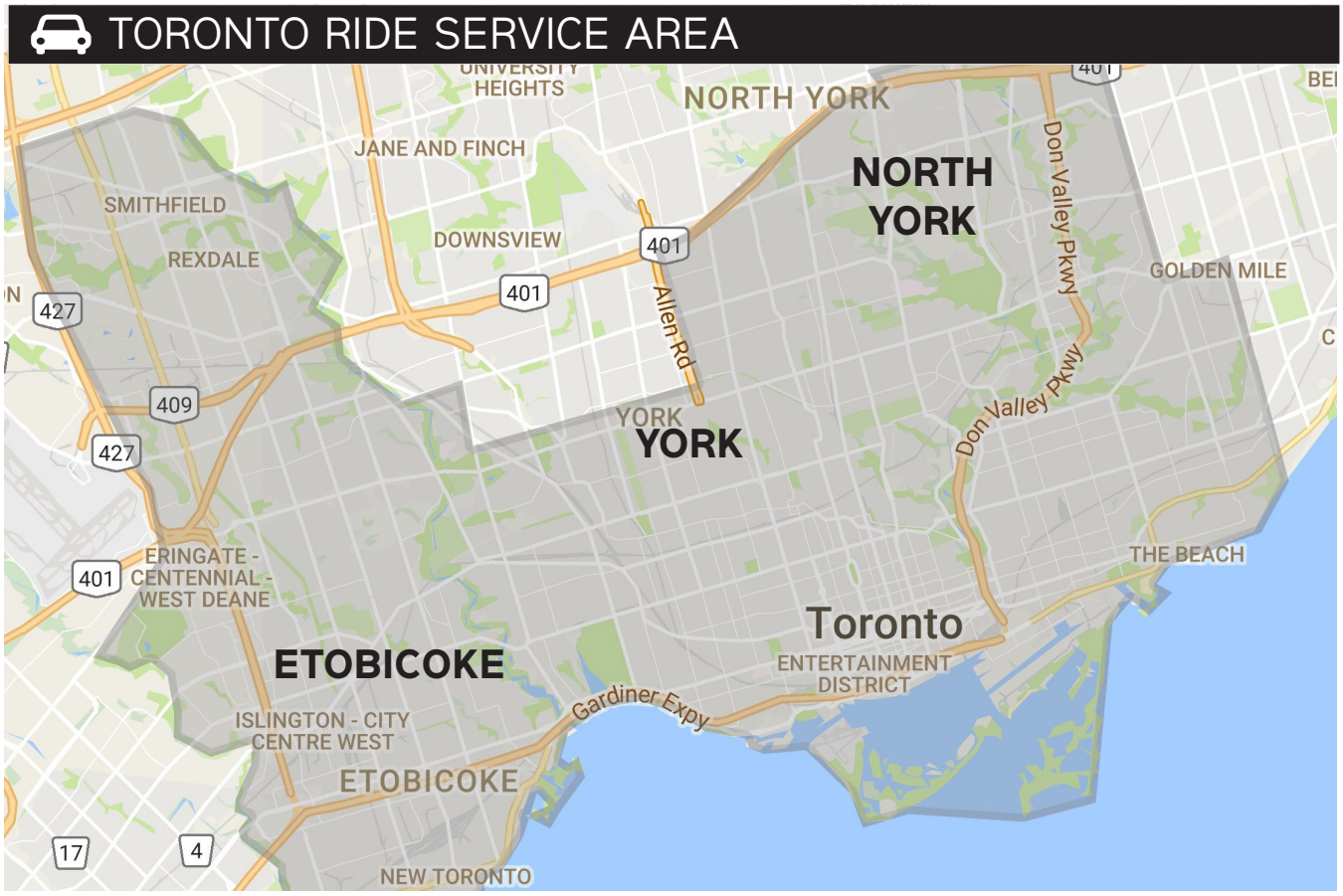
COMMUNITY TRANSPORTATION OPTIONS

INFORMATION FOR OLDER ADULTS, FAMILIES, AND CAREGIVERS

READ THIS PAMPHLET TO LEARN:

- A List of Places that Provide Driving Services.
- Where you can Access These Services.
- Who to Call if you Have Any Questions.

Sinai Health System
HEALTHY AGEING AND GERIATRICS



IF YOU LIVE IN TORONTO

Toronto Ride is a collaborative partnership of 14 not-for-profit, community support service agencies that provides assisted door-to-door transportation to older adults 55+ and adults with disabilities who are not eligible for Wheel-Trans.

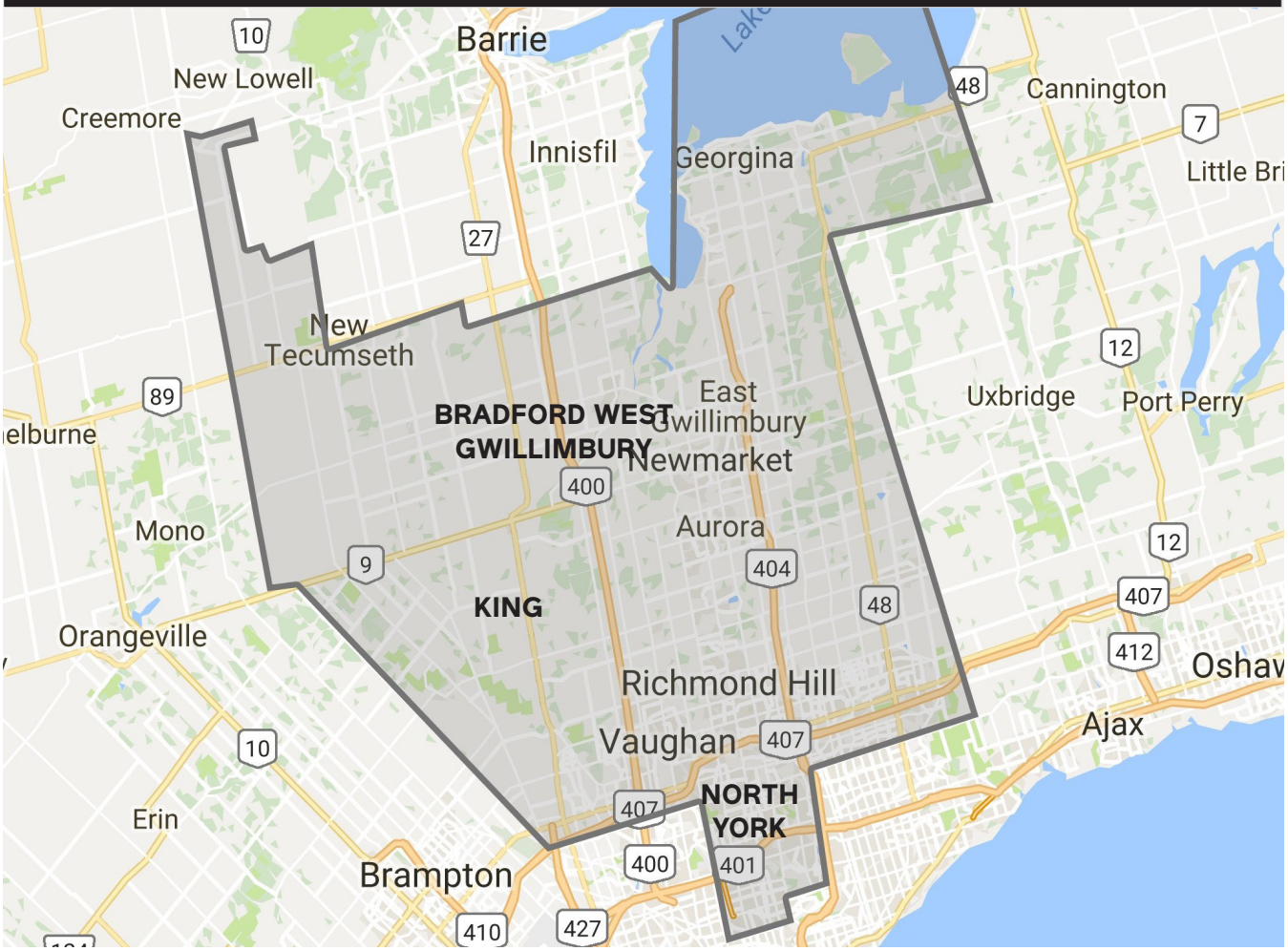
It is recommended that you arrange a driving service as many days before your medical appointment as possible. Many of these agencies also charge a fee.

To be directed to the correct transportation service in your area please contact:

Toronto Ride - 416-481-5250

Visit **www.torontoride.ca** for more information.

iRIDE^{Plus} SERVICE AREA



IF YOU LIVE NORTH OF TORONTO

iRIDE^{Plus} provides door-to-door, assisted transportation for older adults 55+ and adults with disabilities who are not eligible for Wheel-Trans. iRIDE^{Plus} is led by CHATS (north of Steeles Avenue) and Circle of Care (south of Steeles Avenue) and their community agency partners.

To book your ride please contact:

iRIDE^{Plus} - 1-844-IRIDE-01 (1-844-474-3301)
Circle of Care - 416-635-2900, extension 478

Visit: **www.irideplus.com** for more information.

SCARBOROUGH RIDE SERVICE AREA

IF YOU LIVE IN SCARBOROUGH

Scarborough Ride provides door-to-door, assisted transportation for older adults 55+ and adults with disabilities in the Scarborough area. Scarborough Ride is made up of 5 community agencies who provide transportation options for older adults.

To book your ride please contact:

Scarborough Ride - 416-847-4146

OTHER TRANSPORTATION OPTIONS

TTC - WHEEL-TRANS

Wheel-Trans provides transportation services for people with physical challenges that prevent them from using public transit.

416-393-4111

www.ttc.ca/WheelTrans

To qualify for Wheel-Trans you must go to an interview and be approved for this service.

For more information on how to register for Wheel-Trans, read our pamphlet **“How to Register for Wheel-Trans.”**

TTC - COMMUNITY BUS SERVICE

The Community Bus Service provides accessible transit to individuals with mobility issues. The Community Bus Service is only available on specific routes and charges regular TTC fare.

For information on bus routes and schedules for the Community Bus Service visit:

www.ttc.ca/Routes

UberASSIST AND UberWAV

UberASSIST is designed to provide additional assistance to older adults and individuals with accessibility needs. Uber drivers are specifically trained by the Open Doors Organization to assist riders into vehicles and can accommodate folding wheelchairs, walkers, and scooters.

UberWAV provides a wheelchair accessible vehicle option, connecting riders with drivers in vehicles that are equipped with ramps or lifts.

If you have a smartphone, access UberASSIST or UberWAV by downloading the Uber App from the App Store and use it to order your trip with available drivers.

RELEVANT RESOURCES IN OUR SERIES

- How to Register for Wheel-Trans

ADDITIONAL HEALTH RESOURCES IN OUR SERIES:

- Living Longer, Living Well – Your Guide to Healthy Ageing
- Calcium, Vitamin D and Bone Health
- General Tips for Memory Problems
- Preventing Falls at Home
- How to Recognize and Manage Delirium
- Managing Constipation
- Improving Urinary Incontinence
- Recognizing and Managing Hearing Loss
- Safe Medication Use for Older Adults
- Substitute Decision Makers and Powers of Attorney
- Elder Abuse
- Managing Caregiver Stress

ADDITIONAL COMMUNITY RESOURCES IN OUR SERIES:

- Meals on Wheels
- How to Register for Wheel-Trans
- Driving Assessment Services
- Funding for Mobility Aids from the Assistive Devices Program

Visit **www.sinaigeriatrics.ca/healtheducation** for additional resources for older adults, families and caregivers.

This information is to be used for informational purposes only and is not intended as a substitute for professional medical advice, diagnosis or treatment. Please consult your health care provider for advice about a specific medical condition. A single copy of these materials may be reprinted for non-commercial personal use only.

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