

COMMUNITY TRANSPORTATION OPTIONS

INFORMATION FOR OLDER ADULTS, FAMILIES,
AND CAREGIVERS



READ THIS PAMPHLET TO LEARN:

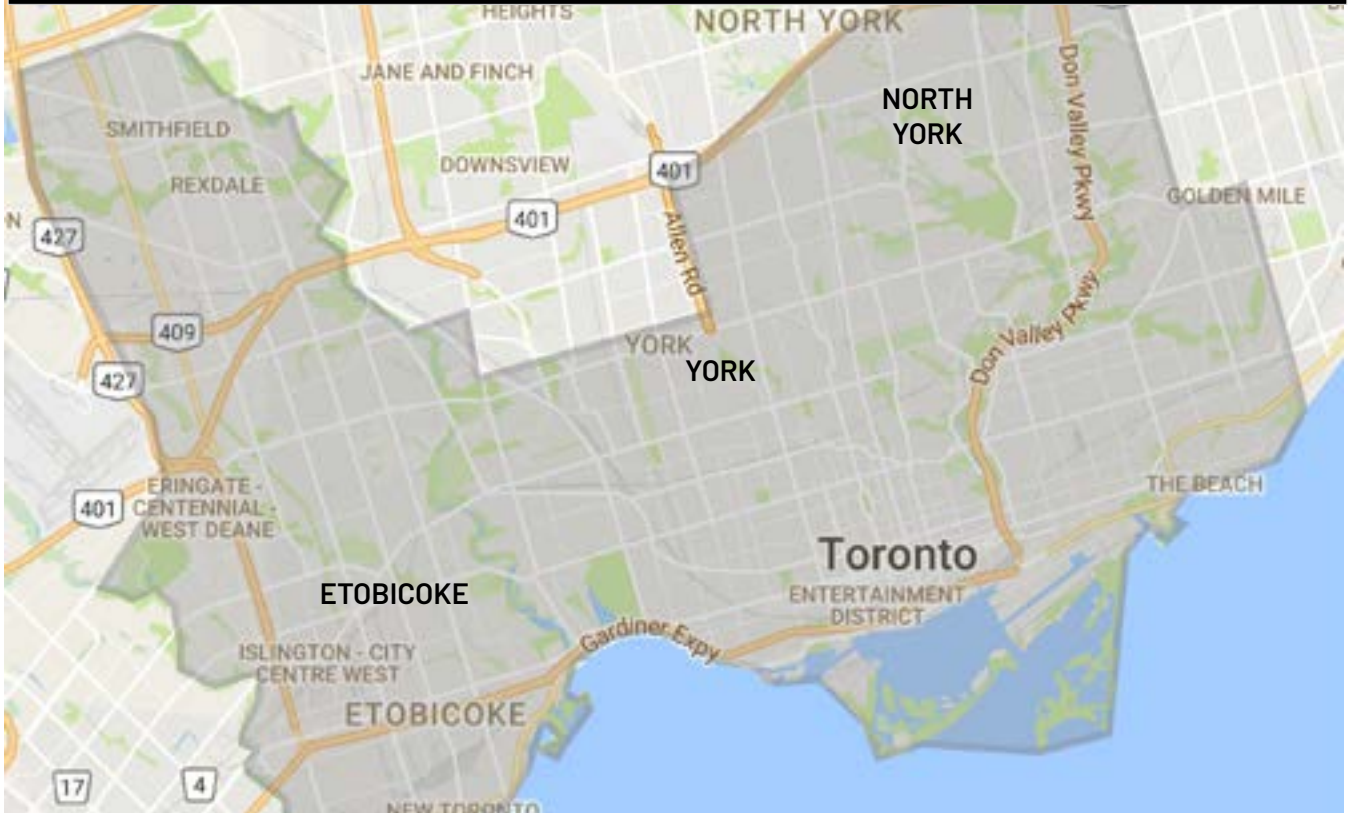
- Available Transportation Services.
- Where you can Access These Services.
- Who to Call if you Have Any Questions.



**Sinai
Health**

Healthy Ageing
and Geriatrics

TORONTO RIDE SERVICE AREA



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

iRIDEPlus provides door-to-door, assisted transportation for older adults 55+ and adults with disabilities who are not eligible for Wheel-Trans. iRIDEPlus 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:



iRIDEPlus - 1-844-IRIDE-01 (1-844-474-3301)
Circle of Care - 416-635-2860, 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 - 416-847-4134

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

- Driving Assessment Services
- How to Register for Wheel-Trans

ADDITIONAL HEALTH RESOURCES IN OUR SERIES:

- Advance Care Planning: How to Start the Conversation
- Alcohol and Your Health
- Calcium, Vitamin D and Bone Health
- General Tips for Memory Problems
- Improving Nutrition as You Age
- Improving Urinary Incontinence
- Living Longer, Living Well: Your Guide to Healthy Ageing
- Managing Caregiver Stress
- Managing Chronic Pain
- Managing Common Mental Health Conditions in Older Adults
- Managing Constipation
- Managing Mild Cognitive Impairment, Alzheimer's Disease And Other Dementias
- Managing Multiple Chronic Health Conditions
- Managing Sedative-Hypnotic Use Among Older Adults
- Managing Sleep in Older Adults
- Managing Substance Use and Addictive Disorders As You Age
- Preventing Falls at Home
- Recognizing and Managing Anxiety
- Recognizing and Managing Delirium
- Recognizing and Managing Depression
- Recognizing and Managing Hearing Loss
- Safe Medication Use for Older Adults
- Substitute Decision Makers and Powers of Attorney
- Understanding Your Palliative Care Options

ADDITIONAL COMMUNITY RESOURCES IN OUR SERIES:

- Elder Abuse
- Funding for Mobility and Other Aids from the Assistive Devices Program
- Housing Options for Older Adults
- Meals on Wheels

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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