

Transportation Resource Guide

The following resource guide has been assembled with various agencies/organizations that are designed to specifically assist the elderly and those with disabilities. The need for a Transportation Resource Guide was expressed during community forums hosted by the Chula Vista Commission on Aging and the Recreation Department.

Commission on Aging (COA)

The COA works with the Recreation Department; recommends and advises the City Council and City Manager on matters affecting the older residents of the City; takes steps to develop a mutual understanding and respect between seniors and the balance of the community; promotes new and improved programs for seniors; reviews existing programs and recommends modifications; provides a forum where senior citizens may voice their concerns and suggestions.

**Commission on Aging meetings are held the 2nd Wednesday of every other month 2:45 p.m. to 4:00 p.m.
Norman Park Center, 270 F Street, Chula Vista**

For more information on the COA, please contact the Recreation Department at 619-409-5979 or visit www.chulavistaca.gov/rec



Public Transportation

SAN DIEGO METROPOLITAN Transit System Regional Transit Information

24-hour automated transit information: 511
Operator-assisted trip planning: 619-233-3004
TTY/TDD (hearing impaired): 1-888-722-4889
transit.511.sd.com

Metropolitan Transit System

InfoExpress: 619-685-4900 Rural Bus: 1-800-858-0291
MTS Access: 1-888-517-9627 Website: www.sdmts.com

Services

Senior & Disabled Service

The front of every Bus has priority seating for our seniors and riders with disabilities. All buses have lift or ramp mechanisms to assist customers in wheelchairs or with other mobility impairments to board. Most of our newer buses are low floor buses, which mean that there are no steps to climb to enter the bus. Many buses also have a "kneeling" feature that allows the front of the bus to lower towards the curb, easing the first step into the bus. "Kneeling" buses are designated at the front door. Alternate options:

Senior, Disabled & Medicare Recipient Rider Information

In the South Bay, MTS Access Paratransit offers lift-equipped, curb-to-curb service for persons whose disabilities prevent them from getting to or using regular bus or trolley services. Seniors may request service on a same-day, space-available basis. MTS Access Paratransit also serves the suburban areas of East County and Mid-County. For information or to reserve a ride, please call 1-800-921-9664.

For information regarding Americans with Disabilities Act (ADA) certification, please call toll-free 1-877-232-7433 or visit www.sdcommute.com and click on the "Senior & Disabled" link.



MTS Access

639 13th St., San Diego, CA 92101 • 877-841-3278
Call M-F from 4 AM to 8 PM for pick up times or other details.

MTS Access offers quality curb-to-curb services to the Rancho Bernardo and Scripps Ranch areas, plus Paradise Hills, Mid City and Mira Mesa. \$1.50 for seniors and \$3.00 regular fare.

ADARIDE

877-232-7433 • M-F from 8 AM - 4 PM; Closed 12 - 1 PM

ADARIDE believes it is important for people applying for para-transit services to receive an evaluation by a professional that will understand their unique abilities and challenges. By completing the Healthcare Verification Form, applicants are allowed to choose a treating professional that can best support their application for para-transit service. At ADARIDE, we match our evaluators with the type of professional who is best educated in the disability identified by the Healthcare Professional. Our goal is to provide accurate evaluations and ensure that those people who are eligible for para-transit receive it in a timely and professional manner. Call (877) ADA-RIDE and request an application. A paper application will be mailed to you; mail or fax back to (310) 410-0239. Most agencies serving persons with disabilities, (e.g. transit agencies, healthcare professionals, advocates) are already online, making the process much more efficient.

Non-Profit Organizations:

ALS Association Transportation

858-271-5547 • Available 24/7
Advanced Reservations Required: Prefer 48 to 72 hours advance notice

Umbrella Agency: ALS Association, Greater San Diego Chapter
Program Name: ALS Association Transportation
Transportation for clients only

The ALS Association Greater San Diego Chapter provides transportation to people who are suspected of having ALS/Lou Gehrig's disease or people who have been diagnosed with ALS, and to their families, friends and caregivers. Transportation is for medical appointments or support group meetings only. This chapter serves all of San Diego County and Imperial Counties. Their mission is to lead the fight to cure and treat ALS through global cutting edge research and to empower people with Lou Gehrig's Disease and their families to live fuller lives by providing them with compassionate care and support. The ALS Association Greater San Diego Chapter provides the following supportive services: advocacy, research, patient support programs, public education and information and clinical support for the UCSD ALS Clinic.



American Cancer Society's Road to Recovery

800-227-2345 • Advance Reservations
Required: Reservations taken 7 to 10 days in advance
Umbrella Agency: American Cancer Society
Program Name: American Cancer Society's Road to Recovery

Transports patients with a cancer diagnosis to cancer-related medical appointments and treatments.

Program Services

- Transportation for Medical Appointments
- Mileage Reimbursement for Drivers

- Door to Door
- One Way Trip Services
- Same Day Service
- Transport Mobility Device (ex. walker)
- Volunteer Driver Program

Eligibility Requirements

- Diagnosed Illness: Cancer

Program Fees

- No Fee

ITN Greater San Diego

6161 El Cajon Blvd., Ste. B-451, San Diego, CA 92115-3987
858-751-4619 • info@ITNGreaterSanDiego.org

Characteristics of the ITN in San Diego Senior transportation operating in San Diego, California. Some of the service characteristics include:

- Available 24/7
- Available for any type of ride within the service area, with no limitations on ride purpose

- Rides provided in private automobiles by trained drivers
- People 60 years and older, and adults with visual impairments are eligible to join
- Rides may be booked at any time; discounts are applied for shared rides and advance notice

Call us to find out if you live within our operating radius.

FACT, Inc.

600 Mission Ave., Oceanside, CA 92054 • factsd@factsd.org
(760) 754-1252 or (888) 924-3228 • Fax (760) 757-3226

Referrals:

FACT maintains a comprehensive database of transportation services operated by public transportation agencies, social services agencies, faith based organizations and specialized transportation services in San Diego County. The referrals can be accessed through the "[Find A Ride](#)" search or by phone. M-F from 9 AM – 4 pm

RideFACT

Service areas have been expanded to all cities in San Diego County as well as Ramona and Spring Valley. The service provides general purpose trips for seniors (60+) 7 days a week 7am – 8pm. Reservations may be requested by calling FACT at (888) 924-3228.

9 AM – 4 PM

Trips may be requested up to 7 days in advance.

Private Sector Agencies: Private Pay

A Better Solution

275 Third Ave.,
Chula Vista, CA 91910
877-858-9011 Toll Free
619-585-9011

A Caring Heart

470 Third Ave. Ste 5
Chula Vista, CA 91910
619-585-1877
888-585-5315 Fax

Absolute Senior Homecare

619-410-2390
619-397-1414 Fax

Unique Homecare

1761 Hotel Circle South Ste. 370
San Diego, California 92108
888-493-6124 Toll Free
619-492-2817 Office • 619-923-3461 Fax

The information contained in this guide was provided by the individual transportation organizations and may change without notice.

Transportation Resource Guide

An informational guide to transportation resources for seniors and persons with disabilities residing in the Chula Vista area.

