RESOURCES FOR FAMILY MEMBERS AND CAREGIVERS

- Plan ahead with the <u>ChORUS Older Driver Transportation Planning</u>
 <u>Tool</u>. This tool guides you through the steps of developing your
 transportation plan. Starting early allows you to map out your needs,
 identify and explore options for alternate transportation modes in your
 area, and plan for continuing a full and active life whether you are
 driving or not.
- The Plan for the Road Ahead: This tool allows you to identify such activities as trips to the grocery store, hair salon, barber shop, doctors' office, shopping, movies, entertainment, exercise, and social events.
- <u>ChORUS Transportation Budgeting Tool</u>: The ChORUS Transportation
 Budgeting Tool allows you to compare your current monthly transportation
 costs with estimated monthly alternate transportation costs if you were to
 give up your car. The tool is designed to help you plan for your future
 transportation needs.
- <u>CarFit</u>: is an education program that provides information explaining a range of vehicle safety features and offers guidance on how to adjust those features to optimize the benefit of individual body size and stature.
- NHTSA's Walkability Checklist is a checklist to rate your neighborhood's walkability.
- NHTSA's <u>Share the Road: Its Everyone's Responsibility</u>: Share the road tips for Driver, Motorcyclists, Bicyclists and Pedestrians.
- <u>Eldercare Locator</u>: Eldercare Locator (acl.gov) public service of the U.S. Administration on Aging connecting you to services for older adults and their families.
- <u>National Aging and Disability Transportation Center (nadtc.org)</u>: Promotes the availability and accessibility of transportation options for older adults, people with disabilities and caregivers.

RoadSafeSeniors.org

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• Rides in Sight provides a national database to search for transportation

options available to senior anywhere in the U.S.

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