

GREATER AUSTIN TRANSPORTATION SERVICES & SENIOR RIDE GUIDE



OFFICE OF
MOBILITY
MANAGEMENT

CENTRAL TEXAS



Aging Services Council
of Central Texas



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HOW THIS GUIDE CAN HELP YOU

Many older Americans think giving up the car keys means giving up independence. In the Austin metropolitan area, that does not have to be the case. This Ride Guide will aid you in finding the transportation option that best suits your needs or the needs of someone you know. The following are common situations and suggestions for how to remain mobile and actively involved in the community.

IF YOU STILL DRIVE AND PLAN TO KEEP DRIVING AS LONG AS YOU SAFELY CAN:

- Take a driver safety course designed for older drivers to keep your skills sharp. You will learn how to deal with changes in your vision, flexibility, reaction time and medications.
- Review driver safety resources so you spot potential problems before they become serious.
- Adjust your car for comfort and safety by following CarFit practices (see page 8--Adjusting Your Vehicle).

IF YOU HAVE CUT BACK ON DRIVING AND ARE LOOKING FOR OTHER WAYS TO GET AROUND:

- Use public transportation (taxi or bus) for rides to shorter destinations.
- If using the bus is difficult, you might be eligible for a volunteer service that picks you up at home and takes you to your destination.

HOW THIS GUIDE CAN HELP YOU

IF YOU ARE CONCERNED ABOUT A FRIEND OR FAMILY MEMBER WHO PROBABLY SHOULD NOT BE DRIVING ANYMORE:

- Access publications that provide tips about how to talk to friends and family about driving.
- Get the latest information about Department of Motor Vehicles' policies on testing, reporting and license renewal.
- Help the older driver get a formal driving assessment.

IF YOU DO NOT DRIVE, BUS ROUTES JUST DO NOT GO WHERE YOU NEED TO GO, OR YOU KNOW YOU CANNOT USE PUBLIC TRANSPORTATION:

- Apply for a paratransit service like MetroAccess or CARTS.
- Call a volunteer driving program to see if you are eligible for services.
- Use a taxi for destinations that are not far from your home.

IF YOU NEED HELP FROM ANOTHER PERSON IN ORDER TO GO ANYWHERE:

- Ask if your personal care service or home health agency has someone who can stay with you at the destination.
- Inquire if family or friends can accompany you to destinations.

DRIVER'S LICENSE RENEWAL AND STATE IDENTIFICATION CARDS

LICENSE RENEWAL FOR SENIOR DRIVERS

Texas drivers who are 79 years of age or older at the time their current driver license expires are required to renew their license in person at a local Department of Transportation office. Drivers over 85 years of age can only renew it for a 2-year period. In addition to taking a vision test, you may be asked to take a written knowledge test as well. In preparation for this, you can review the Texas Drivers Handbook and take practice tests before going for your license renewal.

For license-related inquiries, call **877-452-9060** or email **webhelp@texasonlinehelp.com**.

TEXAS STATE IDENTIFICATION

Many older drivers continue to renew their driver licenses even after “giving up the car keys” to have it for identification. Non-drivers can obtain a State Identification card that is an official document for identification.

THE TEXAS DEPARTMENT OF PUBLIC SAFETY DRIVER'S LICENSES DIVISION ISSUES DRIVER'S LICENSES AND STATE IDENTIFICATIONS

For general Information and neighborhood bureau locations: **512-424-2000** or **txdps.state.tx.us**

DISABILITY PARKING PERMITS

Disability parking is available to individuals who have an approved disability placard or disability license plate. Physicians complete forms that you obtain from the county tax assessor's office. Physicians must clarify whether your disability is temporary (6 months for \$5) or permanent (4-year renewal cycle for no charge) and whether the reason is mobility, or non-mobility related.

The Disability Parking Placard is convenient to use when you are a passenger in someone else's vehicle too.



DISABILITY PARKING PERMITS

FOR FORMS AND OTHER INFORMATION ABOUT DISABILITY PARKING:

County	Phone	Web Address
Bastrop	512-581-7100	co.bastrop.tx.us
Blanco	830-868-7178.....	co.blanco.tx.us
Burnet	512-756-5420	burnetcountytexas.org
Caldwell.....	512-398-1830	co.caldwell.tx.us
Fayette	979-968-3164.....	co.fayette.tx.us
Hays.....	512-393-5545	tax.co.hays.tx.us
Lampasas	512-556-8271	co.lampasas.tx.us
Llano.....	325-247-4165.....	co.llano.tx.us
Lee	979-542-2640	co.lee.tx.us
Travis.....	512-854-9473	traviscountytax.org
Williamson...	512-943-1100	wilco.org

DRIVER SAFETY RESOURCES

AARP

The AARP Driver Safety Program offers local classes for drivers age 50 and over. Courses cover many topics related to being an older driver such as traffic rules, staying flexible, and medications. It covers normal age-related physical changes, and how to adjust driving to allow for these changes. Many insurance companies offer a discount to AARP Driver Safety graduates.

For information on AARP Driver Safety courses in the area, and for other helpful information, call

888-AARP-NOW or **888-227-7669**

or go to **aarpdriversafety.org**

ADAPTIVE DRIVING PROGRAM

St. David's Rehabilitation Center offers a comprehensive driver evaluation and training program for people who experience medical or age-related difficulties that hamper the ability to drive a vehicle. Therapists use objective, standardized data from clinical tests and on the road driving to determine the patient's ability to drive; ability to use adaptive equipment if necessary; and willingness to participate in training sessions. Recommendations may include advanced driver training or the need to defer from driving.

St. David's Rehabilitation Center

1005 E. 32nd St.

Austin, TX 78705

512-544-8140 **stdavidsrehab.com**

DRIVER SAFETY RESOURCES

AAA FOUNDATION FOR TRAFFIC SAFETY

If you are unsure of your ability to drive safely, you can measure your driving skills by doing a self-assessment. Go to **seniordrivers.org** to find ways to help you test and improve your driving. Additionally, the AAA Foundation for Traffic Safety shares how aging affects driving, how to help a senior driver plan for driving retirement, and much more at **aaaseniors.com**

AAA South Austin

4970 Hwy 290 W Ste 310
Austin, TX 78735
512-444-4757

AAA North Austin

13376 Hwy 183 N Ste 108
Austin, TX 78750
512-335-5222

DRIVING DECISIONS WORKBOOK

The University of Michigan developed a 47-page workbook to help older drivers evaluate their ability to drive safely. The workbook is available online at **um-saferdriving.org**

ADJUSTING YOUR VEHICLE

Proper adjustment of seats, mirrors, headrests, and steering wheel can help keep you driving safely. Using simple devices can help compensate for physical changes or simply make a vehicle fit you more comfortably and safely. Easy to follow instructions based on the CarFit program are at **car-fit.org**.

FAMILY CONVERSATIONS WITH OLDER DRIVERS

The Hartford insurance company and the MIT AgeLab developed a guide to help families have productive and caring conversations with older adults about driving safety. A 24-page free brochure called “We Need to Talk ... Family Conversations with Older Drivers” is available by mail from:

The Hartford-We Need to Talk

200 Executive Blvd.
Southington, CT 06489

For information on dementia and driving, write for a copy of the “At the Crossroads: Family Conversations about Alzheimer’s Disease, Dementia & Driving” brochure.

The Hartford-At the Crossroads

200 Executive Blvd.
Southington, CT 06489

Additional information is available and both booklets can be downloaded free from:

safedrivingforalifetime.com

NATIONAL CENTER ON SENIOR TRANSPORTATION

Information and resources for older drivers and for caregivers who provide transportation for older adults is available at **866-528-NCST**, or at the website **seniortransportation.net**

This is a comprehensive online source for various mind, muscle, vision and range of motion assessments. **elderlydrivingassessments.com**

ADJUSTING TO LIFE WITHOUT DRIVING

Adjusting to life without a car may be difficult at first. Hopefully, you have participated in the decision to stop driving and found other ways to continue your routine activities. Some tips may help to make the transition.

REACH OUT TO OTHERS

Many seniors have difficulty asking family and friends for rides. You can be proactive and make it comfortable for everyone. Perhaps your adjustment is easier if you keep your car and have others drive it. The first few times you try out a new service or ride the bus, make it fun by asking a family member or friend to ride with you until you feel more confident.

STAY POSITIVE

Use positive language to describe your situation. For example, think about the money saved on car insurance, maintenance, registration and gasoline. If necessary, it is one of the advantages of giving up your car and leaves you able to pay for alternative transportation. Thinking about your transition as something that you can handle will speed the adjustment.

IF YOU CANNOT GO OUT TO GET SOMETHING, HAVE IT COME TO YOU

Many stores will deliver their products straight to your door.

- Consider having your groceries delivered. Many stores have free delivery or deliver for a low fee. You can also ask your family, friends, or volunteers from your local community center, church, or synagogue, to pick up your groceries for you.
- Order your medicines by mail. Not only is this more convenient—it is often less expensive. Only order from pharmacies that you know and trust.
- Consider having your meals delivered to you or order meals online from a meal delivery service.
- Learn to shop on the internet. There are many conveniences and interesting information at your fingertips on the world wide web. Contact Austin Groups for the Elderly at **512-451-4611** or visit **seniornet.org** for special computer courses for older adults.

QUESTIONS TO ASK

CONSIDER THE FOLLOWING QUESTIONS BEFORE DECIDING ON A TRANSPORTATION OPTION:

1. What is the service area?
2. Is there a limitation on distance?
3. How much will the service cost?
4. Do insurance companies pay for rides provided by the service?
5. Are there requirements to qualify for the service? If so, what are they?
6. Is there an evaluation that must take place prior to the first ride?
7. Is there a required membership fee that must be paid before scheduling rides with the service?
8. How far in advance must riders make reservations?
9. Are rides available in the evenings, on weekends or on holidays?
10. Are rides only for medical appointments?
11. Is service only curb-to-curb or can riders have assistance?

QUESTIONS TO ASK

12. Are riders who use wheelchairs able to use the service?
13. Do riders stay in their wheelchair, or must they transfer to a seat during the ride?
14. Is there an escort or attendant in the vehicle with the driver?
15. Does someone stay with the rider during appointments?
16. Can a family member serve as an escort? If so, is there an extra cost associated?
17. Will there be a wait when picked up from home? If so, how long?
18. Will there be a wait when picked up for my return trip? If so, how long?
19. Will the driver or attendant come into the office/building for the return trip?
20. Will other passengers be riding? If so, what is the maximum length of time of the ride while others are being picked up or dropped off?

If planning to relocate, please consider available transportation options in your new area.

VOLUNTEER DRIVING ORGANIZATIONS

VOLUNTEER DRIVING ORGANIZATIONS IN THE GREATER AUSTIN METROPOLITAN AREA

The volunteers, who use their own vehicles, can serve as your companions while providing transportation.

Volunteers will drive you to the grocery store, bank, medical appointments, beauty shops, or on errands. You can also get a ride to attend social or recreational activities. You can ask for a round trip ride or a one-way ride.

VOLUNTEERS PROVIDE TRANSPORTATION BASED ON YOUR NEEDS

Curb-to-Curb:

You walk to the volunteer's vehicle on your own when they arrive. The volunteer drops you off at your destination and returns to pick you up later for the return trip to your home.

Door-to-Door:

A volunteer comes to your door, assists you into the vehicle, and escorts you to the door of your destination. A volunteer returns later to pick you up and assists you home to your door.

VOLUNTEER DRIVING ORGANIZATIONS

Door-through-Door:

A volunteer comes into your home, assists you into the vehicle and escorts you into your destination, staying for the duration. A volunteer then drives you home, assisting you into your home.

- There is no charge to riders. Service is supported through contributions from riders and community funders.
- Enrollment is available to older adults who are still living independently in the community.
- Volunteers do not transport wheelchairs, but will bring a wheelchair to the car if there is one available at your destination.
- All services are based on volunteer availability; weekdays, evenings and weekends service, with 3-5 business days' notice.
- Go to **driveasenior.org** for more information, find the agency located in your area and contact them for more information.

VOLUNTEER DRIVING ORGANIZATIONS

CHARIOT – SERVING SOUTH, SOUTHEAST, SOUTHWEST AUSTIN, ELGIN, LAKEWAY, AND DRIPPING SPRINGS

Call for scheduling rides

512-445-5552

info@chariot.org

DRIVE A SENIOR ATX – SERVING NORTH AND WEST AUSTIN

Call for scheduling rides

512-472-6339

driveaseniortx.org

DRIVE A SENIOR-FAITH IN ACTION NORTHWEST – SERVING NW AUSTIN, LEANDER, AND CEDAR PARK

Call for scheduling rides

512-250-5021

rides@driveaseniornorthwest.org

driveaseniornorthwest.org

VOLUNTEER DRIVING ORGANIZATIONS

FAITH IN ACTION-GEORGETOWN

Call for scheduling rides

512-868-9544

faithinactiongt.org

SENIOR ACCESS – SERVING MANOR, PFLUGERVILLE, ROUND ROCK, HUTTO, NORTHEAST AND EAST AUSTIN

Call for scheduling rides

512-310-1060

admin@senioracesstx.org

senioracesstx.org

AMERICAN CANCER SOCIETY – ROAD TO RECOVERY

Transportation to and from treatment for individuals with cancer.

Call for scheduling rides

1-800-227-2345 (toll free). Apply by phone.

VETERANS SERVICES

UNITED FOR THE PEOPLE

Transportation for Veterans for a fee, from their homes to VA appointments in Cedar Park, Austin, Georgetown, Hutto, Round Rock, Leander, and Pflugerville.

888-298-3220

admin@unitedforthepeople.org

unitedforthepeople.org

US. DEPARTMENT OF VETERANS AFFAIRS

The VA's Veterans Transportation Program offers Veterans many travel solutions to and from their VA health care facilities. This program offers these services at little to no cost to the eligible Veterans through the following services.

- Beneficiary Travel (BT)
- Veterans Transportation Services (VTS)
- Highly Rural Transportation Grants (HRTG)

For more information about their services, call **1-877-222-VETS (8387)**

OTHER RESOURCES

VETRIDES

FREE rides to veterans, their dependents and caregivers living in Burnet, Llano and Lampasas counties to destinations necessary to maintain lifestyle and health (Hospital, clinic, doctor's offices, pharmacies, grocery store). Transport to Temple and San Antonio for VA hospital appointments.

For more information about their services, call **877-851-8838 or 512-550-8337**

CITY OF AUSTIN'S PARKS AND RECREATION DEPARTMENT SENIOR TRANSPORTATION PROGRAM

Senior Transportation is part of the City of Austin Parks and Recreation Department, Senior Programs Division. The goal is "to provide a special system of transportation to enhance the quality of life and promote independence for persons 60 years or older".

How does it work?

Services provided Monday through Friday, 8:00 a.m. - 5:00 p.m.

- Clients may make reservations 30 days in advance. Minimum 24-hour notice.
- Intake forms required.
- Drivers provide curb-to-curb service. Assistance provided when needed.

OTHER RESOURCES

Who is eligible?

- Older Adults 60+

Riders with cognitive impairments are advised to have a caregiver accompany them.

Riders in a wheelchair must let the dispatcher/senior transportation staff know that they need a handicap accessible van/bus when scheduling a ride.

Types of Services

Regular Routes / Lunch Program: Provides reliable service from your door to congregate meal lunch locations and back home again. FREE / \$1.00 donation optional

Reserve-a-Ride: Choose when and where you want to go within Austin city limits. \$3.00 a destination.

Errands (non-medical): Destinations include grocery store, shopping centers, bank, hair salon, etc.) \$3.00 each way / \$6.00 round trip

Medical Appointments: Destinations include: doctor, dentist, etc. (non-emergency appointments). \$3.00 each way / \$6.00 round trip

OTHER RESOURCES

Group Travel

Do you want to travel with friends? Whether touring the Texas Hill Country or cruising to San Antonio for the afternoon, Senior Transportation can be your chauffeur. We serve groups of 7 or more in Austin area and 10 or more for out of town trips. Depending on your destination, fees range at a rate of \$6.00 per person per destination.

512-974-1464 for reservations
austintexas.gov/seniors

CAPITAL CITY VILLAGE

Stay Where You Live, Live Well Where You Stay.

3710 Cedar St., Suite 283
Austin, TX 78705

512-524-2709 (main office)
512-468-5594
capitalcityvillage.org

MEDICAID AND CHIP SERVICES

MEDICAL TRANSPORTATION

Medical transportation services are available for Medicaid and CHIP cardholders and these services are free and can be arranged through HHSC call centers.

To inquire or schedule these services for people using Texas Health Steps and other Medicaid programs, call **877-633-8747**.

hhs.texas.gov/services/health/medicaid-chip

Elderly Medicaid recipients living in the Austin metropolitan area may qualify for free transportation to doctor or dentist appointments and pharmacies if they are not residing in a long-term care facility, or do not have dual enrollment in Medicare and Medicaid. You also must not have any other way to get to the doctor, dentist or drug store.

Medicaid toll free:

877-MED-TRIP (877-633-8747)

8 a.m. to 5 p.m., M-F

Complete details available online at:

hhsc.state.tx.us/QuickAnswers/index.shtml-Get_Ride

Call at least 2 work days or more before you need a ride. If you need to travel a long way out of town to see your doctor, call at least 5 work days before you need a ride.

HOME HEALTH AND PERSONAL CARE SERVICES

Some home health and personal care companies provide transportation as part of the package of services offered to enrolled clients.

As with other services, transportation is usually booked in 2 – 4 hour segments for a fee. If you are currently enrolled for these services, ask your provider whether transportation is an optional service.

Check the Yellow Pages of the local phone directories for listings under HOME HEALTH SERVICES or contact the Area Agency on Aging of the Capital Area **512-916-6062** or toll free **888-622-9111** for information and referral.



CARTS

CARTS is a legislatively created rural transit district serving the non-urbanized areas of Bastrop, Blanco, Burnet, Caldwell, Fayette, Hays, Lee, Travis and Williamson counties. CARTS provides community-based regional transportation throughout its District.

CARTS delivers transportation tailored specifically for each of the one hundred and sixty-nine communities it serves and provides predictable connections between these communities to the national intercity bus network, to Capital Metro services and to the metropolitan center of the region. The service frequency in or to the various locales range from many times a day to once a month.

CARTS buses operate from 9 transit stations located strategically throughout the CARTS District, which are also Greyhound stations. These stations are located in Austin (Plaza Saltillo), Bastrop, Round Rock, Georgetown, Taylor, San Marcos, Smithville, Marble Falls and our new Headquarters in Cedar Creek. CARTS will open two new locations in 2021 including the Richard A. Moya Eastside Bus Plaza and the Downtown Elgin station.

Established in 1978, CARTS is the longest serving public transit agency in the region, and has a reputation for

RURAL TRANSPORTATION

innovation, a practical approach to problem-solving and promoting partnerships to achieve its objectives of furthering regional mobility.

For more information visit **RideCARTS.com** or contact us at **512-478-RIDE (7433)**.

HILL COUNTRY TRANSIT DISTRICT (THE HOP)

Serves Coryell, Hamilton, Lampasas, Llano, Mason, Milam, Mills, Bell and San Saba counties.

254-933-3700 ext. **5013** or toll-free at

1-800-791-9601 ext. **5013**.

takeethehop.com

LAGO VISTA VOLUNTEERS

Serves Jonestown and Lago Vista areas

512-267-1567.

LAKEWAY SERVICE LEAGUE

Serves Lakeway and The Hills areas

512-261-3514.

lakeway.org

COMMUNITY RESOURCE CENTER OF TEXAS

Provides rides to non-critical Medical and Dental appointments. Serves Burnet, Llano, Blanco, and Williamson counties. **830-693-0700**.

CRCTX.ORG

RURAL TRANSPORTATION

10/10 TAXI SERVICE

Currently serving the following cities:
Round Rock, Pflugerville, Cedar Park,
Georgetown, and Hutto, and Leander
512-444-1010

NON-EMERGENCY TRANSPORTATION PROVIDERS, SERVING AUSTIN AND SURROUNDING AREAS.

CITY TRANSPORT EXPRESS

Call for scheduling
512-550-8337

ELDER WHEELS

Call for scheduling:
512-779-8383

SILVER LIFT PROS

Call for scheduling:
512-893-4000
silverliftpros.com

AMERA SOLUTIONS

Call for scheduling:
281-872-6400
amerasolutions.com

RURAL TRANSPORTATION

G.J. TRANSPORTATION

Call for scheduling:

512-203-5495

STAR-SENIOR TRANSPORTATION SERVICE-BUDA, TX

Call for scheduling:

512-523-1014

LONE STAR MTC

Call for scheduling:

512-323-0160

CALIBER CARE TRANSPORT

Call for scheduling:

512-690-2390

caliberpatientcare.com

ELDER TRANSPORT AUSTIN

Call for scheduling:

512-963-9673

eldertransportaustin.com

VICTORY MOVEMENT LLC. TRANSPORTATION

Call for scheduling:

512-640-9682

WHEELCHAIR ACCESSIBLE SERVICES

METROACCESS

MetroAccess is a demand-response, shared-ride service offered by Capital Metro for people whose disabilities prevent them from riding regular bus and rail service. MetroAccess is an advanced reservation system with the service area and the hours of operation dictated by the service area and the hours of the Capital Metro bus service. Reservations can be made up to three days in advance over the phone or up to six days in advance online.

For Reservations, Cancellations, Open Returns and Where's My Ride, please call: **512-852-7272** to speak with a reservation agent.

Individuals interested in becoming a MetroAccess rider must go through an eligibility process. For information about the eligibility process, to request a MetroAccess application or to schedule an appointment, please call:

MetroAccess Eligibility Department at **512-389-7501** for more information.

WHEELCHAIR ACCESSIBLE SERVICES

PICKUP BY CAPITAL METRO

Pickup by Capital Metro is an On-Demand Transit Service that can take you from your home to an appointment, a shopping trip or anywhere within its service zone.

Each trip is just \$1.25, the same as MetroBus and MetroRapid.

Download the pickup App from your phone's app store to get started. Call **512-369-6200** for more information or visit Capmetro.org to see all service zones.

WHEELCHAIR ACCESSIBLE SERVICES

ACCESSIBLE TAXI SERVICES

Some Taxi companies in the greater Austin area offer pre-arranged and response/demand sedans and vans for riders with wheelchairs. Check the TAXICAB listing in the Yellow Pages of the local phone book. Some taxi companies that accommodate power wheelchairs and scooters are:

- Austin Express Cab Service 512-666-4141**
- Yellow Cab..... 512-452-9999**
- ATX Taxi..... 512-333-5555**

ACCESSIBLE VEHICLE RENTALS & VEHICLE CONVERSIONS

See yellow pages or web search under VANS RENTING & LEASING, WHEELCHAIR ACCESSIBLE VEHICLES.



AMBULANCE SERVICES

FOR EMERGENCY TRANSPORT ALWAYS CALL 911

For non-emergency situations, call the ambulance company in advance to determine cost and payment arrangements. Insurance coverage for ambulances is usually restrictive so it is best to check with your insurance company ahead of time to determine coverage.

Ambulance companies often require cash payment at the time of transfer. Billing is on a flat fee plus mileage basis, with extra charges for additional service such as oxygen. Check the Yellow Pages of local phone directories or online for listings under AMBULANCE SERVICE.

LOCAL BUS AND RAIL

Capital Metro is the regional transportation provider in Central Texas offering bus routes and a commuter rail service. The agency provides bus and rail service in the Austin metropolitan area, serving the City of Austin, and the surrounding communities of Leander, Lago Vista, Jonestown, Manor and portions of Travis County and Williamson County, including Round Rock.

For additional bus and rail information, call the **GO Line** at **512-474-1200** or visit **capmetro.org**.

Kids 18 and younger ride free on **all** Cap Metro services:

- K-12 students, with valid ID
- 10 and younger must be accompanied by someone 12 or older

Reduced fares are available for qualifying riders. Program requires enrollment and the purchase of a Reduced Fare ID Card. Visit **capmetro.org/RFID** for details on eligibility and how to apply or call: **512-389-7454** for more information.

PUBLIC TRANSPORTATION TRAINING

Many people have never ridden public transportation before and it can be a confusing experience. Capital Metro helps new users learn to read a schedule, make a reservation, get on, pay for, and ride their vehicles. Contact the Travel Trainer for details at: **512-369-6083**

LOCAL BUS AND RAIL

CAPITAL METRO I.D.'S, MAPS, SCHEDULES AND INFO

Customer Service Center/Transit Store

209 W. 9th St.

Austin, TX 78701

512-474-1200 GO Line (for specific route information)

512-389-7454 Transit Store

Relay Texas (711)

(for people with hearing disabilities)

Speech-to-Speech Relay Services

(for people with speech disabilities)

1-877-826-6607

Capital Metro provides an online trip planner at **capmetro.org**, in addition to individual route maps and a complete service guide called Destinations, which is available free of charge online. Customers can purchase a printed copy at the Transit Store for \$3 and Individual route maps are available free of charge on board your bus. Route schedules are at major bus stops.

LOCAL BUS AND RAIL

CAPITAL METRO I.D.'S, MAPS, SCHEDULES AND INFO

Capital Metro offers four routes for older riders and passengers with mobility difficulties. Routes #490 HEB, #491 Allandale, #492 Delwood and #493 Eastview, operates with 15-passenger lift-equipped vans and make stops at several of the area's major medical complexes, service facilities, shopping malls and grocery stores.

Visit the Capital Metro web site at capmetro.org or contact the **GO Line** at **512-474-1200** for more info.

SPECIAL ACCOMMODATIONS FOR FIXED ROUTES

Capital Metro accommodates the special needs of senior citizens and passengers with disabilities who choose to use the fixed route service:

- Large print schedules
- General and schedule information TDD line call: **711** or contact the **GO Line** at **512-474-1200**
- Courtesy stop requests due to accessibility barriers
- Automated stop announcement for major stops
- Bus driver-announced stops by special request
- Reserved front of bus seating
- Lift and ramp access on all buses

GROCERY TRANSPORTATION AND DELIVERIES

GROCERIES TO GO

Meals on Wheels & More

Call to schedule and in-home assessment for enrollment. Volunteers shop for you or take you to the store twice a month.

Fare

FREE to clients. Call for scheduling: 8:00 a.m.- 5:00 p.m., M-F. Service hours determined by your needs and volunteer availability.

Geographic Boundaries

Travis County and surrounding area

512-476-MEAL (6325)

mealsonwheelsandmore.org

Contact these participating retailers for more info:

HEB 1-800-432-3113

WHOLE FOODS 512-476-1206

CENTRAL MARKET 512-899-4300

COSTCO WHOLESALE 1-800-955-2295

FARMHOUSE DELIVERY INC. 512-529-8569

LONG DISTANCE TRAVEL AND AIRPORT SHUTTLES

AMTRAK

250 North Lamar Blvd.
Austin, TX 78703

Discounted rates are available for seniors age 62 and older and people with disabilities. Call ahead to inquire about accessibility of station.

800-872-7245 (Toll Free)

800-523-6590 (TTY)

amtrak.com

GREYHOUND BUS

916 E Koenig Lane
Austin, TX 78751

512-458-4463

greyhound.com

Customers with Disabilities Travel Assistance Line

800-752-4841 (Toll Free)

800-345-3109 (TTY)

COACH USA BUS COMPANY

With daily routes to Houston.

512-389-0090 or **800-256-2757**

or in Spanish at **800-531-5332**

iridekbc.com

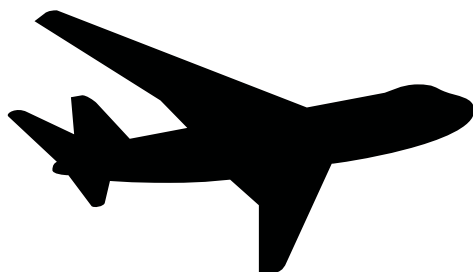
Both bus lines require 48-hour notice prior to departure for a lift equipped bus. Personal care assistants travel at no cost. Certain rules apply.

AIRPORT SUPER SHUTTLE

Has wheelchair accessible vans
TDD Reservations **512-258-3826**
or **800-258-3826**

CAPITAL METRO BUS AIRPORT FLYER

For schedules, call: **512-474-1200**
or visit **capmetro.org**



USEFUL NUMBERS

2-1-1 TEXAS (DIAL 211)

Formerly called First Call for Help, 2-1-1 Texas, is the new abbreviated dialing code for free, bilingual information and referrals to health and human services and community organizations. 2-1-1 links individuals and families to services provided by nonprofit organizations and government agencies in their community.



TEXAS DEPARTMENT OF AGING & DISABILITY

This state agency helps seniors and their caregivers with information beyond transportation. You can get find help with medical needs, caregiver support, daytime programs, hospice, residential services and more.

800-458-9858

dads.state.tx.us

CONNECTATX

Use ConnectATX to find up-to-date information on food, housing, transportation, parenting, job training and more. For more information call **833-512-2289**

unitedwayaustin.org/connectatx

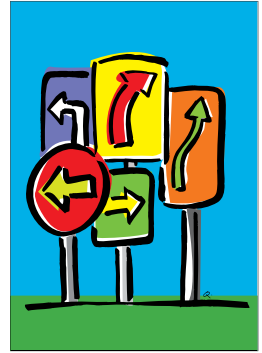
USEFUL NUMBERS

Where do you go *for answers on aging?*

Aging can create a variety of challenges for caregivers and older adults. Remaining independent and living with dignity become important issues.

Often, you may need advice from experienced and knowledgeable sources. That's where we come in.

When you or someone you care for needs help, call us. We've got most of the answers. If we don't have one for you, we know where to turn.



Austin local 512-916-6062 or Toll free 1-888-622-9111

Visit our web site at www.aaacap.org

Serving the ten county Capital Area since 1982:

Bastrop Blanco Burnet Caldwell Fayette Hays Lee Llano Travis Williamson

INFORMATION

THE OFFICE OF MOBILITY MANAGEMENT

The Office of Mobility Management (OMM) strives to integrate our regional network of transit services to find ways that connect people to needed goods and services in our Central Texas area. The office is a collaboration between Capital Metro and CARTS.

The Ride Guide is published in partnership with Aging Service Council.

An online version of this guide is available at:
mytxride.com

The online guide has live links to all the web resources listed in this print version.

If you have any questions, or would like additional copies of this booklet, please contact:

Office of Mobility Management
512-369-6047
mytxride.com



**OFFICE OF
MOBILITY
MANAGEMENT**

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ADDITIONAL NOTES

Sponsored by:



**Aging Services Council
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And



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