

If you have questions or need additional copies of this brochure, please contact:

JOHNSON COUNTY LIVABLE COMMUNITY  
FOR SUCCESSFUL AGING



Aging Specialist  
c/o Elder Services, Inc .  
1556 S. First Avenue - Suite A  
Iowa City, Iowa 52240

Phone 319.338-0515

[www.livablecommunity.org](http://www.livablecommunity.org) or  
[johnsoncounty@livablecommunity.org](mailto:johnsoncounty@livablecommunity.org)

**“ People outlive their ability to drive by many years. On average, men outlive driving by six years, women by ten. That is too long to be dependent on favors from family and friends. . ”**

(iTN America –Portland, Maine).

Transportation Information provided by:

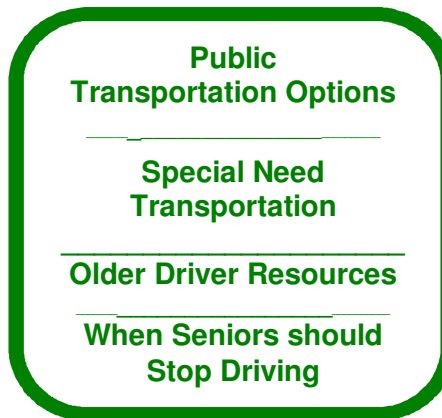
Johnson County Livable Community  
for Successful Aging

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## TRANSPORTATION SERVICES

### A Guide for Seniors: Transportation & Mobility Options in Johnson County



**Information on available resources is provided by Johnson County Livable Community for Successful Aging**

[www.livablecommunity.org](http://www.livablecommunity.org)

## CAMBUS

**Company Name:** Cambus, The University of Iowa  
**Street:** Stadium Drive, 100 Cambus Office  
**City, State, Zip Code:** Iowa City, IA 52242  
**Phone:** 319.335-8633  
**Contact Person:** Brian McClatchey  
**E-Mail:** [brian-mcclatchey@uiowa.edu](mailto:brian-mcclatchey@uiowa.edu)  
**Fax:** 319.335-6647 **Website:** [www.uiowa.edu/~cambus](http://www.uiowa.edu/~cambus)

**Eligibility:** All persons are eligible to use the fixed-route service.

**Costs:** There is no fare.

**Services Hours:** 6:30am to Midnight, Monday-Friday  
Weekend service varies during the academic year.

**Services:** Space at front of bus for seniors and disabled.  
Vehicles are accessible.

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## Coralville Transit

**Company Name:** Coralville Transit  
**Street:** 708 East 2<sup>nd</sup> Avenue  
**City, State, Zip Code:** Coralville, IA 52241  
**Phone:** 319.248-1790  
**Contact Person:** Vicky Robrock  
**E-Mail:** [vrobrock@ci.coralville.ia.us](mailto:vrobrock@ci.coralville.ia.us) - **Fax:** 319.248-17997  
**Website:** [www.coralville.org/mod.php?mod=department&did=29](http://www.coralville.org/mod.php?mod=department&did=29)

**Eligibility:** All persons.

**Costs:** Elderly (65 and over) & Disabled Coralville residents free any time with a Coralville Senior/Disabled pass. Coralville will provide reduced fares (\$.35) for those who show a Medicare Card daily Monday through Friday 9:00 am to 3:00 pm and after 6:00 pm and all day Saturday. Standard fare: \$.75 adults and children (children under 5 free). 31 Day Pass costs \$25. 20 ride pass costs \$15. Exact fare is required. Drivers do not make change.

**Services Hours:** 6 am to 11:45 pm Monday through Friday and 7:15 am to 7:30 pm on Saturdays.

**Services:** Transfers are available and are honored by Iowa City.



**New from the Iowa Department of Transportation (DOT)**  
**[www.iowasafeandmobileseniors.com](http://www.iowasafeandmobileseniors.com)**

This is a newly developed excellent source of information for the mature driver, family members and care-givers, Health Care professionals, Community Planners and Law Enforcement personnel. Check the web site for much valuable information.

### **Driver Retirement Planning: A Good Iowa Investment**

As part of its “Choices Not Chances – The Road to Driving Safer and Longer” initiative, the Iowa Department of Transportation developed “**Driving Retirement: Planning and Making It Work**”. This brochure is targeted to the older adult and provides worksheets to assist individuals in identifying their transportation options and developing a personal transportation plan. This brochure developed for Iowa residents is available through the state DOT offices or at:

**<http://www.dot.state.ia.us/mvd/ods/drivingretirement.pdf>**

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### **..from the University of Iowa Center on Aging: Older Adult Driving Resources**

According to the U.S. Department of Transportation, older adults are nine times more likely to be involved in fatal accidents than drivers aged 25 to 69. In 2000, older adults made up 9% of the resident population, but accounted for 13% of all traffic fatalities and 17% of all pedestrian fatalities.

The Center on Aging, in order to assist Iowans in finding information for older adults and their family and friends about driving independently, has created a resource page on their website about programs to evaluate driving performance.

This list of resources contains programs that can evaluate an individual's ability to continue to drive independently, whether they can become an independent driver, or if an individual needs adaptive equipment. To find out more information, please visit the Center on Aging website at **[www.centeronaging.uiowa.edu](http://www.centeronaging.uiowa.edu)** or **contact the Center at 319-335-6576**

**A Unique & Welcome Gift For SEATS-eligible Seniors... – for yourself or for your favorite Senior. Gift Pass Cards good for 10-rides with SEATS are available. Call SEATS at 339-6128 to purchase or to ask your questions about eligibility for your own Special Senior.**

Additional information:

- FREE LITERATURE TO SEND FOR: + AAA Foundation for Traffic Safety: Visit [www.aaafoundation.org](http://www.aaafoundation.org) and click on "Products" then "Free Materials" for a variety of free publications including:
- Over the Edge and Back; Peligro en el Camino;
- How to Handle Glare for Safer Driving at Night;
- How to Help an Older Driver;
- The Older and Wiser Driver;
- Road Rage: How to Avoid Aggressive Driving;
- Drivers 55 Plus: Test Your Own Performance.  
[www.aaafoundation.org/products/index.cfm?button=free](http://www.aaafoundation.org/products/index.cfm?button=free)

Visit also:

- The National Center on Senior Transportation (NCST) web site at [www.seniortransportation.net](http://www.seniortransportation.net)
- [www.SeniorDrivers.org](http://www.SeniorDrivers.org) a website devoted specifically to senior citizens and driving safety. (AAA)
- **Getting Around** – good information for seniors and their families grappling with driving cessation.  
<http://www.getting-around.org/home/> (AAA)
- + **American Occupational Therapy Association:** Provides a nationwide list of driver rehabilitation specialists who give thorough driver evaluations. Visit [www.aota.org/olderdriver](http://www.aota.org/olderdriver) or call 888.232-1184.
- + **The Hartford Financial Services Group:** Offers a free brochure "Family Conversations with Older Drivers". Visit [www.thehartford.com/talkwitholderdrivers](http://www.thehartford.com/talkwitholderdrivers).

## Iowa City Transit

**Company Name :** Iowa City Transit  
**Street/City:** 1200 S. Riverside Drive – Iowa City, Iowa 52240  
**Phone :** 319.356-5151  
**Contact Person:** Chris O'Brien **E-Mail:** [chris-obrien@iowa-city.org](mailto:chris-obrien@iowa-city.org)  
**Fax:** 319.356-5155 **Website:** [www.icgov.org/transit](http://www.icgov.org/transit)

**Eligibility:** All persons

**Costs:** Elderly (60+ years) 35 cents during off-peak hours (Medicare card or special pass required; call office for details and application). Disabled/low income elderly – free during off-peak hours (call office for details and application).

Standard fare: Adults (18 and up) \$.75 - Youth (K-12 grade) \$.50. Children under 5 and accompanied by an adult rides free. 10 ride pass costs \$6.50. 31 day pass (adult) \$25.00, (youth) \$20.00. Exact fare is required.

**Services Hours:** Every half hour 6:00 am to 9:00 am and 3:00 pm to 6:30 pm during "rush" hours. Hourly service runs 9:00 am to 3:00 pm and 6:30 pm to 10:30 pm and all Day Saturday from 6 am to 7 pm. There is no Sunday service.

**Services:** Transfers are available & are honored by Coralville. All buses are accessible and have a ramp or a lift to assist in boarding /de-boarding. During non-rush hours the bus will stop at any safe intersection (please signal the driver to let them know you intend to board), otherwise the buses only stop at designated bus stops.

## NORTH LIBERTY

**Company Name:** City of North Liberty  
**Street:** 5 E. Cherry Street/ P.O. Box 77  
**City, State, Zip Code:** North Liberty, IA 52317  
**Phone:** 319.626-5700

**Contact Person:** Tracey Mulcahey  
**E-Mail:** [tmulcahey@ci.north-liberty.ia.us](mailto:tmulcahey@ci.north-liberty.ia.us)  
**Fax:** 319.626-3288  
**Website:** [www.northlibertyiowa.org/transit](http://www.northlibertyiowa.org/transit)

**Eligibility:** All persons **Costs:** \$.75 per one way ride  
**Services Hours:** Leaves Community Center, 520 W. Cherry St. - 7:05 am - arrive downtown Iowa City at 7:50 am. Returns leaving I.C. Pentacrest at 5:10 pm and arrives N. Liberty Community Center at 5:45 pm.. Free parking at Community Center. Transfers available.

# SEATS

**Company Name:** SEATS Para-transit

**Street:** 4810 Melrose Avenue

**City, State, Zip Code:** Iowa City, Iowa 52246

**Phone:** 319. 339-6128

**Services:** SEATS provides door to door service, plus assistance with limited packages. **Phone Numbers**

**339-6125:** to schedule a ride for the next day or up to seven days

**339-6127:** to cancel a ride or for the current day issues

**339-6128:** after hours/office closed (to leave a message, talk to a night driver) or for comments, questions, to talk to a supervisor.

## **Helpline:**

For a same day after-office-hours cancellation, please call At the end of the greeting message, you will be connected to the evening driver. You may talk to the driver or leave a phone number for the driver to call you back. The latest a driver will be available varies on their last scheduled drop-off.

If you are calling after hours for a next day or future day cancellation, please call 319.339-6127 and leave a message on the voice mail. Please leave your name, name of the rider, telephone number, date and time of trip(s), and the pick up and drop off address of all trips you wish to cancel.

The drivers do not have access to make scheduling changes, so do not ask them to make any changes for you. .

## Mid-Day Appointments are encouraged.

**Contact Person:** Tom Brase - Director

**E-Mail:** [tbrase@co.johnson.ia.us](mailto:tbrase@co.johnson.ia.us) **Fax** 319.339-6185

**Website:** [www.johnson-county.com/seats/index.shtml](http://www.johnson-county.com/seats/index.shtml)

**Eligibility:** In Iowa City, Coralville, North Liberty and University Heights eligibility is determined by each community's transit system based on the Americans with Disabilities Act's guidelines and categories.

For people who live in a community without a transit system or live in the unincorporated areas of Johnson County, they may call SEATS to arrange a ride. Small communities and the surrounding areas are served either 2 or 3 days per week.

**Step 3** – Suggest various options, depending on the degree of impairment. **One size does not fit all** and while stopping driving may be the only answer in some cases, stopping driving too early can cause a person's overall health to decline prematurely. You may want to:

- Take a classroom refresher course such as the AARP Driver Safety Program
- Seek additional information from other Web sites on topics such as behind-the-wheel assessment, counseling from private or public sources, remedial training, and/or adaptive equipment from an occupational therapist. (See our [Web Resources](#) listing.)
- Limit driving to certain times of day or familiar areas.
- Encourage the driver to consider and gradually begin using other methods of transportation such as rides from family and friends, public transportation, para-transit services, taxis or other public or private transportation options in your community. Accompany the person during initial trials of alternate forms of transportation.
- Contact local motor vehicle office. Your state Department of Motor Vehicles may have programs to evaluate individual driving abilities or may offer special licensing alternatives. Remember, their goal is not to take licenses away, but to help people keep driving as long as they safely can. Contact the state for more information.

**Step 4** – Seek additional help if necessary. If the person is not taking proper action in response to your concern and the impairment is increasingly obvious, it may be necessary to involve the driver's doctor. (In addition to family members, a family doctor is often the most trusted person for providing advice on health issues that may affect driving.) You may also consider [resources on Alzheimer's Disease, dementia, and driving](#). (web site: <http://www.thehartford.com/alzheimers/> )

14. Other drivers honking at you and instances when you are angry at other drivers.

15. Friends or relatives not wanting to ride with you

If you notice one or more of these warning signs you should have your driving assessed by a professional or attend a driver refresher class (see resources on page 6). You may also want to consult with your doctor if you are having concentration or memory problems, or other physical symptoms that may be affecting your ability to drive.

**“When To Stop Driving”** –(also know as “WE NEED TO TALK”) This program designed by AARP is available here in Johnson County with trained public speakers on this topic who are available to come speak to your group. Call Aging Specialist at Livable Community Office for information on how to schedule. (319) 338-0515.

### How Can I Help Someone Else Limit or Stop Driving?

Most drivers monitor themselves and gradually limit or stop driving when they feel that a certain driving situation or driving in general is not safe. However, some fail to recognize declining abilities, or they fear stopping to drive because it will make them permanently dependent on others for the necessities of life, and it may reduce their social and leisure activities as well. Conditions such as dementia or early stages of Alzheimers' disease may make some drivers unable to evaluate their driving properly.

**Step 1** – Assess the situation. See the 15 warning signs listed above. It will help to personally ride with the person and observe driving habits first hand.

**Step 2** – Begin a process of having conversations about driving with the driver. As people age they tend to look first to family members (spouse and children) for candid advice concerning their well-being and health issues. Have conversations early and often. Start the conversation out of a sincere sense of caring for the person's well-being and base it on things you have observed.

**Costs:** \$2.00 one-way for rural residents; \$1.50 one-way ride or reduced fare is available for Iowa City residents for trips originating in Iowa City. Riders must have correct fare or Punch cards can be purchased for 10 one-way rides. A personal care attendant may ride free and a companion can ride for the same fare.

### Services Hours:

Service provided seven (7) days a week weather permitting:  
**Iowa City and University Heights:** Mon-Fri – 6 AM to 10:30 PM  
Saturday – 6 AM to 7 PM; Sunday 8 AM to 2 PM.

**Coralville** – Mon-Fri. – 6 AM to 11:45 PM –  
Sat. 7:15 AM to 7:30 PM' Sunday 8 AM to 2 PM

### Closed for Holidays:

The operating times will vary for the following so *please call SEATS 339-6128 for specific information:* Martin Luther King, Jr. Day, Presidents Day, day after Thanksgiving, and the floating Christmas Holiday.

The operating times for **Cosgrove, Frytown, Hills, Lone Tree, Morse, North Liberty, Oasis, Oxford, Sharon Center, Shueyville, Solon, Swisher, Tiffin** and the surrounding areas will vary, so *please call SEATS at 319.339-6128 for specific information.*

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## **SOLON SENIOR ADVOCATES**

**Company Name:** SOLON SENIOR ADVOCATES

**Street:** Box 206 – 1425 Hwy 1

**City, State, Zip Code:** Solon, Iowa 52333

**Phone:** 319.624-2710

**Contact Person:** Sandy Hanson

**Eligibility:** Solon seniors and those in need in Solon

**Costs:** \$.75 per “drop” or trip. (example: trip to senior dining and home would be \$1.50 – as two “drops”)

**Services Hours:** When a driver is available

**Services:** Senior Dining, Appointments, Sponsored Pleasure Trips - licensed for 15 passenger van.

## **Commercial Transportation**

Numerous taxi companies are listed in the yellow pages of the local phone book. – Ask about senior citizen gift cards or charge accounts.6

Iowa City Bus Depot – Greyhound/ Trailways –  
170 E. Court Street – Iowa City, IA 52240 – PH: 319.337-2127

## **Educational Resources: Free or low cost**

### **AARP DRIVER SAFETY PROGRAM**

AARP Driver Safety Courses are offered on a frequent basis in area locations. The Program offers an 8-hour classroom refresher that can help one learn the effects of aging on driving and how to adjust driving. Most classes are taught in two, four-hour sessions spanning two days. Minimal cost. For a listing of future courses in this area, go to:

[www.aarp.org/families/driver\\_safety/wrapper\\_driver.py](http://www.aarp.org/families/driver_safety/wrapper_driver.py)

Fill in your zip code to get the site locations and contact phone numbers to get a listing of courses nearby.

You can also call 1-888-AARP-NOW (1-888-227-7669) to find a course by phone. It's a toll-free call. Please be ready to give us your 5-digit zip code. A local volunteer will call you back within 3-5 business days to help you locate the course nearest you.

Alternatively – take the Driver Safety Course Online: Go to: [www.aarp.org/families/driver\\_safety/driver\\_safety\\_online\\_course.html](http://www.aarp.org/families/driver_safety/driver_safety_online_course.html)

The AARP Driver Safety Program is the nation's first and largest refresher course for drivers age 50 and older that has helped millions of drivers remain safe on today's roads. The course is designed to help you:

- Tune up your driving skills and update your knowledge of the rules of the road.
- Learn about normal age-related physical changes, and how to adjust your driving to allow for these changes.
- Reduce your traffic violations, crashes, and chances for injuries.

- Qualify for an auto insurance premium reduction or discount. Specific state insurance laws vary – please consult your insurance agent for specifics in your state.

The online course is self-paced and interactive and can be taken at the time and place of your choice. Online course fee is \$15.95 for AARP members and \$19.95 for non-members. Upon completion, a certificate will be mailed directly to your home.

**“WHEN TO STOP DRIVING”**. While we all want to continue driving as long as we can do so safely, the time may come when we must limit or stop driving.. Check out the following warning signs.

### **Warning Signs: What are the warning signs when someone should begin to limit driving or stop altogether?**

1. Difficulty seeing the sides of the road when looking straight ahead
2. Easily distracted or having a hard time concentrating while driving
3. Having a hard time turning around to check over your shoulder while backing up or changing lanes
4. Frequent traffic tickets or "warnings" by traffic or law enforcement officers in the last year or two
5. Feeling uncomfortable and nervous or fearful while driving
6. Dents and scrapes on the car or on fences, mailboxes, garage doors, curbs etc.
7. Difficulty staying in the lane of travel
8. Getting lost
9. Trouble paying attention to signals, road signs and pavement markings
10. Slower response to unexpected situations
11. Medical conditions or medications that may be affecting the ability to handle the car safely.
12. Frequent "close calls" (i.e. almost crashing)
13. Trouble judging gaps in traffics at intersections and on highway entrance/exit ramps

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