Family Caregivers and Transportation: A Few Survival Tips

If you’re a family caregiver, providing transportation for your loved one can often be stressful.

Consider the following to make your task go more smoothly:

• Plan ahead and allow plenty of time.
• Show empathy and caring to your loved one.
• Avoid rush hour whenever possible.
• Create a calm environment (attempt to appear calm – fake it till you feel it).
• Ask for and accept help when offered.
• Explain where you’re going.
• Be patient.
• Provide assistance with a gentle touch.
• Find out what assistance your community offers by contacting the Eldercare Locator.

Useful Resources

National Center on Senior Transportation (NCST)
Includes resources on transportation options for older adults.
http://www.seniortransportation.net

AAA Foundation for Traffic Safety
Website offers useful tips and tools for older drivers and their families.
http://www.aaafoundation.org/quizzes/index.cfm?button=driver55

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