

# Transportation for Seniors in Winter Months

Travelling in the winter time can be difficult for older adults. For those who can't drive, walking to locations may no longer be an option. For those who can, the roads are often dangerous.

AARP offers several tips to keep drivers safe in winter conditions.

1. Winterize your car by making sure the heater, windshield wipers and the defroster work properly.
2. Put together an emergency kit to keep in your car. Include water, a flash light, flares and a first aid kit.
3. Reduce speed and leave plenty of room between you and the car in front of you. Remember, when roads are icy it takes longer to stop.

For more tips visit [www.aarp.org/driversafety](http://www.aarp.org/driversafety).

For seniors who are unable to drive themselves, there are several options in Franklin County for transportation.

Through COTA, individuals under the American with Disabilities Act (ADA), can apply for the

Project Mainstream Program. This program is a shared-ride service that can be scheduled beforehand and will pick up customers at their door. Visit [www.cota.com/Mainstream.aspx](http://www.cota.com/Mainstream.aspx) for an application.

Transportation to medical appointments may be provided on a sliding-fee basis to residents of Franklin County, age 60 and older through Senior Options. Call (614) 525-6200 about eligibility.

Arrangements can be made in advance through American Red Cross of Greater Columbus for people over 60. Special accommodations can be made for groups and people in wheelchairs. Call (614) 253-6705 for an appointment.

The Clintonville-Beechwold Community Resources Center provides transportation to medical appointments for seniors who live in the area. Call (614) 268-3539.

Seniors can also call their local senior center or recreation center as they may also offer transportation.