** The natural aging process affects vision, hearing, reaction time and mental fitness. Learn what changes are happening with your loved one and then learn how to adjust to these natural changes while driving.

Jot down specific age-related changes your loved one is experiencing:

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STEP 3: KNOW HOW TO ASSESS YOUR LOVED ONE'S DRIVING ABILITY

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MAKING SOME DRIVING CHANGES *CONTINUED*

- **Tip 2: Take a class.** Your loved one may never have taken formal driving instruction before he or she started driving. AAA Northeast offers Driver Improvement courses for members. Sometimes a little refresher may build confidence in a senior's driving ability. To learn more go to AAA Northeast's website at: aaa.com/driverimprovement.

Jot down the classes with dates, times and locations convenient for your senior driver:

- **Tip 3: Find smart car features to help with physical adjustments.** Whether buying a new car or learning more about the features of your senior's existing car, vehicle features and technology have come a long way since your senior began driving. There are various adaptive features designed specifically for seniors such as pedal extenders and special mirrors.

Jot down the specific safety and comfort features you would like to explore that may help your loved one drive more comfortably and safely:

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STEP 3: KNOW HOW TO ASSESS YOUR LOVED ONE'S DRIVING ABILITY

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To have a **CarFit** expert recommend vehicle modifications and learn more about the CarFit program, visit: Exchange.AAA.com

MAKING SOME DRIVING CHANGES *CONTINUED*

- **Tip 4: Maintain Your Senior Driver's Car.** Make sure you maintain the car well by following a regular and consistent maintenance schedule to ensure the car is in optimal working order. Here are some quick maintenance tasks you and your loved one can check to ensure they are in working order. A periodic check-up by a professional repair shop is recommended. For AAA Approved Auto Repair facilities visit www.AAA.com/Automotive

| Car Maintenance Task | | In Working Order? Yes or No |
|--------------------------|----------------------------------|--------------------------------|
| <input type="checkbox"/> | Clean Windshield | |
| <input type="checkbox"/> | Test Wiper Blades | |
| <input type="checkbox"/> | Clean Headlights & Signal Lights | |
| <input type="checkbox"/> | Properly Inflate Tires | |
| <input type="checkbox"/> | Check Vital Fluids | |

More resources available at Exchange.AAA.com

- **Tip 5: Develop healthy regimens.** Work on developing nutritional, physical and mental fitness regimens for your senior to enhance flexibility, motility and increase mental acuity. Work with a healthcare professional if needed.

| Exercises to Do | Mental Tasks to Do | Items to Add to Diet |
|-----------------|--------------------|----------------------|
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STEP 3: KNOW HOW TO ASSESS YOUR LOVED ONE'S DRIVING ABILITY

Know your options for assessing driving ability before you meet with your senior driver. Fear may impel loved ones to take the keys away after one stumble. As you converse with your loved one, work together to choose the right option. Sometimes simple modifications to the car and adjusting some driving habits can extend safe driving.

MOBILITY PLAN

[Click here to find transportation resources by state/community](#)

Use a worksheet to design a custom mobility plan for your senior driver or retired driver. Families working together can make a successful transition.

Here are some helpful tips when designing your own plan:

- Explore other forms of transportation and recognize some options may complement or substitute a senior's driving.
- Document your senior's mobility needs noting regular and recurring transportation needs.
- Locate resources based on impromptu needs to ensure complete flexibility.
- Design a plan that has a monthly as well as a weekly view of transportation needs.
- Distribute to all who need to be aware of your loved one's transportation schedule.
- Place the worksheet in a convenient place digitally or physically so you can easily reference it on a regular basis.
- Review the transportation plan periodically to ensure the plan continually meets your senior loved one's needs.

AAA's Mobility Plan Worksheet

Attached within this toolkit is **AAA's Mobility Plan Worksheet**; you may use it as an alternative to creating your own custom mobility plan.

Go to the [Mobility Plan Worksheet](#) directly to start planning.

(Press **Ctrl+Click**)

STEP 4: PUT A MOBILITY PLAN INTO ACTION

Once you and your senior driver have created positive dialogue and agreements regarding safe driving ability, it is important to put a mobility plan in place to ensure your loved one feels independent, free and in control of his or her life even if the senior driver becomes a retired driver.

CONNECTICUT TRANSPORTATION RESOURCES FOR SENIORS

[AAA'S DRIVER LICENSING POLICIES AND PRACTICES DATABASE](#)

This AAA website is designed to provide “one stop shopping” for information on state driver licensing policies and practices affecting older and medically-at-risk drivers.

Go to lpp.seniordrivers.org/lpp/ to learn more.

TRANSPORTATION SERVICES

For a complete list of Connecticut Transportation Services, please visit: 211ct.org and select *Transportation*.

[Click here to find transportation resources by community](#)

CONNECTICUT

TRANSPORTATION SERVICES, *CONTINUED*

ADDITIONAL RESOURCES

AARP

(888) 687-2277
aarp.org

CT Commission on Aging

(860) 424-5055
ct.gov/agingservices

CT Transit

cttransit.com

CT Transit

| | | |
|-------------------------|-----------------|--|
| Hartford Area | (860) 525-9181 | cttransit.com |
| New Haven Area | (203) 624-0151 | cttransit.com |
| Stamford Area | (203) 327-7433 | cttransit.com |
| Waterbury Area | (203) 753-2538 | cttransit.com |
| New Britain/ Bristol | (860) 525-9181 | cttransit.com |
| Meriden | (203) 753-2538 | cttransit.com |
| Wallingford | (203) 753- 2538 | cttransit.com |
| Metro North | (877) 690-5114 | mta.info/mnr |
| Shore Line East | (877) 287-4337 | shorelineeast.com |

Department of Motor Vehicles
(DMV)

(800) 842-8222
ct.gov/dmv & ct.gov/experienced

Department of Public Health

(860) 509-8000
ct.gov/dph

State Department on Aging

(860) 424-5055
ct.gov/agingservices

Long-term Care

myplacect.org

CONNECTICUT

DRIVER EVALUATIONS

EASTER SEALS MOBILITY CENTER

Joan Cramer MS, OT/L, DRS. Occupational Therapist and Driver Rehabilitation Specialist coordinate the Mobility Center. **For Driver Assessment Scheduling**, call the Mobility Center below:

158 State Street
Meriden, CT 06450

(203) 237-1448

<http://www.easterseals.com/waterburyct/>

Norwalk Hospital Rehabilitation Services

698 West Avenue
Norwalk, CT 06850

(203) 852-3400

<https://www.norwalkhospital.org/departments/outpatient-rehabilitation-and-physical-therapy-services>

McLean Driver Rehabilitation Services

75 Great Pond Rd
Simsbury, CT 06070

(860) 658-3745

<http://mcleancare.org/resources>

CONNECTICUT

MASSACHUSETTS TRANSPORTATION RESOURCES FOR SENIORS

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Go to lpp.seniordrivers.org/lpp/ to learn more.

TRANSPORTATION SERVICES

To find transportation resources by community, visit MassRideMatch.org

MASSMOBILITY

MassMobility is an initiative of the Massachusetts Executive Office of Health and Human Services to collect and share information about transportation options available in communities across the state for older adults, people with disabilities, veterans, and others.

massridematch.org

MA Ride Match

A one-stop searchable directory of public, private and accessible transportation options in Massachusetts.

Veterans (additional options)

mass.gov/service-details/veterans-transportation

MASSACHUSETTS REGISTRY OF MOTOR VEHICLES (RMV) RESOURCES:

The MA Registry of Motor Vehicles offers dedicated resources for senior drivers.

MA RMV

massrmv.com/info-details/older-drivers

MASSACHUSETTS

MASSACHUSETTS DRIVER EVALUATION RESOURCES FOR SENIORS

Many hospitals, rehabilitation centers, and occupational therapists offer driving evaluations. Several safety organizations offer older driver training. Here is a comprehensive list of driving evaluation programs and driver training classes in Massachusetts and Southern New Hampshire. This is a list not an endorsement.

Adaptive Driving Program, Inc.

250 Milton Street, Suite LL002
Dedham, MA 02026-2904
(508) 626-6568

Berkshire Medical Center

725 North Street
Pittsfield, MA 01201
(413) 447-2200

Beth Israel Deaconess Medical Center DriveWise Program

300 Brookline Avenue
Boston, MA 02215
(617) 667-4074

Beverly Hospital Hunt Center

75 Lindall Street
Danvers, MA 01923
(978) 774-4400 ext. 4050

Braintree Rehabilitation Hospital

250 Pond Street
Braintree, MA 02184
(781) 348-4017

Driving Solutions

N. Reading, MA 01864
(508) 878-9583
drivingsolutionsjudy@gmail.com
drivingsolutionsforyou.com

Emerson Hospital Center for Rehabilitative and Sports Therapies Keys to Independence Program

310 Baker Avenue
Concord, MA 01742
(978) 287-8244

Fairlawn Rehabilitation Hospital

189 May Street
Worcester, MA 01602
(508) 791-6351

New England Rehabilitation Hospital

2 Rehabilitation Way
Woburn, MA 01801
(781) 935-5050

Newton-Wellesley Hospital

159 Wells Avenue
Newton, MA 02459
(617) 243-6172

Northeast Rehabilitation Hospital

70 Butler Street
Salem, NH 03079
(603) 893-2900

Spaulding Rehabilitation Hospital

300 First Avenue
Charlestown, MA 02129
(617) 952-6200

Spaulding Rehabilitation Hospital

Cape Cod, 311 Service Road
East Sandwich, MA 02537
(508) 833-4141 Sandwich
(508) 240-7203 Orleans

Sturdy Memorial Hospital

211 Park Street
Attleboro, MA 02703
(508) 236-7380

MASSACHUSETTS

DRIVER TRAINING PROGRAMS

Here is a list of companies offering driver-training programs in MA:

Central Massachusetts Safety Council West
Boylston, MA

(508) 835-2333 ext.23

Safety Council of Western, N.E.
1000 Wilbraham Rd
Springfield, MA 01109

(413) 783-1632

In Control Advanced Driver Training
188 Main Street, Suite 202
Wilmington, MA 01887

(978) 658-4144

MASSACHUSETTS

NEW JERSEY TRANSPORTATION RESOURCES FOR SENIORS

[AAA'S DRIVER LICENSING POLICIES AND PRACTICES DATABASE](#)

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Go to lpp.seniordrivers.org/lpp/ to learn more.

[Click here to find transportation resources by community.](#)

REDUCED FARE PROGRAM

SENIOR CITIZEN/DISABLED RESIDENT TRANSPORTATION ASSISTANCE PROGRAM

Many NJ senior citizens and people with disabilities require assistance with available and accessible transportation. To meet this need, monies from casino tax revenues are available to counties for local para-transit services (including door-to-door and fixed route service, and local/user-fare subsidies). Individuals 60 and over can inquire about the availability of services in their county from the New Jersey Division of Aging Services by calling **1+ (877) 222-3737**.

ONE-HALF FARE

People with disabilities and senior citizens age 62 and older have round-the-clock discounts on bus fares and trains available to them. The fares are no more than one-half the regular one-way fare on all intrastate bus and rail routes and most interstate bus and rail routes into adjacent states (e.g., New York, Pennsylvania.) Excluded are those not accepting the NJ TRANSIT round-trip excursion fare. Only the person to whom it is issued and kept in that person's possession during the entire ride, may use the NJ TRANSIT ID Card, which is not transferable. If the card is lost or stolen, an application must be made for a replacement card.

REDUCED FARE PROGRAM ID CARD

In order to be eligible for a reduced fare, elderly or people with disabilities must present either a valid **Medicare card** or a **Reduced Fare Program identification card** upon boarding a bus or purchasing a train ticket. The reduced fare card will be valid until age 65, at which time most individuals receive a Medicare card. At age 65, all persons not possessing a Medicare card must submit an application for a (new) **Reduced Fare Program ID card** whether or not they had one previously.

njtransit.com/schedules-and-fares/reduced-fare-program

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REDUCED FARE PROGRAM, *CONTINUED*

PEOPLE WITH DISABILITIES UNDER AGE 62

People with disabilities under age 62 who do not have a Medicare Card should write to the **Reduced Fare Program** for an application. This form must be completed by the applicant and a physician and returned to New Jersey Transit.

To apply for a Reduced Fare ID card, write:

Reduced Fare Program
NEW JERSEY TRANSIT
180 Boyden Avenue
Maplewood, NJ 07040

TRAVEL ATTENDANT/GUIDE

People with disabilities who require the assistance of a travel attendant or guide in order to use public transportation in NJ may have their travel attendant/guide accompany them without additional charge. To be eligible, one must first obtain a special identification card that will state that the holder requires the assistance of a travel attendant/guide in order to use public transportation. A physician must certify this application.

To apply for this card, write:

Reduced Fare Program
NEW JERSEY TRANSIT
180 Boyden Avenue
Maplewood, NJ 07040
Telephone: (973) 378-6401

RAIL SERVICE

For rail passenger service, presentation of a valid **Medicare Card** or **Reduced Fare ID Card**, together with the proper reduced fare, is all that is required. **NOTE:** Not all rail service honors the Reduced Fare Program.

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NEW JERSEY

REDUCED FARE PROGRAM, *CONTINUED*

BUS SERVICE

For bus service, program participants must present to the bus operator or ticket agent a valid **Medicare Card** or **Reduced Fare ID Card** for each ride, together with the proper reduced fare. On interstate private buses (most buses not marked NJ TRANSIT), program participants must also present a **Reduced Fare Ticket** each time they ride. Individuals 62 or over may contact his/her Area Agency on Aging.

For additional information about the **Reduced Fare Program**, please contact:

Reduced Fare Program
NEW JERSEY TRANSIT
180 Boyden Avenue
Maplewood, NJ 07040
(973) 378-6401 or 1+(800) 772-2287

NEW JERSEY

PUBLIC TRANSPORTATION RESOURCES

PATH

Rail service between Essex & Hudson
Counties and New York

www.panynj.gov/path/

(800) 234-7284

New Jersey Transit

Bus and rail service throughout New Jersey

njtransit.com

(800) 955-2321

Patco

Rail service between Camden County and
Philadelphia

septa.org

(215) 580-7800

Academy Bus Lines

Bus service between Northern New Jersey and
New York

academybus.com

(800) 442-7272

Decamp Bus Lines

Bus service between Northern New Jersey and
New York

decamp.com

(800) 631-1281

Lakeland Bus Lines

Bus service between Morris, Somerset, Sussex
& Union Counties and New York

lakelandbus.com

(973) 366-0600

Community Coach

Bus service between Northern New
Jersey and New York

coachusa.com/community

(800) 877-1888

Olympia Trails

Local bus service in Essex, Hudson &
Union Counties

coachusa.com/olympia

(877) 894-9155

Rockland Coaches

Bus service between Bergen County and
New York

coachusa.com/rockland

(201) 263-1254

Septa

Bus/rail service between New Jersey
and Pennsylvania

septa.org

(215) 580-7800

Suburban Transit

Local/commuter bus service between
Mercer & Middlesex Counties and New
York

(800) 222-0492

coachusa.com/suburban

Trans-Bridge Lines

Bus service between Pennsylvania, New
Jersey and New York

transbridgelines.com

(610) 868-6001

NEW JERSEY

DEFENSIVE DRIVING COURSES

AAA makes it easy to improve your driving skills. Whether you want to reduce points on your license, get an insurance discount or just brush up on your driving skills, AAA's Defensive Driving Program is just the ticket. Plus, it's approved by the NJ MVC. To view a list of available courses in Essex, Morris and Union counties, please visit aaa.com/defensivedriving or call (866) 901-8457.

AUTOMOBILE INSURANCE REDUCED CHARGE

Basic automobile insurance is **mandatory** in New Jersey and available to all drivers. The type and cost of that coverage can vary. Insurance companies may, if they so choose offer a discount on automobile insurance policies for NJ drivers 65 or over. For further information, please contact your insurance company.

MOTOR VEHICLE REGISTRATION FEES

All participants of the **Pharmaceutical Assistance to the Aged and Disabled (PAAD)**, **LIFELINE**, or **Supplemental Security Income (SSI)** programs are eligible for discounted registration fees.

To claim the exemption, present a copy of your current PAAD card, SSI card or proof of Lifeline eligibility. The card must be in the name of the vehicle owner.

- If you need assistance, or have further questions about this program, please call Motor Vehicle Services at (800) 792-9745 or (609) 292-6500.

NEW JERSEY DRIVER REHABILITATION SPECIALISTS

Drivers with special medical considerations may benefit from the help and advice of a driver rehabilitation specialist. These specialists provide numerous services:

- Evaluation of a driver's capabilities in physical and cognitive terms.
- Special training and vehicle outfitting with adaptive equipment for drivers with medical conditions and disabilities.
- Rehabilitation services for individuals with an illness or injury that has impaired their driving.

Please contact the program for pricing information.

Continued on next page

NEW JERSEY

NEW JERSEY DRIVER REHABILITATION SPECIALISTS

As a courtesy, the Motor Vehicle Commission (MVC) maintains the following list of licensed driver rehabilitation specialists:

Bacharach Institute for Rehabilitation

61 West Jimmie Leeds Road
P.O. Box 723
Pomona, NJ 08240

Contact:

Claire McLaughlin, OTR, CDRS
or
Sharon Cressman, OTR/L (PDE only)
Phone: (609) 748-6866
Fax: (609) 652-9581

JFK Johnson Rehabilitation Center

Hackensack Meridian Health @ JFK
Johnson Rehabilitation Center
65 James Street
P.O. Box 3059
Edison, NJ 08818-3059

Contact:

Katie J. Hutzayluk, MS OTR/L, CDRS
katie.hutzayluk@hackensackmeridian.org
or
Brigitte A. Muehlbauer, MS OTR/L, CDRS
brigitte.muehlbauer@hackensackmeridian.org
Phone: (732) 321-7056
Fax: (732) 205-1463

Shore Rehabilitation Institute

Hackensack Meridian Health @ Shore
Rehabilitation Institute
425 Jack Martin Blvd.
Brick, NJ 08724

Contact:

Jennifer Biro, OTR, CDRS
Jennifer.Biro@hackensackmeridian.org
Phone: (732) 836-4500
Fax: (732) 836-4532

Kessler Institute for Rehabilitation

1199 Pleasant Valley Way
West Orange, NJ 07052

Contact:

Rich Nead, CDRS
rnead@kessler-rehab.com

or

Sandra Kewchareon
skewchareon@kessler-rehab.com
Phone: (973) 731-3900 x2322 **Fax:**
(973) 243-6842

Moss Rehab Driving School

Einstein Plaza
201 Old York Road
Jenkintown, PA 19046

Contact:

Dennis Magrann, OTR/CDRS
dmagrann@einstein.edu

Houman Ziai, OTR/CDRS
ziaihoum@einstein.edu
Phone: (215) 886-7706
Fax: (215) 886-7709

St. Lawrence Rehabilitation Center

2381 Lawrenceville Road
Lawrenceville, NJ 08648

Contact:

Carrie Monagle, OTR, CDRS
cmonagle@slrc.org

Jesse Hunter, OTR, CDRS
jhunter@slrc.org

Phone: (609) 896-9500 x2494 **Fax:**
(609) 896-0698

NEW JERSEY



NEW YORK TRANSPORTATION RESOURCES FOR SENIORS

[AAA'S DRIVER LICENSING POLICIES AND PRACTICES DATABASE](#)

This AAA website is designed to provide “one stop shopping” for information on state driver licensing policies and practices affecting older and medically-at-risk drivers.

Go to lpp.seniordrivers.org/lpp/ to learn more.

[Click here to find transportation resources by community.](#)

NY DRIVER RE-EVALUATIONS

The purpose of the driver re-evaluation program is to allow a driver to show he or she is qualified to drive. DMV will not remove driving privileges based on age or based on any standard except driving ability.

More information is available through the NY DMV at:

New York State Department of Motor Vehicles (DMV)
Attn: Driver Improvement Bureau
6 Empire State Plaza
Albany, NY 12228
dmv.ny.gov

ABOUT DRIVER RE-EVALUATIONS

For the benefit of highway safety, the DMV can require an evaluation of a driver whose skills and abilities are in doubt. The DMV will examine reliably reported information to determine if a driver needs to be re-evaluated. The best indicator of driving skills and abilities is the performance of the driver on the highway.

Two of the most important performance abilities for drivers of all ages are:

1. The ability to see hazards clearly.
2. The ability to respond quickly to changes in driving conditions.

Continued on next page

NEW YORK

NY DRIVER RE-EVALUATIONS, *CONTINUED*

WHEN CAN A DRIVER BE RE-EVALUATED?

New York State Vehicle & Traffic Law Section 506 (1) states: *"If the Commissioner has 'reasonable grounds' to believe that a person holding a license is not qualified to drive a motor vehicle, the Commissioner may require such person submit to an examination to determine their qualifications."*

WHAT ARE "REASONABLE GROUNDS"?

"Reasonable grounds" means that the DMV must have a *"specific reason"* related to driving performance why a driver needs to be contacted for a driving re-evaluation.

A *"specific reason"* is a driving incident, behavior, action or other cause reported to the DMV by a physician, a police officer, or someone who knows or observed the driver.

HOW IS A RE-EVALUATION REQUEST SENT TO THE DMV?

DMV receives reports that a driver may have a medical condition that affects his or her ability to operate a motor vehicle safely from:

- **Police officers** by form **DS-5 (Police Agency Request for Driver Review)**.
- **Physicians** by form **DS-6 ([Physician's Request for Driver Review](#))**.
- **Concerned individuals** by form **DS-7 ([Request for Driver Review](#))**.

If an individual submits a **Request for Driver Review** form, it must include their **name** and **signature**.

Note: The DMV DOES NOT accept re-evaluation requests by phone or by email.

Forms are mailed to:

Medical Review Unit

NYS DMV

6 Empire State Plaza, Room 337
Albany, NY 12228

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NEW YORK

NY DRIVER RE-EVALUATIONS, *CONTINUED*

WHAT HAPPENS AFTER THE MEDICAL REVIEW UNIT RECEIVES A RE-EVALUATION REQUEST FORM?

- The Medical Review Unit forwards the form to the DMV *Testing and Investigation Unit* in the area where the driver resides.
- A license examiner from the DMV Testing and Investigation Unit reviews the form to determine if there is a reason to re-evaluate the driver.
- If the examiner determines that there is a valid reason, the DMV examiner sends the driver a certified letter providing the following details:
 - The driver in question is requested to come to the DMV office for an interview.
 - The reason for the interview.
 - What items and information to bring to the interview.
 - If the driver in question does not appear for the interview, the DMV will suspend the driver's license.
 - A vision test is required.

The letter also may indicate the driver is required to bring one or more of the following:

- A [Physicians Statement form](#) (MV-80) completed by a doctor.
- A registered and inspected vehicle.
- A driver with a valid driver's license.

Vision Test Options:

- The driver can either take the vision test at the interview or bring a [Vision Test Report form](#) (MV-619) completed by a vision care professional.
- If your vision care professional is enrolled in the DMV Vision Registry, the professional will notify you that your test results will be entered electronically and you will not need a Vision Test Report.

The Physician's Statement must include:

- A statement that the driver is a patient of the doctor.
- The names of medicines the doctor has prescribed for the patient.
- If the patient suffered any loss of body control, awareness or unconsciousness due to this condition.
- The doctor's professional opinion of the patient's ability to drive.

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NEW YORK

NY DRIVER RE-EVALUATIONS, *CONTINUED*

WHAT HAPPENS AT THE INTERVIEW?

The DMV license examiner will:

- Explain the information that was received and allow the driver to respond to the information.
- If a **Physicians Statement** (MV-80) is required, the license examiner will review this form as well.
- Based on the interview and test results, the license examiner will determine the next steps.
- The license examiner can also require the driver to:
 - Take a Road Sign/Written Test
 - Take a Driving Skills Test

THE DRIVING TEST

The re-evaluation driving test is the same road test a new driver takes to qualify for a driver's license. If a driving test is required, it includes:

- Driving safely in traffic
- Left turns and right turns
- A three-point turn
- Parallel parking

NEW YORK

NEW YORK

| IF... | Then... |
|--|---|
| A Physician's Statement is required, and the driver does not bring an acceptable Physicians Statement to the interview, The Physician's Statement indicates the driver is not medically fit to drive, | The DMV will suspend the driver license until an acceptable Physicians Statement is submitted. The driver's license will be suspended. |
| The driver does not appear for the interview, | The DMV will suspend the driver's license until the driver appears. |
| If the driver fails the Vision Test or the Road Sign/Written Test, | The DMV suspends the driver license until the driver can pass the required test. |
| The driver cannot pass the requested driving test, | The DMV will immediately revoke the driver license. <ul style="list-style-type: none">▪ The driver may want to consider the services of a Driver Rehabilitation Specialist to requalify for licensure in the future. |

NY DRIVER RE-EVALUATIONS, *CONTINUED*

HOW TO REQUALIFY FOR LENSURE FROM A RE-EVALUATION REVOCATION?

A driver's license revocation resulting from a re-evaluation does not need to be permanent.

To requalify for a new driver license, the driver must:

- Wait at least 30 days from date of revocation to reapply for a driver's license.
- Apply for a Learner's Permit at your local DMV Office (written test is waived)
- Pass a Vision Test
- Take a 5-hour Pre-licensing Course
- Pass a Road Test

If the driver qualifies and passes the road test, the DMV issues a new driver's license and the driver is on probation for six months from the date of the road test.

During the six-month probation period, the driver's license is suspended if:

- The driver is convicted of a violation for speeding, reckless driving or following too closely,
or
- The driver is convicted of any two other moving traffic violations.

ARE THERE OTHER REASONS A DRIVER CAN BE RE-EVALUATED?

The DMV has an **accident re-examination program** that identifies drivers who have been in three or more reportable accidents within an 18-month period.

- The program includes drivers of all ages.
- A reportable accident is any accident in NYS that causes a fatality, a personal injury or damage over \$1,000 to the property of any one person.
- The DMV sends the driver a letter to come to a DMV office for an interview and for possible eye, written and road tests.

DRIVER EVALUATION / REHABILITATION PROGRAM

Here is a list of various Driver Rehabilitation Companies to assist in improving a driver's safe driving ability. AAA Northeast and the New York State Occupational Therapy Association do not endorse any of these specialists.

Fitzgerald Driving School

1350 Deer Park Avenue
North Babylon, NY 11703

Contact:

Richard Sanzano
(631) 667-9642

Abilities, Inc.

Adapted Driver Education

201 I.U. Willets Road
Albertson, NY 11507

Contact:

Edward Colverd
(516) 465-1506

Burke Rehabilitation Hospital

785 Mamaroneck Avenue
White Plains, NY 10605

Contact:

Outpatient OT
(914) 597-2326

Eastern Suffolk BOCES

375 Locust Avenue
Oakdale, NY 11769

Contact:

Steven Paget
(631) 244-5886

Cognitive and Driver Rehab Services

38-25 52nd Street
Sunnyside, NY 11104

Contact:

Rosamond Gianutsos
(718) 457-7483

James J Peters VA Medical Center

130 West Kingsbridge Road
Bronx, NY 10468

Contact:

Pascal Pierre
(718)584-9000 ext. 1313

Helen Hayes Hospital

51 – 55 Rte 9W
West Haverstraw, NY 10993

Contact:

Eileen Szysh, OTR
Lynn Matthes, OTR
(845) 786-4460
szyshe@helenhayeshosp.org

Meltzer's Driver Training Center

44 Dorothy Heights Road
Wappingers Falls, NY 12590

Contact:

Matthew Meltzer
(845) 297-3966
MDTCCDRS@aol.com
www.drivingacar.com

Veterans Administration Hospital at Castlepoint

Castlepoint, NY 12511

Contact:

Maura Timm
(845) 831-2000 ext.5853
Maura.timm@med.va.gov

Phelps Memorial Hospital

755 North Broadway
Sleepy Hollow, NY 10591

Contact:

Laura Corbelli
(914) 366-3705

NEW YORK



HELPFUL INFORMATION TO KNOW:

Occupational Therapists: Occupational Therapists are not required by law to report the results of a driver evaluation to the DMV and will not do so without written consent. It is the responsibility of the driver to report any potentially disabling condition to the DMV.

Physicians: New York state laws do not require physicians to report impaired drivers.

Insurance Policies: Insurance typically does not cover the cost of driver rehabilitation/evaluation by an occupational therapist. Please note that evaluations are \$200-400/hr. or \$100/hr. for rehabilitation.

NEW YORK

TRANSPORTATION ALTERNATIVES FOR SENIORS

NASSAU COUNTY SENIOR TRANSPORTATION RESOURCES

| | |
|--|--|
| Able-Ride/Paratransit Program | (516) 228-4000 nicebus.com |
| American Public Transportation Association | (202) 496-4800 apta.com/resources |
| CHOICE Medical Transport | (631) 342-8888 www.choicemedicaltransport.com |
| City of Glen Cove | (516) 676-6182 |
| City of Long Beach | 516) 431-1000 ext. 326 |
| Friends in Service to Humanity (FISH) New Hyde Park & Garden City Residents | (516) 692-2123 |
| Friends in Service to Humanity (FISH) Wantagh & Bellmore Residents | (516) 861-6032 wantagh.li/fish |
| Jewish Association for Services for the Aged (JASA) Long Beach Residents (Medical) | (516) 897-1895 longbeachny.gov Search JASA Medical Transportation |
| Long Island Rail Road | (516) 822-5477 mta.info/lirr |
| Medicaid Transportation for Nassau (Medical) | 516) 433-1660 |
| Oyster Bay Senior Community Service Center (Oyster Bay Residents) | (516) 922-6422 |
| TLC Transportation | (631) 467-1122 tlctransport.com |
| Town of Hempstead | (516) 485-8100 |
| Town of Oyster Bay | (516) 797-7900 |

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NEW YORK

TRANSPORTATION ALTERNATIVES FOR SENIORS, *CONTINUED*

SUFFOLK COUNTY SENIOR TRANSPORTATION RESOURCES

| | |
|--|--|
| American Public Transportation Association | (202) 496-4800 apta.com/resources |
| CHOICE Medical Transport | (631) 342-8888 www.choicemedicaltransport.com |
| Long Island Rail Road | (516) 822-5477 mta.info/lirr |
| Medicaid Transportation for Suffolk (Medical) | (866) 952-1564 |
| Road to Recovery (Transportation for individuals with cancer) | (631) 436-7071 cancer.org |
| Suffolk County Accessible Transportation (SCAT) | (631) 738-1150 www.sct-bus.org/scat.html |
| TLC Transportation | (631) 467-1122 tlctransport.com |
| Town of Babylon | (631) 422-7618 |
| Town of Brookhaven | (631) 451-6126 Town of Brookhaven |
| Town of East Hampton | (631) 324-4443 |
| Town of Huntington | (631) 427-8287 Town of Huntington |
| Town of Islip | (631) 224-5686 |
| Town of Riverhead | (631) 722-4444 ext. 290 Town of Riverhead |
| Town of Shelter Island | (631) 749-1059 Town of Shelter Island |
| Town of Smithtown | (631) 265-8811 smithtownny.gov |
| Town of Southampton | (631) 728-1110 |

NEW YORK

RHODE ISLAND SENIOR TRANSPORTATION RESOURCES

[AAA'S DRIVER LICENSING POLICIES AND PRACTICES DATABASE](#)

This AAA website is designed to provide “one stop shopping” for information on state driver licensing policies and practices affecting older and medically-at-risk drivers.

Go to lpp.seniordrivers.org/lpp/ to learn more.

TRANSPORTATION SERVICES

[Click here to find transportation resources by community.](#)

Many Rhode Island cities and towns provide transportation for seniors and adults with disabilities for shopping and errands, as well as for other destinations and purposes. Individuals should check with their local city or town to get information about transportation services. You can also call your local senior center to find out about non-medical transportation offerings.

RI PUBLIC TRANSIT AUTHORITY (RIPTA)

265 Melrose Street
Providence, RI 02907
Website: ripta.com

RIPTA BUS PASS PROGRAM FOR SENIORS AND PEOPLE WITH DISABILITIES

Low-income persons with a disability or age 65 and above may ride free of charge with a RIPTA No Fare ID Pass.

All other persons age 65 and above or with a disability, upon presentation of a RIPTA Senior/Disabled ID Pass or a Medicare ID Card:

- Pay full fare during RIPTA weekday, peak hours of service:
 - 7:00 a.m. to 9:00 a.m.
 - 3:00 p.m. to 6:00 p.m.
- Pay 1/2 fare all other times .

For more information on how to apply, please call **(401) 784-9500 ext. 2102**.

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RHODE ISLAND

TRANSPORTATION SERVICES IN THE CITY OR TOWN WHERE YOU LIVE, *CONTINUED*

RIDE PROGRAM

The Ride Program provides transportation services to individuals who are 60 years of age and older and for adults with disabilities under 60 who meet certain criteria.

- Transportation is generally available weekdays from 10:00 a.m. to 2:00 p.m. for doctors' appointments, therapy, medical tests, adult day care, kidney dialysis, cancer treatments and congregate meal sites for lunches.
- There is small fee per ride. Adult day service clients and people who have Medical Assistance (Medicaid) are not charged any fees.
- To make a reservation, call (401) 461-9760 between 8:30 a.m. and 4:30 p.m. from Monday through Friday. On Saturdays and Sundays, passengers may make reservations between 8 a.m. and 4 p.m. The Ride office is closed on RIPTA-recognized holidays.
- For reservations and information on the Ride Program, please call: **(401) 461-9760** or **1+(800) 479-6902**.

SOUTHERN RHODE ISLAND VOLUNTEERS/ SENIORS HELPING OTHERS

Seniors Helping Others is a volunteer organization that provides transportation to medical, dental, and therapy appointments, among other services.

- For more information, call **(401) 552-7661** or check www.southernrivol.org

RI EXECUTIVE OFFICE OF HEALTH AND HUMAN SERVICES

For people who are enrolled in the **RI Medical Assistance Program** and who cannot use any of the services above, please call **RI Medical Assistance Customer Service** at:

- **(401) 784-8100** for in-state calls and long-distance calls.
- **1+(800) 964-6211** for in-state toll calls.

THE DMV RE-EXAMINATION

A DMV reexamination is a required examination reevaluating a person's driving skills based on one or more factors, including the driver's physical or mental condition, or [driving record](#). A DMV reexamination may be recommended by a family member, physical or emergency medical technician, or peace officer. Other times, information in your license renewal application or on your driving record may prompt a reexamination.

- Citizens may report incompetent drivers to the DMV by calling: **(401) 462-0802**.
- Physicians can report of their doubts on a driver's abilities by writing to:

Rhode Island Traffic Tribunal
670 New London Ave
Cranston, RI 02920
(401) 275-2700

The reexamination involves the immediate evaluation of an individual by a DMV authorized officer. It consists of an interview, and may involve a vision test, a written test, and/or a driving test. To prepare for the test, many older drivers choose to enroll in a [driver's education](#) program or [driving school](#) for seniors to brush up their skills. Following the reexamination, the hearing officer will decide whether any action should be taken regarding your driving privilege, such as restrictions, probation, [suspension](#) or [revocation](#).

THE RESTRICTED DRIVER LICENSE

Sometimes, a physical or mental condition can impair a driver's ability to operate safely a motor vehicle. The most common of these conditions is poor vision, but others, which may be age-related, include cognitive skills like memory, coordination and flexibility. In some circumstances, older drivers may have a restriction placed on their driver license. The types of restrictions vary based on the results of the vision test, driving test, and the driving examiner's assessment. A restricted driver license is intended to ensure that you are driving within your abilities.

Some of the most common license restrictions are those that:

- Require eyeglasses, corrective contact lenses, or bioptic telescopic lens to be worn at certain times.
- Permit driving from sunrise to sunset only, or prohibit driving during rush hour.
- Restrict the geographical area in which a person is permitted to drive, or prohibit freeway driving.
- Require special mechanical devices, or an additional side mirror on the vehicle.
- Require extra support in order to ensure a safe and correct driving position.

RHODE ISLAND DRIVER EVALUATION SERVICES

RHODE ISLAND HOSPITAL

Rhode Island Hospital provides an [examination](#) to test driving ability.

Rehabilitation Services, OT/PT

765 Allens Avenue
Suite 102
Providence, RI 02903

Contacts:

Larissa Lattufe (Referral Coordinator) & Silvana Depina-Young (Lead)
(401) 444-5418

RHODE ISLAND

MOBILITY PLAN WORKSHEET

DATE: _____

This plan will outline the transportation requirements of _____, which will become effective when he/she stops driving. This mobility plan seeks to support that decision with alternative transportation methods that accommodate schedule and lifestyle needs, and reduce stress regarding the uncertainty of finding dependable transportation.

PERSONAL TRANSPORTATION NETWORK

| Friend/Family Name | Phone | Availability | Likely Destinations |
|--------------------|-------|--------------|---------------------|
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

LOCAL COMMUNITY TRANSPORTATION SERVICES

Please note any additional resource in your community after contacting the local town/city hall and/or senior center.

| Transport Options | Contact Details (name/phone) | Areas Served | Days & Hours Available | Costs |
|----------------------|------------------------------|--------------|------------------------|-------|
| Public Bus Service | | | | |
| Local Paratransit | | | | |
| Senior Transport | | | | |
| Taxi or Hired Driver | | | | |
| Other | | | | |

MY TRANSPORTATION NEEDS

Please list transportation requirements that will help maintain lifestyle as far as possible. Be sure to focus on your physical, emotional, and spiritual needs.

| Activity | Time & Frequency | Location | 1 st Choice | 2 nd Choice |
|------------------------|------------------|----------|------------------------|------------------------|
| Doctor Appointments | | | | |
| Pharmacy Visits | | | | |
| Grocery Shopping | | | | |
| Other Shopping | | | | |
| Faith-Based Activities | | | | |
| Social Activities | | | | |
| Gym Visits | | | | |