

# Transportation

Victor Valley  
Community  
Services Council



Limited access to  
transportation =

Loss of  
independence

Difficulty with  
continuity of  
health care

Limited supply of  
fresh nutrition

Constricted social  
engagement

Creates shut-Ins

# Without Transportation

## Emotional Aging

Loss of independence

Constricted social engagement

Isolation

## Physical Aging

Interrupts continuity of health care

Limits supply of fresh nutrition

- Hinders the ability to care for one's self.
- Harder to reach out to friendly support and socialization
- Adds to feeling of helplessness



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"Dependent"  
"Helpless"  
"Alone"  
"Afraid"  
"Have to depend on strangers"  
"Lucky if you have neighbors who aren't too busy with their jobs or families"  
"How do I get my pet to the doctor?"

# Depression



- 18% of seniors live alone, while 43% report feeling lonely on a regular basis, according to a study conducted by researchers from the University of California, San Francisco (UCSF).
- Lonely seniors are more likely to decline and die faster.
- The study also found that people 60-years-old and older who reported feeling lonely saw a 45% increase in their risk for death.
- Isolated elders also had a 59% greater risk of mental and physical decline than their more social counterparts.

# Case Study of Mary

Mary lives in Hesperia

Mary receives \$800 per month on social security

Mary pays \$700 per month for her apartment

Mary has a deep tissue wound on her leg which makes it difficult to walk.

Mary goes to St. Mary Wound Care in Apple Valley weekly

The closest bus stop to Mary is  $\frac{3}{4}$  mile away

Without transportation service Mary could lose her leg.

Mary has \$100 to pay for: Electricity, gas, food, pet care.

Mary has little or no available funds to pay for transportation.



VVCSC provides Mary with free transportation, helping her save money and maintain her healthcare.

46 Surveyed  
High Desert  
Transportation clients  
were asked:

What would  
you use as an  
alternative if our  
service was no  
longer  
available?

- 21 Don't know what they would do
- 7 No Answer
- 7 Bus
- 4 ADA Transportation
- 4 Taxi or pay someone
- 3 Neighbor or Caregiver

"Bus 43 VVC, bus 45, Lorene, bus 31, Kaiser.  
That's 3 buses to and 3 buses home."



"1. Hitch hike 2. Beg for ride 3. Bus service on a good day, when I'm able to walk well"

"I would ask a neighbor or friend if they can take me to my doctor appointment since VVTA doesn't provide service in that location." "The services are a blessing for my medical condition"

"I would have to pay someone to take me to my appointments, which I can't do. I was paying my rides to my appointment \$30.00 each time, it was hard for me"

"I cannot use any other service, as I live too far out for city buses."

"Don't have an alternative service."

"Nothing don't have anybody"

"Big problem"

# Why specialized transportation?



## Feeling of safety

Not riding with complete strangers

## Social opportunity

Meeting new people

## A view of their own town

Freedom of seeing outside the home

## Continuity of care

Access to multiple providers and follow up appointments

## Door to Door

Eliminates long waiting times and multiple transfers