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

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<th>Men (age 74)</th>
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<tbody>
<tr>
<td>Life Expectancy (74 + 18 years)</td>
<td>92</td>
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<tr>
<td>Driving Expectancy (74 + 11 years)</td>
<td>85</td>
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<td>Years of Transportation Dependency (92 – 85 = 7)</td>
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<th>Women (age 74)</th>
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<tr>
<td>Life Expectancy (74 + 21 years)</td>
<td>95</td>
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<td>Driving Expectancy (74 + 11 years)</td>
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<tr>
<td>Years of Transportation Dependency (95 – 85 = 10)</td>
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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
Different Levels of Driving Ability

Independent, safe older drivers

Older drivers who need to modify driving
Different Levels of Driving Ability

Independent, safe older drivers

Older drivers who need to modify driving

Older drivers who should stop driving
Different Levels of Driving Ability

Independent, safe older drivers

Older drivers who need to modify driving

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Accident or “give up keys”
Different Levels of Driving Ability

- Independent, safe older drivers
- Older drivers who need to modify driving
- Older drivers who should stop driving
  - Accident or “give up keys”

Isolation, declining health, possible move to long-term care.

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

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