

# TRANSPORTATION

SAFE, AFFORDABLE AND ACCESSIBLE  
MOBILITY WITHIN THE COMMUNITY



**AGING TEXAS WELL** MEANS THAT TEXANS PREPARE FOR AGING IN ALL ASPECTS OF LIFE AND THAT STATE AND LOCAL SOCIAL INFRASTRUCTURE FACILITATES AGING WELL THROUGHOUT THE LIFESPAN.

## TRENDS

One-fourth of individuals age 75 and older do not drive.

- Transportation is needed to access goods, services, and social contacts that support daily activities and quality of life, and that are essential to the community infrastructure.
- 90 percent of older adults currently drive their own vehicles.
- Some older drivers experience developmental changes or deteriorating health (e.g. vision, cognition, physical) that may alter their driving skills.
- In 2000, almost three quarters of Americans over age 65 lived in suburban or rural areas with few alternatives to driving.
- Ride sharing is the usual mode of transportation for approximately 13 percent of adults over age 50.
- Fewer than 5 percent of older adults cite walking, public transportation, taxis, or community and senior van services as their primary modes of transportation.
- Limiting transportation among older adults diminishes their quality of life by decreasing personal independence, access, and choices, by contributing to a loss of social contact with others.
- Transportation continues to be cited as one of the top unmet needs across Texas communities.

Driving is the usual mode of transportation for over 80 percent of older adults.

## POLICIES, PROGRAMS & SERVICES

- In 2002, Texas area agencies on aging provided 1,004,978 one-way trips to older adults.
- Driver Education Programs (e.g., National Safety Council, AARP's 55 Alive, AAA Texas) help drivers assess their functional capabilities and adapt their driving practices to maintain safety.
- Several federal transportation programs provide funding to create systems and build infrastructures to meet transit needs of non-drivers.

## GET INVOLVED!

- Encourage and promote safe driving through driver training and education.
- Help older people recognize possible impairments and make necessary adjustments to remain safe.
- Improve coordination among entities that support or provide transportation, including state agencies, the private sector, elected officials, volunteers, and faith-based organizations.
- Educate consumers about all transportation options available in the community.

Persuade government to factor in the aging population when planning future transportation infrastructure systems.

## FOR MORE INFORMATION ON TRANSPORTATION

Contact your local **area agency on aging** at: **800.252.9240** for Aging Texas Well resources and services in your community. Or, visit TDoA at **[www.tdoa.state.tx.us](http://www.tdoa.state.tx.us)** for this and other Aging Texas Well publications.