

Transportation & Mobility Planning Checklist

Research Local Transportation Programs

Many communities provide transportation assistance specifically for seniors. These services help ensure continued mobility for daily errands, social activities, and medical appointments.

- ☐ Contact your local transit authority to inquire about senior discounts, door-to-door services, and reduced-fare programs.
- ☐ Apply for a senior transit pass if available in your city or state.
- ☐ Check if your state offers transportation assistance for seniors through its Department of Aging or Social Services.
- ☐ Look into private and nonprofit senior transportation programs that offer volunteer driver services.
- ☐ Apply for ADA Paratransit services if mobility limitations require specialized transportation: [ADA Transit Information](#)
- ☐ Research rideshare options such as Uber or Lyft, which offer senior-friendly transportation services.
- ☐ Set up a transportation budget to plan for ongoing travel costs.

Plan for Medical Transportation

Seniors with limited mobility or chronic health conditions may need specialized non-emergency medical transportation (NEMT) for doctor visits, therapy appointments, and hospital procedures.

- ☐ Apply for Medicaid Non-Emergency Medical Transportation (NEMT), which may cover free or low-cost rides for eligible seniors: [Medicaid NEMT](#)
- ☐ Check if local senior centers, hospitals, or religious organizations provide free or low-cost rides to medical appointments.
- ☐ Schedule transportation services at least 48 hours in advance to ensure availability.



[Need Help? Find Trusted Professionals in Your Area](#)

- ☐ Enroll in a private medical transport service for routine doctor visits, dialysis, or physical therapy sessions.
- ☐ Consider home healthcare services for medical needs that may reduce the need for frequent transportation.
- ☐ Arrange backup transportation options in case of last-minute cancellations.
- ☐ Ensure a caregiver or family member is available to assist with transportation when needed.

Enhance Mobility and Accessibility

For seniors who no longer drive, making homes and neighborhoods more accessible can improve independence and social engagement.

- ☐ Install ramps and handrails at home to make entering and exiting easier.
- ☐ Arrange for home delivery services for groceries, prescriptions, and essentials.
- ☐ Identify senior-friendly shopping centers and community spaces with accessible parking and seating areas.
- ☐ Participate in local senior activity programs that offer group transportation.
- ☐ Explore adaptive mobility devices such as walkers, scooters, or wheelchairs for added independence.



[Need Help? Find Trusted Professionals in Your Area](#)