Transportation Choices:
Improving the Mobility of Elders in the Tri-City Community

Featured Measure B Funded Programs:

• Tri-City Travel Training Program
• Walk This Way Program

Your Measure B Sales Tax Dollars at Work!

Pathways to Positive Aging
A Community Action Plan to Improve the Lives of Older Adults Living in Southern Alameda County

Community-identified senior mobility needs:

• Offer training so seniors can learn how to use public transit.
• Promote walking as a mode of transportation and a way of maintaining well-being for older adults.
• Expand same-day transportation options.
• Provide door-through-door assisted transportation for frail seniors and persons with disabilities.
• Help seniors address driving safety issues and plan for “driving retirement.”
**Tri-City Travel Training Program**

*Funded by Measure B Paratransit Gap Grant*

- Classroom instruction & field outings on public transit to teach seniors and people with disabilities how to use public transit
- Special outreach to limited-English speaking seniors using interpreters from Community Ambassadors Program for Seniors
- Transit Adventures Program – group social and recreational outings on transit to continue building familiarity with using buses and BART

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**Tri-City Travel Training Program**

*Funded by Measure B Paratransit Gap Grant*

- 29 workshops conducted; 377 participants trained
- 4 workshops conducted in Mandarin, 1 workshop in Farsi, 1 workshop in Punjabi, 1 workshop in Spanish and 1 workshop in ASL
- 18 Transit Adventure Program outings conducted using BART and buses
**Tri-City Travel Training Program**
Pedestrian Education & Advocacy Efforts

- Assessment of crosswalk safety: better signage, striping, etc.
- Need for curb cuts
- Assessment of bus bench placement
- Better bus stop accessibility

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**Walk This Way Program**

*Program launched July 2009*

**Program Goals:**

- Promote health benefits of walking and raise awareness of connection between physical activity and improved mobility among older adults.

- Encourage walking as a mode of transportation or a means of connecting with transit.

- Increase awareness of pedestrian safety, assess barriers in environment and advocate for infrastructure improvements.

*Funded by Measure B Bicycle and Pedestrian Countywide Discretionary Funds*
Walk This Way Program

Program includes:
- Structured walking activities and games
- Health promotion and education:
  - Strength, flexibility and balance training
  - Disease prevention and management
  - Falls prevention
- Pedestrian safety education
- Pedestrian safety assessment and advocacy

- Paid coordinator and volunteer peer walk club leaders
- Collaboration with Generations Community Wellness

Conducted 14 “Walk This Way” Sessions

Held at Senior Centers, Community Centers, Mobile Home Park, Apartment Complexes.

Approximately 300 older adults participated.

Established 5 Alumni Walking Groups

Participants continue to meet weekly with peer leaders.
**Walk This Way**

*Program*

**Funded by Measure B**

**Bicycle and Pedestrian**

**Countywide Discretionary Funds**

Program Impacts:
- Improvement in functional fitness
- Increased consumption of fruits/veggies
- Expanded knowledge of transportation resources
- Increased awareness of pedestrian and driving safety

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**Cultivating Safe Routes**

*for Tri-City Seniors:*

**Improving the Mobility of Elders in our Community**

- Questions?

- Contact for more information:

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