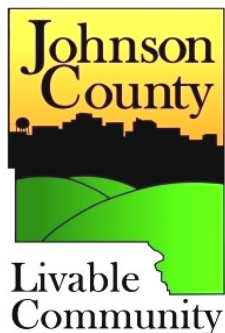


If you have questions or need additional copies of this brochure, please contact:

JOHNSON COUNTY LIVABLE COMMUNITY
FOR SUCCESSFUL AGING



JCLC Aging Specialist
Phone 319.338-0515

www.livablecommunity.org or
johnsoncounty@livablecommunity.org

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

(iTN America –Portland, Maine).

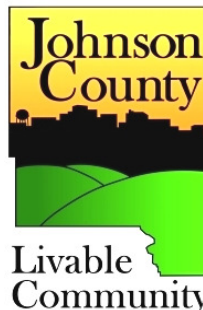
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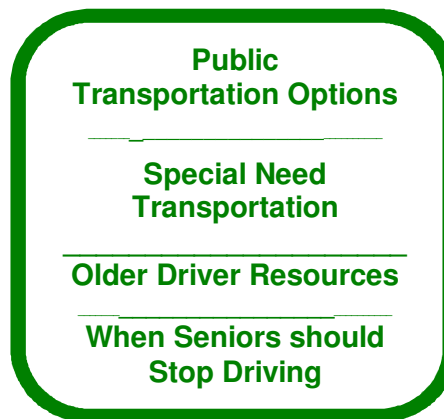
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(last electronic up-dating – March 2011)



TRANSPORTATION **SERVICES**

**A GUIDE FOR SENIORS:
TRANSPORTATION & MOBILITY OPTIONS
IN JOHNSON COUNTY**



***“USING PUBLIC TRANSPORTATION
IS GOOD FOR THE ENVIRONMENT”***

www.livablecommunity.org

CAMBUS

Company Name: Cambus, The University of Iowa
Street: Evashevski 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
Fax: 319.335-6647 **Website:** 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-12:30am, Monday-Friday
Weekend service varies during the academic year.
Services: Space at front of bus for seniors and disabled.
Vehicles are accessible.

Coralville Transit

Company Name: Coralville Transit
Street: 708 East 2nd Avenue
City, State, Zip Code: Coralville, IA 52241
Phone: 319.248-1790
Contact Person: Vicky Robrock
E-Mail: vrobrock@ci.coralville.ia.us - **Fax:** 319.248-1797
Website: www.coralville.org/transit
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.

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
Fax: 319.356-5155 **Website:** 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.

TRIPMASTER: - is a resource to map a bus route. Log on to www.icgov.org, click on A - Z index, then Bus, and on left side click on Tripmaker. You will need to enter a starting point and a destination, week day or Saturday and time of trip. You may also request this information via phone by calling 356-5151 during the week from 8 am to 5 pm.

NORTH LIBERTY

Company Name: City of North Liberty
Street: 3 Quail Creek Circle/ 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
Fax: 319.626-3288

Website: 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 and
follow instructions to 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.

(SEATS – con't)

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 **Fax** 319.339-6185
Website: 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.

Costs: \$2.00 one-way for rural residents; \$1.50 one-way ride or a
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 holidays, 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 call SEATS at 319.339-6128 for specific information.

Gift Pass Cards good for ten rides with SEATS are available. Call SEATS at 339-6128 to purchase or to ask your questions about eligibility for yourself or your own Special Senior.

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

Commercial Transportation

Numerous **taxi companies** are listed in the yellow pages of the phone book. – Ask about senior citizen gift cards or charge accounts, provided by some companies including YELLOW cab.

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

Mega-Bus – low cost daily bus service from Iowa City to Chicago and Des Moines. <http://www.us.megabus.com/>

Where's the BUS? Check Bongo! BONGO has been installed for the Iowa City, Coralville, and University of Iowa Cambus systems. The system works by means of a GPS tracking device that has been installed on each bus. The device sends a signal every 10 seconds with updates about its location, based on latitude and longitude. Riders are then provided with a predicted arrival time, information they can access with a variety of technology, including:

Texting: Text “nbus bongo” and the bus stop number (located on the bus stop signs), to 41411. Or, users can opt to receive a text message when the bus is nearing a specific stop.

Computers or smart phones: Access the system's website at www.ebongo.org for information, or use your camera phone to scan the image of the QR code on a bus stop sign. This will upload the bus stop's web page on your phone's browser.

From Iowa City's Planner Newsletter

Educational Resources:

Free or low cost

AARP DRIVER SAFETY PROGRAM

Even though older drivers are generally safe drivers, cars have changed. So have traffic rules, driving conditions, and the roads we drive on every day. Older drivers can sharpen their driving skills and refresh their knowledge of the rules of the road by taking the **AARP Driver Safety Program** classroom or online course. : To learn more, visit www.aarp.org/drive or call 1-888-AARP NOW (1-888-227-7669). Also available is the Getting Around Guild (www.aarp.org/gettingaround) for those who no longer drive or are interested in going “car-lite”.

Driver Safety Courses for drivers age 50 and older are offered on a frequent basis in area locations. Most classes are taught in two, four-hour sessions spanning two days. Minimal cost. Alternatively – take the Driver Safety Course Online: www.aarp.org/families/driver_safety/driver_safety_online_course.html

“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 signs. (from the Maryland DOT)
www.mva.maryland.gov/Driver-Safety/Older/stop_driving.htm

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 shoulderwhile backing up or changing lanes
4. Frequent traffic tickets or "warnings" by traffic or lawenforcement 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, garagedoors, curbs etc.
7. Difficulty staying in the lane of travel
8. Getting lost
9. Trouble paying attention to signals, road signs and pavementmarkings
10. Slower response to unexpected situations
11. Medical conditions or medications that may be affecting theability to handle the car safely
12. Frequent "close calls" (i.e. almost crashing)
13. Trouble judging gaps in traffics at intersections and onhighway entrance/exit ramps
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 starting 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.

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.

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Step 3 – Suggest options, depending on the degree of impairment. 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 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 "additional information")
- 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. Their goal is not to take licenses away, but to help people keep driving as long as they safely can.

Step 4 – Seek additional help if needed. 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/>)

Additional information:

- FREE LITERATURE TO SEND FOR: + AAA Foundation for Traffic Safety: Visit 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
- The National Center on Senior Transportation (NCST) web site at www.seniortransportation.net
- <http://www.SeniorDrivers.org> a website devoted specifically to senior citizens and driving safety. (AAA)
- **Getting Around** – Alternatives for Seniors who no longer drive - good information for seniors and their families. <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 <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 <http://www.thehartford.com/talkwitholderdrivers>

**From the Iowa Department of Transportation (DOT)
www.iowasafeandmobileseniors.com**

This Iowa DOT web site offers information for the mature driver, family members and care-givers, Health Care professionals, Community Planners and Law Enforcement personnel.

Driver Retirement Planning: A Good Iowa Investment

As part of its “**Choices Not Chances – The Road to Driving Safer and Longer**” initiative, the Iowa DOT developed “**Driving Retirement: Planning and Making It Work**”.

Targeted to the older adult, it provides worksheets to assist individuals in identifying their transportation options and developing a personal transportation plan. It is available through the state DOT offices or at: <http://www.dot.state.ia.us/mvd/ods/drivingretirement.pdf>

Driving with Diminished Skills: Guide for family members of older persons with Dementia or Alzheimer’s disease

<http://www.iowadot.gov/mvd/ods/diminishedskills.pdf>

Driver’s License Renewal in Iowa: Renewing your driver’s license can be stressful for an older person, worrying about the vision screening and/or the knowledge skills with a driving test.

<http://www.iowadot.gov/mvd/ods/dlrenewal.pdf>

Older Drivers & Risk: Why be concerned about seniors’ mobility?

<http://www.iowadot.gov/mvd/ods/olderdrivers.pdf>

Senior Driver’s Information Guide: Guide to refresh knowledge of safe driving rules and practices. Workbook includes questions on Iowa law, rules for safe driving, and the meaning of signs.

<http://www.iowadot.gov/mvd/ods/senior.pdf>

..From the University of Iowa Center on Aging: Older Adult Driving Resources

According to the U.S. Transportation Dept, 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 population, but accounted for 13% of traffic fatalities and 17% of pedestrian fatalities.

The University of Iowa Center on Aging: identifies Iowa Programs that can evaluate an individual’s ability to continue driving independently, whether they can become an independent driver, or if an individual needs adaptive equipment to drive:

<http://www.uiowa.edu/~centrage/Info> and

[Resources/DrivingPrograms.shtml](http://www.uiowa.edu/~centrage/Info) or contact the Center at 319-335-6576