

# Senior Mobility in the Miami Valley

# Why we're here discussing this issue

- Senior Transportation Expansion Project
- Goals: Volunteer Drivers
- New Service Areas



# Our Aging Population



- The 65 and over population could increase by nearly 80% by 2025.
- Seniors show an increasing inclination to “age in place.”
- No single “stop driving” age
- Extending safe driving is an important piece.
- Independence is important!

# The Transportation Dependency Gap

The Difference Between Life Expectancy and Driving Expectancy

Men (age 74)	
Life Expectancy (74 + 18 years)	92
Driving Expectancy (74 + 11 years)	85
Years of Transportation Dependency (92 - 85 = 7)	<b>7</b>



Women (age 74)	
Life Expectancy (74 + 21 years)	95
Driving Expectancy (74 + 11 years)	85
Years of Transportation Dependency (95 - 85 = 10)	<b>10</b>

## **Lack of Transportation Impacts Health & Well Being**

- May see a doctor only when absolutely necessary
- Infrequent grocery trips result in a diet low in fresh fruits and vegetables
- Limited social outlets can lead to isolation, depression and lack of exercise
- Can cause seniors to leave the community prematurely for assisted living or nursing home care

# We all want to Age Well

- Mobile, connected seniors stay happier and healthier longer
- Maintaining health costs less than treating illness and isolation
- Savings could help expand transportation options

# Different Levels of Driving Ability

Independent, safe older drivers

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Accident or “give up keys”

Isolation, declining health, possible move to long-term care.  
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- Seek alternatives:
  - Natural supports
  - Taxi, other private pay
  - Mass transit
  - Volunteer service
  - Specialized paratransit

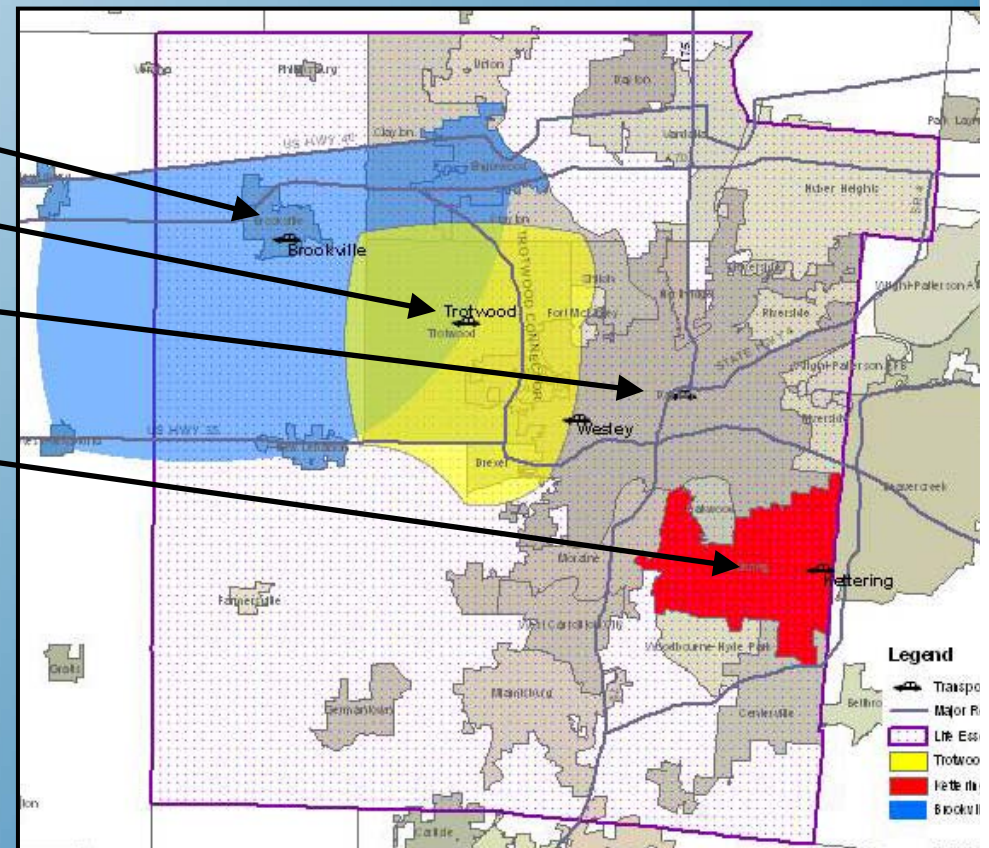
# Auto Accidents

- Between 2002 – 2004 there were about 7,000 “senior at fault” accidents in Montgomery County
- Top three causes of those accidents
  - Failure to yield
  - Following too close
  - Failure to control
- Accident rate among 85+ exceeds that of 16 year olds
- Fatality rate is higher due to frailty

# Expanding current offerings

- MVRPC Senior Transportation Expansion Project – coordinating and expanding the capacity of existing providers, such as:

- Brookville Handi-Van
- Trotwood Handi-Van
- Life Essentials
- City of Kettering's Lathrem Senior Center
- *Your church or service club?*



# What You Can Do

- Volunteer to drive:
  - In your “natural network”
  - Through your church or club
  - Through a transportation not-for-profit



## Becoming a volunteer driver:

- Good driving record
- Background screening
- Training program

# Becoming a Volunteer Driver

Contact:

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