

GETTING AROUND

WOOD COUNTY GUIDE

SENIOR EDITION

WOOD COUNTY
COMMITTEE ON

Ageing





ABOUT THIS GUIDE

The **Getting Around Wood County Guide** is your reference source for transportation options and resources in Wood County. Everyone has different transportation needs and abilities, so it is important to assess all transportation options to find the best fit for each individual's needs. The guide is organized into the following sections:


- The Basics of Public Transportation
- Travel Training
- Transportation Providers
- Route Maps
- Personal Vehicles
- Training Programs
- Transportation Assistance
- Bicycling & Walking
- Golf Cart Safety

Understanding transportation options will increase independence as well as support an active lifestyle. This guide will help you make informed decisions regarding the transportation you choose to use in Wood County.

Definitions

This guide uses various transportation and mobility terms throughout. Knowing the meaning of these terms will assist you in understanding which transportation options will best fit your needs to get you where you need to go.

Mobility needs: Is the specific requirements or assistance someone might need to move around effectively and independently. This can include physical aids like wheelchairs or walkers, transportation services to get from place to place, or accommodations in buildings and public spaces to make them accessible for people with different mobility levels.



Mobility device: Something that helps a person move around if it's hard for them to walk or get around on their own. It could be a cane, walker, wheelchair, or scooter, for example.

Ambulatory: The ability for a person to walk around or move on their own. They can move from place to place without needing assistance like a wheelchair or walker, or if they use a wheelchair or walker, they can do so without the assistance of another person.

Non-ambulatory: A person is unable to walk around or move on their own. They may need assistance from a wheelchair, walker, or other devices to move from one place to another and need assistance from another person to use their mobility device.

Transportation providers either provide services that are curb-to-curb, door-to-door, or door-through-door. These services provide varying levels of assistance from the beginning to the end of your journey. Your mobility needs will determine which level of assistance is needed.

Curb-to-curb: Transportation service that will pick you up from the curb in front of your home and drop you off at the curb of your destination. You will need to walk or ambulate from your home to the curb to be picked up, and from the curb at your destination to your final destination.

Door-to-door: Transportation service that will come to the door of your home to pick you up and will drop you off at the door of your destination. You can still walk/ambulate to the curb, but if needed the driver can come directly to your doorstep to assist with boarding and exiting the vehicle.

Door-through-door: Transportation service that offers the most assistance by assisting you through the door of your home and through the door of your destination, ensuring you're safely inside before leaving.



Definitions (cont.)

This guide has information on different types, or forms of transportation. When and where you need to go, in addition to your mobility needs, will determine which type of transportation to use.

On-Demand Transportation: Services that can be requested without scheduling in advance, such as taxi cabs or ride-hailing services like Uber or Lyft.

Demand-Response Transit: Transportation service that allows passengers to request or schedule rides in advance. It is similar to on-demand transportation and can sometimes accommodate trips on short notice, but usually requires notice anywhere from 24 hours to 2 weeks in advance.

Fixed-Route Transportation/Shuttle Service: Transportation service that operates on predetermined routes and schedules. Passengers typically board and exit at designated stops along the route.

Specialized Transportation: Services tailored to specific needs, such as volunteer transportation programs for elderly individuals or transportation services for people with disabilities.

Non-emergency medical transportation (NEMT or NET): Transportation for people who need medical care but don't have a medical emergency. Typically includes rides to doctor appointments, physical therapy, or other healthcare services.

Emergency Transportation: Specially equipped transportation staffed with trained medical personnel and designed to transport patients to medical facilities quickly and safely. Delivers timely and lifesaving medical care to individuals in critical situations. If experiencing a medical emergency, call 911.



BASICS OF PUBLIC TRANSPORTATION

Price ranges for transportation can vary from free to hundreds of dollars. In the fares section each provider has a rating scale of either \$, \$\$, or \$\$\$ to indicate their general costs.



Indicates a free or inexpensive fare, generally under \$5.



Indicates a moderate fare, generally between \$5-\$25.



Indicates an expensive fare, generally costing over \$25.

Planning & Scheduling

To be successful when riding on public transportation, it is important to understand how transportation providers operate and take the following into consideration:

- Make sure your address and destination address are within the transportation service area.
- Select a transportation provider that provides the best accommodations based on your needs.
- Most transit services allow passenger care attendants and service animals to ride for free. Notify dispatch when scheduling transportation that you have either a passenger care attendant or service animal that will be accompanying you to your destination.
- Make sure the times you need to be transported are within their service hours.
- Gain an understanding of what the “pick-up” window is.

Planning & Scheduling (cont.)

- Select a backup plan, document their information, and carry it with you on your trip.
- Pack identification, fare, and a cell phone for your trip.
- Keep valuables with you at all times. Do not wear expensive jewelry or flash money around as this may attract unwanted attention.
- Remember not to give personal information to anyone you do not trust (other than bus drivers and dispatch).
- Pack necessary medicines. Traveling with oxygen is allowed for most providers, but make sure to ask dispatch for the proper procedure before boarding the bus.
- Also remember to carry emergency contact numbers (including emergency medical instructions) with you at all times.
- If you are changing buses, make sure you have connecting route numbers, and arrival and departure times documented and in your hand.

Before you call to schedule a trip, have the following items ready: pen and paper; your starting and ending address; phone number; address of the destination; and appointment time. If you need transportation for dialysis treatment, provide dispatch your arrival, chair, and departure time for treatment.

Pick-up Windows

If applicable, make sure you understand the transportation provider's "pick-up window" policy. A pick-up window means that since transit trips are typically scheduled with a 30 minute pick-up window, the vehicle is considered "on-time" when it arrives either 15 minutes before, or 15 minutes after the scheduled pick-up time. For example, if your pick-up time is 9 a.m., the bus could arrive between 8:45 and 9:15 a.m. and be considered on time. Along with your travel time, make sure to allow for this additional pick-up window time when scheduling appointments.

Using a Scheduling Form

Transportation providers might use a form like the example below to schedule trips. Be sure to inform your transportation provider of any mobility needs you may have for your ride.

My Name is:			
I need picked up after/ dropped off by (<i>select one</i>)		(Time and Date)	
I need picked up at:	Full street address:		
I need dropped off at:	Full street address:		
I will (need / not need) a return trip (<i>select one</i>)			
I need (picked up after / dropped off by) (<i>select one</i>)		(Time and Date)	
I need picked up at:	Full street address:		
I need dropped off at:	Full street address:		
My confirmation information (Enter times from dispatch below)			
Trip 1 pickup	Between		and
Trip 2 pickup	Between		and





Talking to Dispatch

- Ask for the vehicle color and number if applicable.
- Repeat date and time back to dispatch.
- Ask how much fare you will need.
- Say if you are an older adult or individual with developmental disabilities as some providers offer a discounted fare.
- Make sure to ask other specific requests to accommodate all of your mobility needs.
- Indicate if you have a mobility device.
- Ask for a rider guide. A rider guide will include the specific routes of the transportation provider.

Boarding & Exiting

- For demand-response services (in which the passenger calls and schedules a ride), the rider needs to be at the nearest curb stop at the beginning time of the pick up window.
- For fixed-route services (in which a transit provider drives a regular route with regular stops), when the approaching bus shows the route number and destination you want, signal the driver by waving your hand to indicate you would like to board.
- Have fare or pass ready before you board.
- Upon boarding, pay your fare with exact change or swipe your pass.
- Only occupy one seat and rest your bag or briefcase on your lap or under your seat.

TRAVEL TRAINING

About Travel Training

Travel Training teaches independent travel with various approaches and on different modes of transportation. This service is provided by the Ohio Department of Transportation.

Travel Training provides essential travel skills such as:

- Understanding a bus schedule
- Knowing where and how to pay your fare
- Boarding and exiting a vehicle
- Staying alert when taking the bus to your destination
- Utilizing good safety tips and precautions when traveling
- Keeping school, home, work, and travel destination emergency contact information
- Making a transfer
- Knowing how to signal the driver to stop or ask for assistance.
- Go to a person's home and perform a screening assessment to gauge their mobility needs.
- Assist the rider with discovering the best transportation option based upon the assessment. Map out the best route to and from the travel destinations, consult with parents/guardians, and refer to the local transportation providers in their area.
- Create an individualized travel plan that will provide the rider a step-by-step plan to assist them during their transportation experience.
- Board and ride on the transportation vehicle with the person to monitor their experience.
- Provide additional assistance if needed at rider's discretion.



TRANSPORTATION PROVIDERS

BGSU Shuttle Service

419-372-0236

HOURS: SEE BELOW



SCAN FOR LATEST
ROUTE/FARE INFO:



About — The service provides five fixed curb-to-curb service routes for the general public in Bowling Green. The service operates in accordance with BGSU's academic schedule. Hours are listed as follows:

- **Orange Main Schedule:** Sunday 5 p.m. -1 a.m.; Monday-Wednesday 7:30-1 a.m.; Thursday-Friday 7:30- 2:30 a.m.
- **Yellow Falcon Express Schedule:** Monday-Wednesday 8:30 a.m.-10 p.m.; Thursday-Friday 8:30 a.m.- 7 p.m.
- **Off-Campus Schedule Blue South Routes Map:** Monday-Thursday 7:30 a.m.-10 p.m.; Friday 7:30 a.m.- 7 p.m.
- **Off-Campus Schedule Green East Routes Map:** Monday-Thursday 7:30 a.m.-10 p.m.; Friday 7:30 a.m.-7 p.m.
- **Downtown Red Routes Map:** Thursday-Saturday 7 p.m.-2:30 a.m.



Fares — No cost for service.



Reservations — No reservations necessary. Follow route schedule.

B.G. Transit

800-579-4299 • WHEELCHAIR ACCESSIBLE

HOURS: M-F 6 a.m.-8 p.m., SAT. 10 a.m.-4 p.m.



About — B.G. Transit is a small, rural public transit system operating a curb-to-curb service within the city limits and 1 mile outside of Bowling Green. B.G. Transit contracts the operation of its transportation service to Black & White Transportation.



Fares — \$4 within BG city limits for riders ages 4-64. \$4.50 beginning or ending outside of BG city limits for riders ages 4-64. \$2 within city limits for riders who are 65+, persons with doctor-certified disabilities, and children 4-13 with B.G. Transit ID cards. \$2.50 beginning or ending outside of BG city limits for riders who are 65+, persons with doctor-certified disabilities, and children 4-13 with B.G. Transit ID cards. Applications for B.G. Transit ID cards are available on the city's website, bgo-hio.org or in the Community Development Office at 305 N. Main St., Bowling Green. Personal care attendants and language interpreters may accompany passengers free of charge. Packages or bags that take up seat space are \$2 within BG city limits and \$2.25 beginning or ending outside of BG city limits. Cash and debit cards accepted.



Reservations — To schedule a ride, call at least one hour in advance of the time you want to be picked up. Please hold for the dispatcher to answer. If you want to change your destination after making a reservation, you must cancel the original order one hour in advance. No shows and cancellations are tracked and may result in rider warnings or suspension.

Black & White Cab

419-536-8294 • WHEELCHAIR ACCESSIBLE

HOURS: 24 HOURS/DAY, 365 DAYS/YEAR



About — Located at 4665 W. Bancroft St., Toledo, OH 43615, Black & White Cab is a large private taxi service that offers ADA accessible vehicles **upon request** and operates a curb-to-curb service in Wood County and the surrounding areas of Toledo.



Fares — Base rate: \$2.70/mile. Cash or credit accepted.



Reservations — Provides on-demand and scheduled service.

Comfort Keepers

419-806-4033

HOURS: M-F, 8 a.m.-5 p.m.



About — Located at 900 W South Boundary St. #8B, Perrysburg, OH 43551. Caregivers provide door-to-door transportation services to medical appointments, barbershops, beauty salons, and shopping. Serves Bowling Green and anywhere 25 miles outside of the city.



Fares — Minimum of \$120 (\$30/hour, 4 hour minimum). Credit and ACH withdrawals.



Reservations — Comfort Keepers requires riders to go through an assessment before being transported. After an assessment is completed, call the number above and schedule trips as needed. Individuals must call 24 hours in advance to schedule a ride.

Community Care-a-Van

419-696-7404

HOURS: M-F 8 a.m.-5 p.m.



About — Located at 3465 Navarre Ave., Oregon, OH 43616, Community Care-a-Van provides non-emergency medical transportation to East Toledo, Walbridge, Lake Township, Jerusalem Township, Northwood, and Oregon (those living in Lucas and Wood counties.) Curb-to-curb pickup.



Fares — Cash donations are accepted.



Reservations — A notice of 24 hours is preferred.

Lynx EMS

877-574-6777 • WHEELCHAIR ACCESSIBLE

HOURS: 24 HOURS/DAY, 7 DAYS/WEEK



About — Lynx EMS is a private ambulance and ambulette service providing emergency and non-emergency services to and from private residences, emergency rooms, and long-term care, skilled nursing, or assisted living facilities, as well as behavioral health transports. Door-through-door pickup.



Fares — Wheelchair accessible transportation: \$60 base rate and \$3/mile for one way trip.

Stretcher transportation: \$600 base rate, plus \$15/mile for one way trip. Can bill insurance or bill privately. If paying out of pocket, cash and credit is accepted.



Reservations — No notice is required. Call as needed. Email EMS@LYNX911.COM.

NET Plus

844-353-6779 • WHEELCHAIR ACCESSIBLE

HOURS: M-F 8 a.m.-4 p.m.



About — Provides ADA accessible, curb-to-curb non-emergency transportation to medical, dental, vision, pharmacy, mental/behavioral health and addiction treatment appointments/services. (Transport is not provided to free services such as health fairs, support groups, meetings with social service organizations, information sessions, etc.). NET Plus is available to Wood County residents who cannot access another free transportation resource such as Wood County Committee on Aging for those 60 and older and Veterans Service Office for veterans to VA clinics. Accommodations may include the use of a mobility-related assistive device and/or the use of a personal assistant and/or service animal. NET Plus will travel to the adjoining counties such as Lucas, Ottawa, Sandusky, Seneca, Hancock, and Henry. For more information visit: woodcountyjfs.com/netplus/



Fares — There is no charge for the individual. Funding for NET Plus is provided through Medicaid Non-Emergency Transportation and Title XX funds, which are both administered through the Wood County Department of Job and Family Services; Mental Health funds through the Wood County Alcohol, Drug Addiction and Mental Health Services Board; and Physical Health funds through the Wood County Health District and the Wood County Board of Commissioners.



Reservations — Call at least 5 business days before the scheduled appointment. You will be screened for one of the Wood County NET Plus funding sources. It is recommended to call early to allow time for screening and scheduling. There is no income or asset limit. Individuals who qualify for transportation services provided to them as long-term care facility residents or provided or arranged for them by a hospice will not qualify.

North Central Area Transit (Formerly SCAT)

419-448-7344 • WHEELCHAIR ACCESSIBLE

HOURS: M-F, 5 a.m.-6 p.m.



**SCAN FOR SHELTON SHUTTLE FARES
AND LATEST ROUTE/FARE INFO:**



About — North Central Area Transit (NCAT) is a demand-response service that provides ADA-accessible vehicles with curb-to-curb service in Seneca and Crawford counties. Limited out-of-county trips are possible with advanced notification. The Shelton Shuttle is Tiffin's flex route and includes the Red Line flex route and Blue Line flex route.



Fares — Rates for one-way trips are \$2 within city limits, \$3 for trips up to 3 miles, \$4 for trips between 3 and 7 miles, and \$5 for trips longer than 7 miles. Older adults and individuals with developmental disabilities may qualify for a discounted rate from \$1 to \$2.50. The Shelton Shuttle has a general public fare of \$1. Cash only.



Reservations — NCAT needs a minimum of 48 hours advanced notice to schedule a trip. Riders are required to call in cancellations at least 4 hours in advance. Any person that has made a reservation for a pick up and does not cancel and cannot be located at time of pickup will be considered a no show. Accumulating three no shows will require the rider to pay the regular fare for the no show trips in order to use the service for future trips.

Ride Right/Perrysburg Transit

419-872-8430 • WHEELCHAIR ACCESSIBLE

HOURS: M-SAT 8:30 a.m.-8:30 p.m., SUN 8:30 a.m.-5 p.m.

SUN 8 a.m.-6 p.m., CLOSED HOLIDAYS



About — Ride Right Perrysburg Transit provides demand-response, curb-to-curb service in the City of Perrysburg only with connecting points in Maumee and Rossford.

Connecting Points — Passengers who wish to travel outside of Perrysburg may connect to the TARTA system at two designated locations:

- **Meijer**, 10044 Olde US 20, Rossford, OH
- **City of Maumee Municipal Building**, 109 E. Dudley St., Maumee, OH

To connect to TARTA, inform a Perrysburg Transit dispatcher where you would like to connect. The dispatcher will schedule your pick-up and drop-off times in coordination with the TARTA schedule as closely as possible. Handicap-accessible vehicles are available.



Fares — Cost is \$1 per one-way trip. Cash only.



Reservations — Accepted Monday through Sunday 8 a.m.-4 p.m. Rides may be scheduled with up to one week in advance. If you cannot make a previously scheduled trip or no longer need a ride, please cancel your trip by calling 419-872-8430. Any customer who has four cancellations or four no-shows within a thirty-day period will be given a thirty-day suspension from using the service.

TARTA — Rossford Service

419-243-7433 • WHEELCHAIR ACCESSIBLE

HOURS: SEE BELOW



About — The Toledo Area Regional Transit Authority (TARTA) is an Urban Transit Authority operating in Lucas County and the community of Rossford in Wood County. Rossford is serviced by Route 10L, which follows Lime City Road, Superior St., and Miami St.; and Route 50, which serves the Owens Community College campus. Route 50 serves downtown Toledo and the Owens campus and is considered an express route with no stops in between. All vehicles are ADA accessible. In addition, TARTA provides Rossford with a demand-response transit service, Rossford Call-A-Ride. All services are curb-to-curb.

The Rossford Call-A-Ride service is available 6 a.m.-11 p.m. Monday through Friday; 7 a.m.-9 p.m. Saturday; and 7 a.m.-6:30 p.m. Sunday. The TARTA fixed route operates 7 a.m.-5 p.m. Monday through Thursday; and 7:30 a.m.-2:15 p.m. Friday. The Owens express route operates 5:30-10:15 p.m. Monday through Thursday; and 2:30-6:15 p.m. Friday.



Fares — All fare rates for the three services have a flat, one-way rate of \$1.25 for adults and students. Seniors and individuals of developmental disabilities can ride for 60¢ per trip. Cash only.



Reservations — Riders must call the TARTA dispatch one to two hours before the time they wish to use the Call-A-Ride service.

TLC Transportation

419-861-4000 • WHEELCHAIR ACCESSIBLE

HOURS: M-F 8 a.m.-5 p.m.



About — Located at 7710 Hill Ave., Holland, OH 43528, TLC Transportation provides door-to-door service in northwest Ohio and southeast Michigan with ADA accessible vehicles.



Fares — Base Rate: ambulatory round trip is \$90; Wheelchair round trip is \$150. TLC accepts Medicaid. Cash, credit, and ACH withdrawal accepted.



Reservations — Call 24 hours in advance to schedule a ride.

Veterans Administration

419-259-2000 • WHEELCHAIR ACCESSIBLE

HOURS: M,W,TH,F 7:30 a.m.-4 p.m.

TU 7:30 a.m.-6 p.m., SAT 7:30 a.m.-NOON



About — Provides door-to-door transportation service to the Toledo VA clinic and Ann Arbor hospital for medical appointments only, and has ADA accessible vehicles. **Wheelchair accessible by request.**



Fares — There is no charge for this service. However, by using the van service you are not eligible to receive travel pay from the VA.



Reservations — Call for information.

Wood County Committee on Aging

419-353-5661 / 800-367-4935

**WHEELCHAIR ACCESSIBLE
HOURS: SEE BELOW**

WCCOA Non-Emergency Medical Transportation



About — Wood County Committee on Aging (WCCOA) provides door-to-door service medical transportation for residents of Wood County ages 60 and over. WCCOA can help take seniors to medical appointments such as seeing a family doctor, dentist, vision specialist, having X-rays or other tests, etc. WCCOA can travel as far south as Findlay and as far north as Toledo/Sylvania.

WCCOA offers this service up to three times per month, 9 a.m. and 2:30 p.m. Monday through Friday.



Fares — Donations accepted.



Reservations — Call two weeks in advance to schedule ride.

Wood County Committee on Aging Senior Center Closet has a variety of assistance equipment available for loan to residents of Wood County age 60 or older. Please call the Social Services department at 419-353-5661 or 1-800-367-4935 for current availability and rental information. There is no charge for the use of this equipment, but monetary donations are accepted.

ROUTE MAPS

100% 

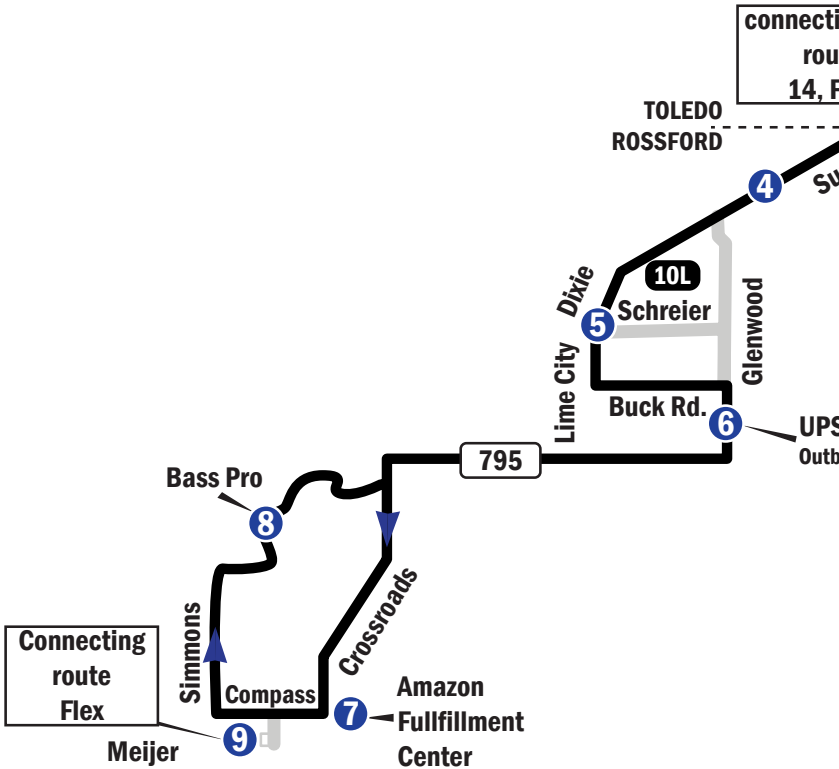


 Timepoint (not all stops shown)

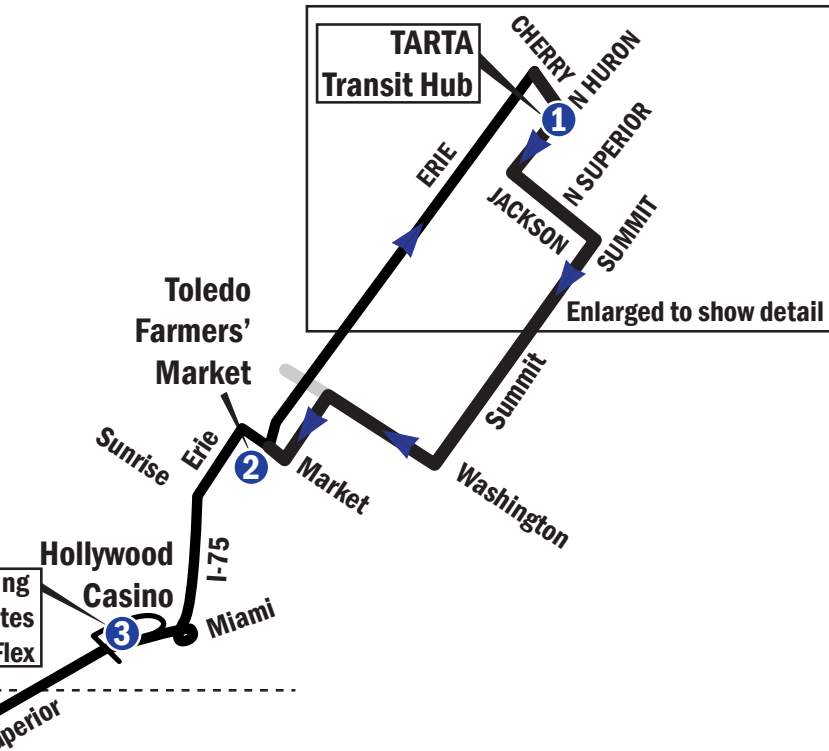
Additional bus stops are available between the timepoints

schematic map not to scale

Effective Jan. 7, 2024



Line-up
Huron - Hub Side



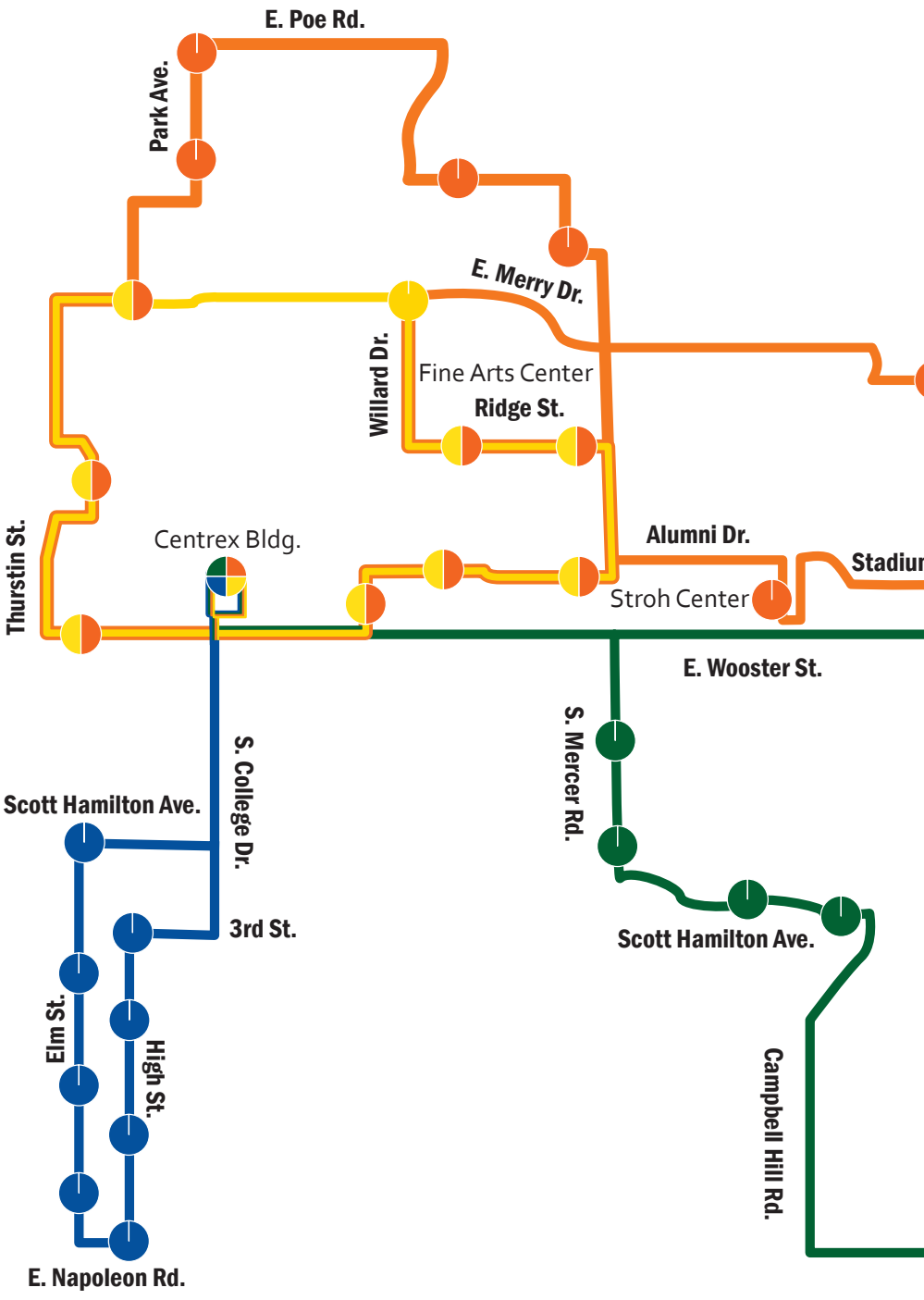
TARTA








10L

**TARTA ROSSFORD ROUTE
ROSSFORD MEIJER/AMAZON
VIA HOLLYWOOD CASINO**

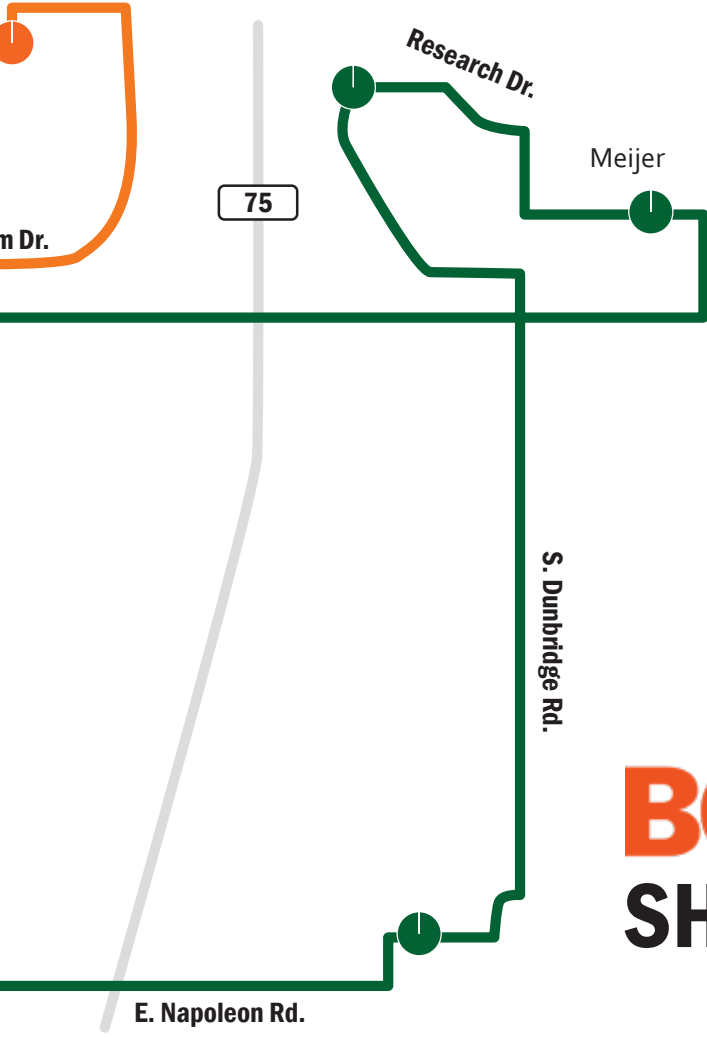
Bound Only



-  Timepoint on Blue South
-  Timepoint on Falcon Express
-  Timepoint on Orange Main
-  Timepoint on Green East

 **N**

Some bus routes overlap Accessed May 7, 2024



BGSU[®]
SHUTTLE



PERSONAL VEHICLES

Renewing Driver's License

Renewing your driver's license is a straightforward process, but there are a few essential things to remember to ensure a smooth renewal experience:


Check Renewal Eligibility: The Ohio Bureau of Motor Vehicles (BMV) provides specific guidelines regarding license renewal. Ensure you are eligible for renewal within the required timeframe. Typically, licenses need renewal every four years, but there is also an 8-year option. An 8-year license offers a longer period of validity, but typically comes with a higher renewal fee compared to the 4-year option.

Explore License Renewal Options: Wood County BMV offices offer various renewal options, including in-person visits, online renewal, and mail-in renewal services. Consider which option suits your needs best based on convenience and mobility. If you opt for an in-person visit, inquire about scheduling appointments to minimize wait times.

Gather Required Documents: This typically includes your current driver's license, proof of identity (such as a birth certificate or passport), proof of residency (utility bills or lease agreements), proof of legal name change (such as a marriage certificate or court order), and any relevant medical documentation.

Understand Vision Requirements: Vision screening is a crucial part of the renewal process. Be prepared to take a vision test to ensure your eyesight meets the minimum standards for safe driving. If you wear glasses or contact lenses, make sure to bring them along for the test.

Consider Driver Safety Courses: Completing driver safety courses not only enhances your driving skills but may also qualify you for insurance discounts. Check with local agencies or community centers for course availability and registration details.



Plan Ahead: Avoid last-minute rushes by planning your license renewal well in advance of the expiration date. This allows ample time to gather documents, schedule appointments if necessary, and complete any required tests or courses.

Stay Informed About Changes: State regulations and requirements for license renewal may change over time. Stay informed about any updates or changes to ensure you meet all necessary criteria for renewal. You can visit the official Ohio BMV website or contact their customer service for the latest information.

For specific details regarding license renewal procedures and requirements, visit: bmv.ohio.gov

Driving Safely

Ensuring safety on the road becomes increasingly important as age-related changes occur. Here are key points for senior citizens to consider to maintain safe driving practices:

Regular Health Check-ups: Prioritize regular health check-ups to monitor physical and cognitive functions that may affect driving ability. Vision, hearing, and overall physical health should be regularly assessed to address any concerns promptly.

Stay Active and Healthy: Engage in regular physical activity and maintain a healthy lifestyle to preserve strength, flexibility, and reaction time. Adequate sleep, balanced nutrition, and exercise contribute to overall well-being and better driving performance.

Know and Respect Limitations: Recognize personal limitations and adjust driving habits accordingly. This may involve avoiding driving during unfavorable conditions such as bad weather or heavy traffic, as well as limiting driving distances or duration.

Update Driving Skills: Consider enrolling in driver safety courses tailored for senior citizens. These courses offer valuable insights into defensive driving techniques, road safety guidelines, and updates on driving laws and regulations.

Driving Safely (cont.)

Adapt Driving Habits: Be willing to adapt driving habits to accommodate age-related changes. This may include increasing following distances, reducing driving speed, and avoiding distractions such as cell phones or in-car technology.

Utilize Vehicle Safety Features: Take advantage of advanced safety features available in modern vehicles, such as lane departure warnings, blind-spot monitoring, and automatic braking systems. These technologies can provide additional support and assistance while driving.

Stay Informed About Road Safety: Stay informed about road safety guidelines, traffic laws, and updates in driving regulations. Regularly review the driver's handbook and seek guidance from local authorities or driving organizations to ensure compliance with current standards.

Plan Ahead: Plan driving routes in advance, especially for unfamiliar destinations, to reduce stress and anxiety while driving. Allow ample time for travel and consider alternatives if driving conditions are unfavorable.

Stay Connected with Loved Ones: Maintain open communication with family members, friends, or caregivers about driving concerns or limitations. Discussing transportation needs and exploring support options together can help ensure safety and well-being on the road.

Consider Alternative Transportation: Explore alternative transportation options when driving becomes challenging or unsafe. Public transit, ridesharing services, and community transportation programs offer convenient and reliable alternatives for seniors who may prefer not to drive or need assistance with transportation.

With different transportation options available in every community, Mobility Management can help you find the right transportation provider for your needs. Mobility Management works with senior citizens, fixed-income individuals, people with disabilities, and other riders to connect you with transportation that best fits your travel preferences and your life.

We also offer travel trainings to provide education on scheduling rides, boarding and exiting vehicles, using wheelchairs and other mobility devices, understanding fares and rules, and other topics related to accessing transportation. One-on-one and group trainings are available.

Learn more



**glcap.org/
mobilitymanagement**



TRAINING PROGRAMS

CarFit

419-372-9353 | SLWIECH@BGSU.EDU

CarFit is a program designed to help older drivers find a better fit for their vehicles, enhancing comfort and safety on the road. Conducted by trained professionals, CarFit involves a comprehensive 12-point checklist covering areas such as seat position, steering wheel tilt, and mirror adjustment. By ensuring that the driver's position optimally aligns with the vehicle's controls and safety features, CarFit aims to reduce the risk of accidents and discomfort associated with driving.

Additionally, the program provides valuable information and resources on adaptive devices and techniques to accommodate the changing needs of older drivers, promoting confidence and independence behind the wheel. To learn more about CarFit visit: <https://car-fit>. To find out information on local CarFit trainings near you, contact, Sandy Weichman, 419-372-9353, or slwiech@bgsu.edu.

Smart Driver TEK (SDTEK)

419-372-9353 | SLWIECH@BGSU.EDU

Learn all about the latest high-tech safety features in your current car, or what technology to look for when shopping for a new car. The safety benefits of blind spot warning systems, forward collision warnings, and more. <https://www.aarp.org/membership/benefits/auto/smart-driver-tek/>

AARP

AARP offers driving courses tailored specifically for senior citizens to enhance their driving skills, safety awareness, and confidence on the road. These courses cover a range of topics including defensive driving techniques, road safety guidelines, and updates on driving laws and regulations. The curriculum includes interactive discussions, video presentations, and hands-on activities to provide practical insights and strategies for navigating various driving scenarios. Upon completion of the course, participants may be eligible for insurance discounts and receive a certificate of completion. AARP driving courses are designed to empower senior citizens to maintain safe driving habits, adapt to age-related changes, and continue driving safely for years to come. Visit their website to learn more about their trainings offered: www.aarp.org/auto



Schedule a Training

GLCAP Mobility Management can offer Travel Training in a one-on-one or group setting. Visit glcap.org/mobilitymanagement or call 800-775-9767 for details.



TRANSPORTATION ASSISTANCE

Salvation Army

419-352-5918



About — The Salvation Army provides transportation expense assistance in the form of gift cards as long as funding is available. Eligibility is income based at 200 percent of the poverty level.

United States Department of Health & Human Services 2024 FEDERAL POVERTY GUIDELINES

Size of Family	100% Poverty Level	125% Poverty Level	150% Poverty Level	175% Poverty Level	185% Poverty Level	200% Poverty Level
1	\$15,060	\$18,825	\$22,590	\$26,355	\$27,861	\$30,120
2	\$20,440	\$25,550	\$30,660	\$35,770	\$37,814	\$40,880

The United Way of Greater Toledo Serving Lucas, Ottawa, and Wood Counties

211 or 1-800-650-HELP (4357)



About — United Way's 2-1-1: First Call for Help service provides information and referral services to Lucas, Wood, Ottawa, and Hancock County residents 24 hours a day, 7 days a week. United Way maintains an information database of available transportation service providers that is accessible through the internet and by telephone. If anyone has AIDS or HIV-A, the AIDS Resource Center can assist at 3450 Central Ave., Suite 210, Toledo, OH 43606, or call 419-241-9444. In addition, if an individual is diagnosed with breast cancer and in need of transportation, contact the Pathstone Corporation, 2453 County Road V, Liberty Center, OH 43532, or call 419-875-6654. Dial 2-1-1 for other transportation information.

Stay current!

For up-to-date information on
Wood County transportation
providers and assistance services, visit:

glcap.org/woodcountytransportation





BICYCLING & WALKING

Bicycling Safety

Bicycling is a wonderful way to stay active, explore the outdoors, and enjoy scenic beauty. Here's some tips on how cyclists make the most of their biking experiences:

Choosing the Right Bike: Select a bicycle that suits your comfort and riding style. Consider options such as step-through frames for easy mounting and dismounting, wide and cushioned saddles for added comfort, and bikes with adjustable handlebars and gears to accommodate varying terrain. A medium-weight mountain bike or a hybrid may be the most suitable for older adults. If you have balance trouble, consider an adult three-wheeler.

Safety First: Prioritize safety by wearing a properly fitted helmet and bright-colored clothing to enhance visibility, especially when riding on roads or in low-light conditions. Install lights and reflectors on your bike to increase visibility for other road users.

Understanding Bicycle Sign Symbols: Learn to recognize and understand common bicycle sign symbols encountered while cycling. These symbols convey important information about road conditions, traffic regulations, and potential hazards. Some common bicycle sign symbols include:

- **Share the Road Signs:** Indicates shared roadways where cyclists and motorists must coexist safely.
- **Bike Lane Signs:** Designates designated lanes for exclusive bicycle use, typically marked with painted lines and symbols.
- **Trail Signs:** Provides directions, distances, and points of interest along bike trails and multi-use paths.
- **Caution Signs:** Alerts cyclists to potential hazards such as steep grades, sharp curves, or pedestrian crossings.

CycleWerks - Bike Shop
248 South Main Street
Bowling Green, OH 43402
419-352-9375

Spoke Life Cycles - Bike Shop
26611 N. Dixie Hwy Ste 131
Perrysburg, OH 43551
419-882-2453



Bicycling Involvement

Contact local bicycle businesses or consider joining local cycling groups or clubs catering to senior riders. These organizations offer opportunities to connect with like-minded cyclists, participate in group rides, and access resources and support for safe and enjoyable biking experiences.

Bicycling Trails

Popular trails include the Slippery Elm Trail, a 13-mile scenic rails-to-trail bike path spanning from Bowling Green to North Baltimore, offering picturesque views of forests, farmland, and wildlife habitats. Additionally, the Wabash Cannonball Trail and the North Coast Inland Trail provide opportunities for longer rides and connections to neighboring counties. The Rudolph Bike Park has 1,783 feet of continuous pump track and 158 feet of stryder bike track. There is a cycling development course for every bike-riding skill level. Visit the Wood County Parks Department's website for more information at: wcparks.org

Bicycling Rules & Ordinances

Common ordinances may include rules regarding helmet use, bike lane usage, and trail etiquette. Check with local authorities or visit the Wood County Sherriff's Office's website to register your bicycle and for more information on specific ordinances and regulations. In Bowling Green, bicycles can be registered in person at the Bowling Green Police Division, or by completing an online form. Cost is \$3. For more information on how to register your bicycle and city ordinances specific to Bowling Green, visit: bowlinggreen-oh.com/305/Bike-Registration

Walking

Walking offers numerous health benefits, including improved cardiovascular health, enhanced mobility and flexibility, and reduced risk of chronic conditions such as heart disease, diabetes, and obesity. Additionally, walking promotes mental well-being by reducing stress, improving mood, and enhancing cognitive function. For seniors looking to maintain independence and stay active in their community, walking is an accessible form of transportation and an enjoyable form of exercise.

Walking Programs & Resources

There are several programs and resources specifically designed to support seniors in their walking pursuits:

Matter of Balance: Is an evidence-based program designed to reduce the fear of falling and increase confidence in walking among older adults. Participants learn practical strategies to prevent falls, improve balance, and stay safe while walking.

Walk With Ease: Developed by the Arthritis Foundation, Walk With Ease is a structured walking program designed to help seniors manage arthritis pain, improve joint flexibility, and increase physical activity levels. The program consists of self-paced walking routines, stretching exercises, and educational materials to support participants in developing healthy walking habits.

Walking Programs at Senior Centers: The senior centers in Wood County offer organized walking programs and group activities tailored to seniors' interests and fitness levels. These programs provide opportunities for socialization, camaraderie, and motivation to stay active while exploring local walking routes and trails.

Walking Rules & Ordinances

Understand pedestrian right of way: In Wood County, pedestrians have the right of way in marked crosswalks and at intersections, even if there are no traffic signals present. Vehicles must yield to pedestrians crossing the street in these designated areas; however always make sure vehicles are obeying the laws before using crosswalks.

Familiarize yourself with roundabouts: There are several roundabouts throughout the county designed to improve traffic flow and safety. When walking near roundabouts, use designated crosswalks and pedestrian signals to safely navigate intersections. Exercise caution and wait for a safe gap in traffic before crossing.

Walking Tips & Safety

Whether walking for transportation, exercise, or leisure, keep the following tips in mind to ensure a safe and enjoyable walking experience:

- Wear comfortable, supportive footwear and weather-appropriate clothing.
- Use proper walking posture, with shoulders relaxed and chin up, to maintain balance and reduce strain on joints.
- Stay hydrated by drinking water before, during, and after walking sessions.
- Choose well-lit, pedestrian-friendly routes and paths, avoiding uneven terrain and high-traffic areas when possible.
- Start with shorter walks and gradually increase duration and intensity as fitness levels improve.
- Listen to your body and pace yourself accordingly, taking breaks as needed and respecting personal limits.
- Be aware of surroundings and traffic, obeying pedestrian signals and using crosswalks when crossing streets.
- Consider walking with a friend, family member, or walking group for added safety and companionship.



GOLF CART SAFETY

Golf Cart Safety

Golf carts offer a flexible and eco-friendly way to get around neighborhoods, retirement communities, and local amenities. Before taking a golf cart to the streets, here are some tips to keep in mind:

Street Legality: In Wood County, golf carts are permitted to operate on certain public roads with posted speed limits of 25 miles per hour or less, although some streets such as, Main Street and Wooster Street in Bowling Green are considered restricted areas. Golf carts must comply with specific safety requirements, including headlights, taillights, turn signals, and rearview mirrors.

Licensing and Registration: To operate a golf cart on public roads in Wood County, drivers must have a valid driver's license and register their golf cart with the Ohio Bureau of Motor Vehicles (BMV). Additionally, golf cart owners must obtain liability insurance coverage for their vehicles.

Age Restrictions: In Ohio, there are no specific age restrictions for operating a golf cart on private property. However, to operate a golf cart on public roads, drivers must be at least 16 years old and hold a valid driver's license.

Safety Regulations: Golf cart operators are required to follow all traffic laws and regulations when operating their vehicles on public roads. This includes yielding to pedestrians, obeying posted speed limits, and refraining from reckless or impaired driving. For more information on rules and regulations specific to where you live, contact the your local village or city administration.

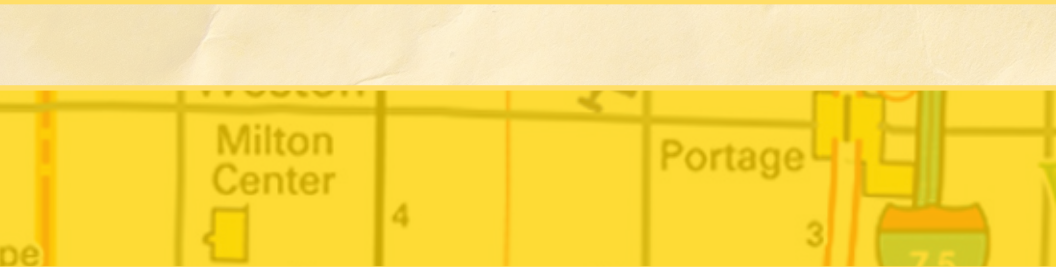
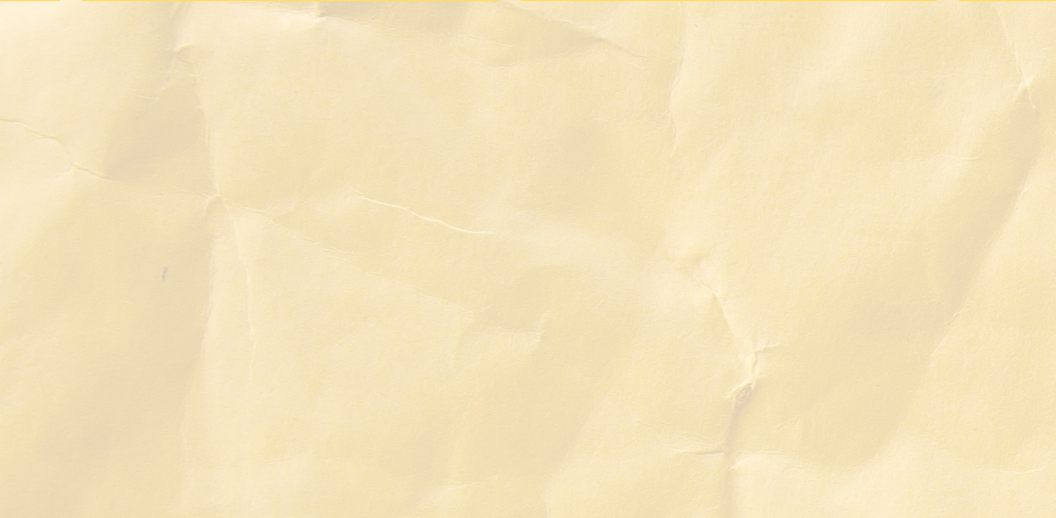
Getting Around Guide produced in 2024 by Great Lakes Community Action Partnership

This guide is available in alternate formats upon request.
This institution is an equal opportunity provider.

Mobility Management is a transportation resource/referral information service for Crawford, Erie, Huron, Marion, Morrow, Ottawa, Sandusky, Seneca, and Wood counties. Mobility Management services are provided at no charge to individuals including seniors and people with disabilities. Hours of operation are Monday-Thursday, 7:30 a.m.-4:30 p.m. This service is funded by the Ohio Department of Transportation and a Community Services Block Grant. This guide was funded through the Healthy Aging Grant.

Regarding concerns or complaints including Title VI, reasonable modification, and ADA: GLCAP complies with all Civil Rights Laws and operates its programs and services without regard to race, color, and national origin in accordance with Title VI of the Civil Rights Act. Any person who believes they have been aggrieved by any unlawful discriminatory practice under Title VI, Reasonable Modification, and ADA may file a complaint with Mobility Management, directly to the Ohio Department of Transportation or to the Federal Transit Administration.

For more information on the Mobility Management civil rights program, and the procedures to file a complaint: contact the EEO Coordinator at 419-333-6001 (TTY 800-750-0750); email Adrienne Fausey at comment@glcap.org; visit our administrative office at 127 S. Front Street, Fremont, OH 43420; or visit www.glcap.org/comments.



For more information, contact:

**GREAT LAKES COMMUNITY ACTION PARTNERSHIP
MOBILITY MANAGEMENT
GLCAP.ORG/MOBILITYMANAGEMENT
800-775-9767**

WOOD COUNTY
COMMITTEE ON

Ageing





Great Lakes
COMMUNITY ACTION
PARTNERSHIP

GLCAP.ORG/MOBILITYMANAGEMENT
800-775-9767