**Delivering the Best Value for Public Funds:**

**Improving the Mobility of Elders Living in Fremont, Newark & Union City**

South County Transportation Forum, July 26, 2012

*Featured Measure B Funded Programs:*

- VIP Rides Program
- Tri-City Travel Training Program
- Walk This Way Program

*Your Measure B Sales Tax Dollars at Work!*

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**VIP Rides Program**

*Funded by Measure B Paratransit Gap Grant*

*Partnership with Life ElderCare and Fremont, Newark & Union City*

*Program launched July 2006*

- Volunteer driver/escort program
- Provides door-through-door assisted transportation to seniors and persons with disabilities who lack a friend, relative or paid caregiver to accompany and assist them on trips
- Volunteers provide:
  - transportation in their vehicles or accompany riders on paratransit
  - provide destination assistance for medical appointments, shopping and other errands.
VIP Rides Program
Funded by Measure B Paratransit Gap Grant
Partnership with Life ElderCare and Fremont, Newark & Union City

• 23,842 one-way escorted trips provided
• Percentage of the escorted trips that are volunteer-driven has increased:
  FY 11/12: 94%
  FY 10/11: 85%
  FY 09/10: 75%
  FY 08/09: 53%
• FY11/12: Estimated cost savings of $99,975 for the Fremont Paratransit Program.

Tri-City Travel Training Program
Funded by Measure B Paratransit Gap Grant

Program launched February 2008

• Expand transportation options for older adults and people with disabilities by providing hands-on opportunities for participants to develop mastery in using local and regional public transit services.
  • Program components:
    - Classroom and field instruction on bus and BART, including use of Clipper Cards
    - Group outings to regional points of interest that build familiarity with regional transit services.
    - Special outreach to limited-English speaking seniors
Tri-City Travel Training Program
Funded by Measure B Paratransit Gap Grant

- 45 workshops conducted
- 612 individuals trained
- Workshops conducted in Mandarin, Farsi, Punjabi, Spanish and ASL
- 35 group outings conducted using: AC Transit, Muni, VTA, SamTrans, LAVTA, DB Express, Oakland/Alameda Ferry, university shuttles

Walk This Way Program
Funded by Measure B Bicycle & Pedestrian Countywide Discretionary Funds
Partnership with Generations Community Wellness

Program launched July 2009
Structured 16 week program that combines fitness and education activities to:

- 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**

**Conducted 21 “Walk This Way” Sessions**
- Held at Senior Centers, Community Centers, Mobile Home Park, Apartment Complexes.
- Over 400 older adults participated.

**Established 5 Alumni Walking Groups**
- Participants continue to meet weekly with volunteer peer leaders.

**Program Impacts**

**VIP Rides**
- Fills critical transportation need for very frail & disabled individuals who lack have minimal or no social support
- Cost-effective service helps paratransit programs stretch their dollars to meet large transportation demands.

**Travel Training:**
- Increased use of public transit
- Increased awareness of pedestrian & transit safety
- Advocacy for improved transit access:
  - bench & shelter placements, bus stop accessibility, crosswalk safety assessments

**Walk This Way:**
- Improvement in functional fitness & mobility
- Expanded knowledge of transportation resources
- Increased awareness of pedestrian & driving safety
Improving the Mobility of Elders in the Tri-City Community

• Questions?

• Contact for more information:
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