

TRIPPS



Transportation Resources, Information, Planning & Partnership for Seniors

Brookline & Newton, Massachusetts

Kerri Ann Tester, LCSW, Program Director
Maria Foster, Community Outreach Specialist

How did **you** get here today?



Senior Isolation

Isolation in seniors contributes to problems with...

- Health & well-being
- Income
- Housing
- Hunger
- Longevity

See "The High Price of Loneliness." Judith Graham, *New York Times*, June 18, 2012



"Life expectancy exceeds safe driving expectancy after age 70 by about six years for men and ten years for women."

Source: AARP Foundation

Why do seniors retire from driving?

- Their own health
 - Poor vision
 - Parkinsons
 - Paralysis (esp. stroke-related)
 - Arthritis
 - Dementia
 - Temporary health problems
- Recommendations from friends & family
- Recommendations from physicians
- Requirement by law enforcement
- Financial resources



What are the options for seniors?

Traditional options

- MBTA
- Paratransit(RIDE)
- Taxi vouchers
- Friends/family
- Paid assistants

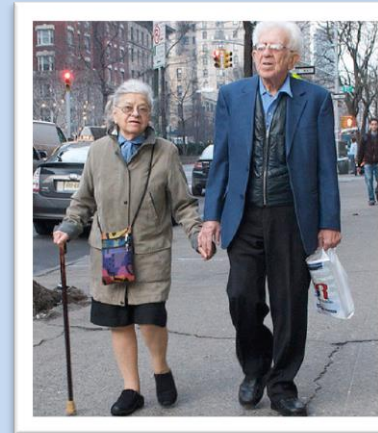


Don't forget!

- Walking
- Cycling

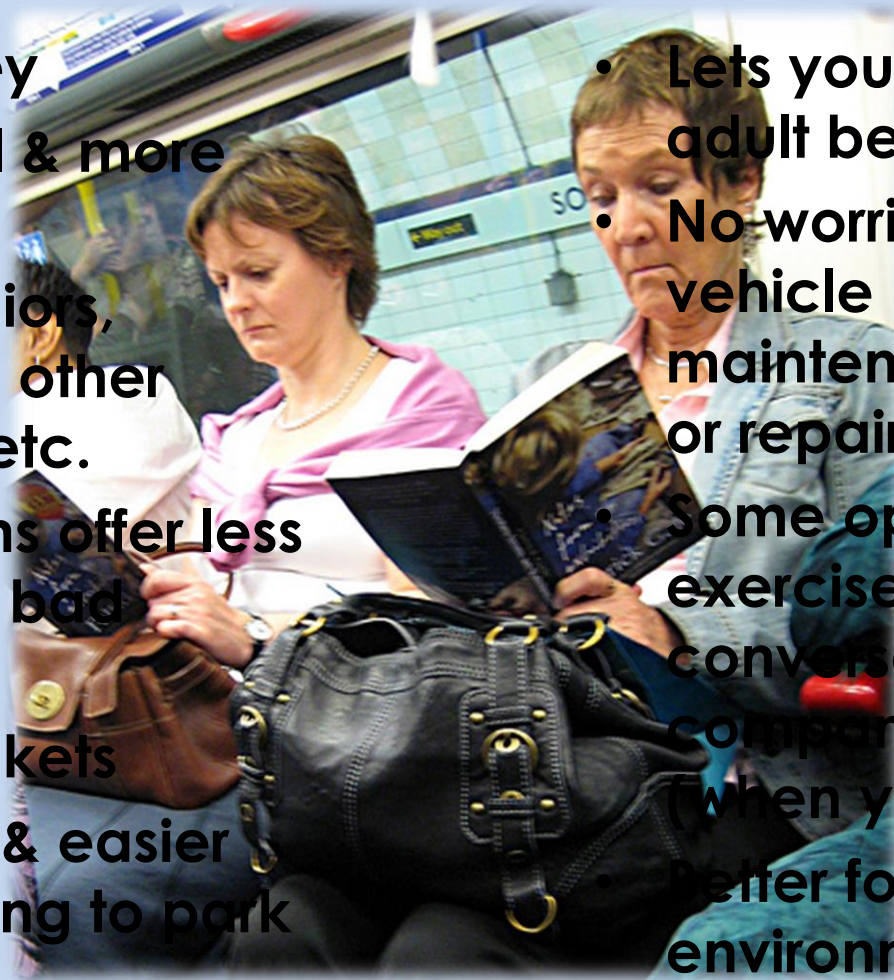
Less traditional options

- Carpooling
- Faith & other communities
- Volunteer driver programs
- Ride-hailing & smartphone apps
- ???



It's all about perspective...

- Saves money
- Less stressful & more relaxing
- Safer for seniors, pedestrians, other road users, etc.
- Some options offer less exposure to bad weather
- No risk of tickets
- Often faster & easier without having to park
- Lets you enjoy an adult beverage!
- No worries about vehicle maintenance or repairs
- Some options offer exercise, fresh air, conversation & companionship (when you want it!)
- Better for the environment



Dependence & Habit



The Boston Globe

Survey says: Young people love public transit!



By Nicole Dungca, November 14, 2015

Boston's Millennials don't just love selfies and emojis. They love public transit, too, according to a recent poll.

78% thought it was "very important" for their workplace to be near public transit.

81% selected the "ease of commute" as one of their top 3 factors in choosing a neighborhood, and about **80%** also checked off "transit access."

About **49%** said they usually take the T to work.

About **39%** said they walk; about **24%** use the bus; and about **22%** said they bike. Only **26%** said they drove alone.

About **89%** have used a taxi, **84%** have used Uber, **27%** had used Lyft, and **39%** have used Hubway.

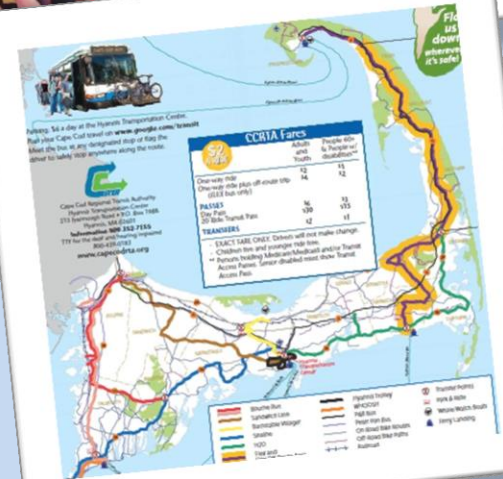
All the Cool Kids are Doing It!

(a.k.a. *Peer Mentorship*)



TRIPPS

Lifelong Learning & Challenges



Stay Connected with Your Community!



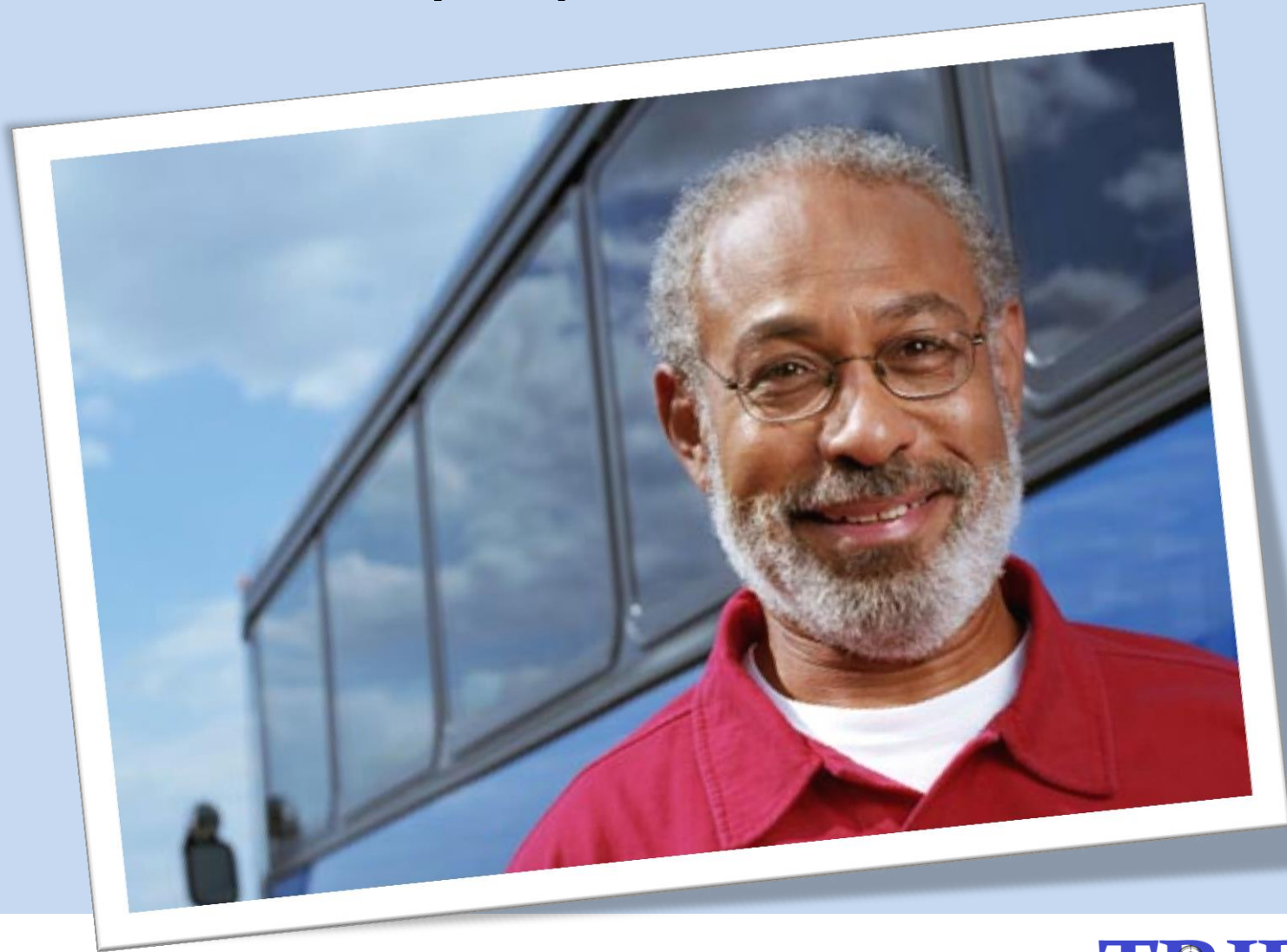
How to Connect with TRIPPS

- (617) 730-2644
- TRIPPSMass.org
- info@trippsmass.org
- Public events
- Resource guide, online or in print
- Social media

The collage includes three main components:

- TRIPPS Massachusetts Website:** A screenshot of the website's homepage. It features a navigation bar with links like HOME, TRANSPORTATION RESOURCES GUIDE, PERSONALIZED HELP, ARTICLES, and GLOSSARY OF TERMS. The main content area says "Welcome to the TRIPPS program!" and includes a night cityscape image with the text "TRIPPS stands for...".
- TRIPPS Program Map:** A map showing the TRIPPS Program area in Boston, with various streets and landmarks labeled. A photo of a woman driving is also included.
- Twitter Feed:** A screenshot of the TRIPPS Massachusetts (@TRIPPSMass) Twitter profile. It shows the bio: "The TRIPPS program provides education and support to Newton and Brookline residents aged 60+ looking for alternatives to driving due to age, ability, or choice." and a tweet from @traviskimagines about a world with no traffic in Boston in 5 years.

Any questions?



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