# Title Slide - TRIPPS

Transportation Resources, Information, Planning and Partnerships for Seniors

Brookline and Newton, Massachusetts

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## Slide One – How did you get here today?

Images: Various modes of transportation including wheelchair, car, scooter, walking, bus, train, taxi, and bike

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## Slide Two – 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.” Quote Source – the AARP Foundation

Images: Older woman singing in front of a crowd; Older woman sitting in front of a fireplace and reading a book; Older woman holding a bouquet of flowers in a garden; Older man smiling at the end of a lap lane in a swimming pool

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## Slide Three – 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

Image: Older woman sitting on the driver’s side of a vehicle with her hands on the wheel, a seatbelt securing her safely in the vehicle, and a smile on her face

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## Slide Four – 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
* ???

Images of different modes of transportation: Older adult with mobility assistance device stepping out of a car while another older adults holds the door; older adult in wheelchair on the lift of a handicap-accessible van; older couple holding hands and walking down the street; older adults riding a bicycling

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## Slide Five – 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

Image: Adults on the Metro reading their book

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## Slide Six – Dependence and Habit

Images: Man with hand on head in the driver seat of car sitting in exasperated position; traffic on the interstate; cars driving in a snowstorm; blurred scene of road, cars, and lights at night

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## Slide Seven – 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.

Image: Millennials using various electronic devices (Phones and tablets)

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## Slide Eight - All the Cool Kids are Doing It! (a.k.a. *Peer Mentorship*)

Images: One of TRIPPS Travel Trainers; a group of older adults walking down the stairs at Government Center “T” stop during a travel training exercise; TRIPPS consumers speak about options for transportation at a panel held at the Brookline Senior Center; two women walk through the controlled access turnstiles at a metro station in Boston; two men and two women in fancy apparel stand on stage at a Rotary Club event; four women who use TRIPPS stand in front of the Boston Public Library

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## Slide Nine – Lifelong Learning and Challenges

Images: Older adults sitting in classroom like setting taking computer lessons; an younger gentleman stands in the middle of two older adults, teaching them how to use tablets; older adults sitting around a table learning how to use cellular devices; a handout with a picture of Cape Cod and the various routes available on the Cape Cod Regional Transit Authority

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## Slide Ten –Stay Connected with Your Community!

Images: People of all ages and races standing in pews at their place of worship; two adults smiling and holding their two young children; a group of women enjoying lunch together on an outside patio; an older couple sitting on a train

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## Slide Eleven – How to Connect with TRIPPS

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

Images of TRIPPS on various web and social media sites: TRIPPS Massachusetts homepage on their website; Transportation Resources and Information searchable guide as viewed on a cellphone web browser; the TRIPPS Program’s Facebook Page; TRIPPS Massachusetts on Twitter

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## Slide Twelve – Any questions?

Image: Older man standing in front of bus smiling

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