Age-Friendly Public Health Systems
Older Adults and Transportation

Transportation is crucial for older adult access to essential services including healthcare, social services, educational and employment opportunities, and community engagement.

Accessible transportation is an important part of health, well-being, and access to essential services. Transportation either provides or hinders access to necessary services. Many older adults struggle with limited access to transportation. Common barriers to transportation for older adults include a lack of available public transportation, lack of community options for transportation, no friends or family who drive regularly, lack of available funds to pay for expensive transportation, and concerns about COVID-19. In many societies these barriers are more common among African Americans, Hispanic Americans, Asian American and Pacific Islanders, Native Americans, and other ethnic or racial minority groups. Consistent and reliable access to transportation would improve health outcomes.

Trust for America's Health's 6Cs Framework for Creating Age-Friendly Public Health Systems (AFPHS) organizes public health roles in aging. Public health outcomes by enhancing access to transportation by:

✓ Creating policies requiring communities to expand transportation, expand walkability of communities, and subsidizing the price of transportation for low-income individuals

✓ Connecting multi-sector stakeholders like rideshare organizations to expand opportunities for transportation

✓ Collecting data on older adults with limited access to transportation

✓ Coordinating partnerships with healthcare providers to facilitate options and resources for transportation

✓ Communicating information about public transportation and rideshare programs to older adults

✓ Complementing existing rideshare opportunities in low-income areas where accessing public transportation is inefficient due to cost

Resources:
1. GoGoGrandparent
2. Rural Health Information Hub : Rural Health Information Hub Transportation Models
3. National Center for Mobility Management: Transportation and Social Determinants of Health
4. National Aging and Disability Transportation Center