

TRANSPORTATION RESOURCES FOR OLDER ADULTS

Private/ Non Profit (p. 2)	Shuttles & Public Transportation (p .3-4)	Paratransit & Wheelchair Transport Providers (p. 5-6)
Avenidas Door to Door Transportation Program	East Palo Alto Shuttle	Outreach
Gogograndparent	Marguerite	Red-Wheels
Roadrunners	Menlo Park Shuttles	Ken Transportation Service
Heart of the Valley	Palo Alto Shuttles	Caretrans
POSSO	Senior Coastsiders	Easy Ride
Silver Ride	Bayshore/ Brisbane Senior Shuttle	AMR West
Need-a-Ride	Regional Transit Information for the Bay Area	HMT Medical Transport
Yellow Cab	County Buses & Light Rail	Mosaic Global Transportation
Uber*	Samtrans	V & B
Lyft*	Caltrain	Rental Vans with Lift
Wingz*	Amtrak Capitol Corridor	Wheelchair Getaway
Curb*	Amtrak	Bay Area Lift Van
	Embark*	

***Available only on smartphones**



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NON-PROFIT

PRIVATE

<p>AVENIDAS DOOR TO DOOR TRANSPORTATION PROGRAM</p> <p>Phone: (650) 289-5411 For fees that vary according to distance, Avenidas Door to Door provides rides with volunteer drivers or Lyft along the peninsula, M-F 8:15-4. http://www.avenidas.org/services/transportation</p>	<p>GOGOGRANDPARENT</p> <p>Phone: 1-855-464-6872 If you don't have a smartphone and want to get rides with Lyft or Uber, just call the number above and they can schedule for you. Cost is based on distance traveled plus a fee. www.gogograndparent.com</p>
<p>ROADRUNNERS</p> <p>Phone: (650) 940-7016 Operated by El Camino Hospital. Provide individual rides, similar to Avenidas Door to Door Program but covering Mountain View and points south. Fees vary according to distance traveled.</p>	<p>SILVER RIDE</p> <p>Phone: (415) 861-RIDE (415) 861-7433 Private transportation company. Can provide escorted trips and group outings. Designed for seniors. https://www.silverride.com/</p>
<p>HEART OF THE VALLEY</p> <p>Phone: (408) 241-1571 Similar to RoadRunners & Avenidas, serving the South Bay. 7 Day in advance Fees are sliding scale with suggested donation of \$2.50 plus /.25/mi. http://servicesforseniors.org/</p>	<p>Need a Ride</p> <p>Call: (650) 462-0853 Private, inter-city, door-to-door van. Calls returned in evening.</p>
<p>THE PORTUGUESE ORGANIZATION for SOCIAL SERVICES (POSSO)</p> <p>South bay escort program providing transportation and other services for seniors. Phone: (408) 293-0877 https://portuguesecenter.org/senior-programs/</p>	<p>YELLOW CAB</p> <p>Phone: (650) 321-1234 1-800-595-1222 Provides senior discounts. https://yellowcheckercab.com/#/booking/</p>
	<p>UBER* https://www.uber.com/</p>
	<p>LYFT* https://www.lyft.com/</p>



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SHUTTLES

PUBLIC TRANSPORTATION

<p>EAST PALO ALTO SHUTTLE</p> <p>Free shuttle buses between Palo Alto Caltrain station and East Palo Alto during commute hours 1-800-660-4287. https://www.samtrans.com/routes/81</p>	<p>REGIONAL TRANSIT INFORMATION FOR THE BAY AREA</p> <p>Call 511 or go to the website: www.511.org All maps and schedules available as well as customer service.</p>
<p>MARGUERITE</p> <p>Free shuttle buses go to various locations to and from Stanford. See brochures/schedules in racks in Avenidas lobby, call Stanford Marguerite at 650-723-9362 or online at: http://transportation.stanford.edu/marguerite/</p>	<p>COUNTY BUSES & LIGHT RAIL</p> <p>Sam Trans (San Mateo County) and VTA (Santa Clara County) provide regularly scheduled rides on fixed routes. See brochures in racks at Avenidas.</p>
<p>MENLO PARK SHUTTLES</p> <p>Free shuttle buses go around town all day on weekdays. There are two routes: Stanford Hospital and Menlo Park Library and Menlo Park Senior Center. See brochure in racks. 650-858-3363 https://menlopark.gov/Government/Departments/Public-Works/Transportation-Division/City-Shuttle-services</p> <p>PALO ALTO SHUTTLES</p> <p>Free shuttle buses go around town all day on weekdays. There are two routes: Crosstown and Embarcadero. Palo Alto Shuttle: 650-329-2520 http://www.cityofpaloalto.org/news/displaynews.asp?NewsID=212&TargetID=87</p>	<p>SAMTRANS (San Mateo County) 800-660-4287 http://www.samtrans.com/</p> <p>VTA BUS & LIGHT RAIL (Santa Clara County) 408-321-2300 http://www.vta.org/senior Call 408-392-3600, X5, Celeste Ode, for info on monthly cards for seniors.</p> <p>VTA MOBILITY OPTIONS TRAVEL TRAINING Service from the VTA offering free individual or group training to help people with disabilities or older adults learn to navigate the bus and light rail systems. Call 408-321-2300.</p>

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<p>MOUNTAIN VIEW SHUTTLES Free shuttles runs seven days a week, arriving every 30 minutes on weekdays between 7AM and 7PM and every hour on weekends from 10AM to 6PM. All shuttles are equipped with a wheelchair lift and bike rack. https://mvcommunityshuttle.com/</p>	<p>CALTRAIN Runs regularly scheduled trains from San Francisco to Gilroy and back, with stops at all cities along the way. See brochures in racks. 408-321-2300</p>
<p>BAYSHORE/ BRISBANE SENIOR SHUTTLE 1-800-660-4287 Free shuttle buses that go around the Brisbane/ Bayshore neighborhood of Daly City and is wheelchair accessible. Riders can request a ride by calling through their cell phone at (415) 740-958 http://peninsularides.com/comm_trans.htm</p>	<p>AMTRAK CAPITOL CORRIDOR Routes go from Santa Clara/San Jose to the East Bay and out to the Capitol Corridor (Davis, Sacramento, Auburn). They offer a 15% discount to seniors. http://www.capitolcorridor.org/#</p>
<p>SENIOR COASTIDERS (650) 726-9056 The Senior Coastsiders Van is a request-ride service that operates 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 on Wednesdays and Fridays. http://peninsularides.com/comm_trans.htm</p>	<p>AMTRAK Throughout California and nation-wide train service. Various rules for senior discounts: http://www.amtrak.com/seniors-discount</p>



TRANSPORTATION RESOURCES FOR OLDER ADULTS

PARATRANSIT, MEDICAL & WHEELCHAIR TRANSPORT PROVIDERS

OUTREACH

For Santa Clara County seniors who are unable to take public transportation, VTA Access provides low-cost individual rides to and from your home at any time of the day, seven days a week.

Call 408-321-2300

<http://www.vta.org/getting-around/Paratransit/Accessibility-VTA-Paratransit-Service>

REDI-WHEELS

For San Mateo County seniors who are unable to take public transportation, Redi-Wheels provides low-cost individual rides to and from your home. Registration card needed. Call 650-508-6241 for an application.

<http://www.samtrans.com/Accessibility/Paratransit.html>

KEN TRANSPORTATION SERVICE

408-267-4459

Medical free – they will bill the state; otherwise \$50 one-way, \$80 round-trip.

<http://www.kentransport.com/>

CARETRANS

408-220-5070

\$95 + \$2 per mile. Non-emergency medical rides; accepts Medi-Cal.

EASY RIDE

650-520-4044

Fee based on per/mi. rate – call for details

AMR WEST

650-969-9010

\$50 Plus \$3.75 per mile

HMT MEDICAL TRANSPORT

650-333-3283

\$35-50 Base rate for weekday/weekend + \$2/MILE. SF – SJ





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MOSAIC GLOBAL TRANSPORTATION

Maurice Brewster – 650-864-9701
Collapsible wheelchairs only/transfer assistance.
<http://www.mosaicglobaltransportation.com/>

V & B

408-937-6135 OR 408-937-6148
\$35-50 + \$2/MI. weekdays/weekends. Medical rides only; Accepts Medi-Cal.

RENTAL VANS WITH LIFT

WHEELER

408-754-5438
Located in Sunnyvale — \$125 a day, \$100 for 7 days

WHEELCHAIR GETAWAY

1-800-659-1972
\$100 PER DAY. FIRST 100 miles free, then \$.31 per mile.

BAY AREA LIFT VAN

650-692-2555 or 650-359-9201
\$4/mi. & \$35 Pick-up fee/\$50 on weekends/\$9 per minute wait-time.

