

St. Albert Seniors' Working Group

Transportation Committee



Framework

- A primary goal of The St. Albert Seniors' Working Group is that all seniors have affordable and accessible transportation
- A transportation sub-committee was formed including representatives from Continuing Care, Family and Community Support Services, The Community Information and Volunteer Centre, The St. Albert 50+ Club, Alberta Health Services' Primary Care Network, St. Albert Transit and a volunteer driver.

The Transportation committee assessed all transportation options based on the 5 A's of Senior Friendly Transportation

- Availability
- Acceptability
- Accessibility
- Adaptability
- Affordability

The Beverly Foundation, 2001

Key Findings

- St. Albert seniors, especially low income seniors, lack accessible, affordable transportation options
- This lack has caused them to opt out of medical treatments because they don't have a suitable option for getting to the treatment and back home
- This lack leads to isolation, declining health and loss of independence

Actions

- Partnered with AMA's Driving Angels Program
 - Recognition of volunteer drivers who make sure seniors in the community stay healthy, active and mobile
 - Over 20 Angels in St. Albert
- St. Albert Transit developed Learn-to-Ride



Learn-to-Ride

- Fear of transit is common among non-users, especially seniors. To address this St. Albert Transit worked with the St. Albert 50+ Club to create a transit training session
- StAT staff teach groups of seniors about riding the bus, fares, and how read the schedule
- Participants enjoy a quick bus ride to key destinations in St. Albert
- Over 250 seniors have participated since 2009



Actions

- Advocated for Paratransit to Edmonton
 - Endorsed St. Albert Transit's paratransit review
 - The results from the review include possible 2013 start for Handibus service to Edmonton
 - Ongoing encouragement of Council during the budget process
- Supported Dr. Bonnie Dobbs' research on Alternate Transportation of Seniors
 - Focus groups were held with St. Albert seniors and identified stakeholders

Results

- Research showed seniors with mobility issues that cannot use a car and lower income seniors are the most vulnerable groups in St. Albert
- Sub-committee endorses Handibus to support those with mobility devices
- Both the Paratransit Review and Dr. Bonnie Dobbs research has recommended a "dedicated transportation coordinator" for St. Albert

Next Step – Transportation Coordinator

- Objective is to provide rides to lower income seniors, increase their engagement and participation in the community and provide a low-cost transportation alternative
- Direct seniors to available transportation options
- Create and manage a volunteer driving program
- Given the barriers to transportation that seniors face we expect to make a positive difference for seniors and our community