



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



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



Walk This Way Program

***Funded by Measure B
Bicycle and Pedestrian
Countywide Discretionary Funds***

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.



Walk This Way Program

**Funded by Measure B
Bicycle and Pedestrian Countywide
Discretionary Funds**

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



Walk This Way Program

**Funded by Measure B
Bicycle and Pedestrian
Countywide Discretionary Funds**

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



Cultivating Safe Routes for Tri-City Seniors:

Improving the Mobility of Elders in our Community

- Questions?
- Contact for more information:

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