



# Florida's Guide to **Safe Mobility for Life**

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The Keys to Your Transportation Future





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## The Keys to Your Transportation Future

*Revised March 2026*





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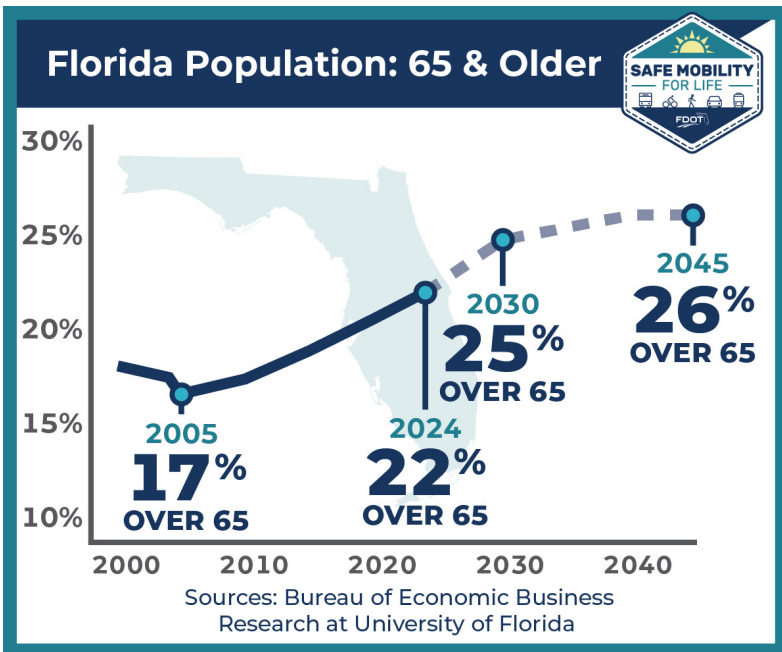


# Introduction

Many of us still recall the first time we got our Florida Driver License and the feeling of freedom that came along with it. We could go where we wanted and choose when we wanted to get there. Even as we age, we still have a close relationship with driving and may associate those early feelings of independence with our car.

Today, Americans continue to drive well into their later years and for more miles than in the past. According to research by AAA, older adults can expect to outlive their ability to drive safely by 7 to 10 years.

Florida leads the country with over 22% of the population older than 65 years of age. By the year 2045, they will represent more than 25% of Florida's population and approximately 1 in 4 licensed drivers.



To help address the natural changes that happen to all of us as we age, the Florida Department of Transportation (FDOT) has been making roadway improvements for over 25 years, including:

- > **Greater visibility** by increasing the width of the lines on the road from 4 to 6 inches.
- > **Improving pedestrian features** by using high-emphasis crosswalks.
- > **Providing advance notice** by using advance street name signs.
- > **Improving intersection safety** by adding reflective back plates to traffic signals on roads posted over 45 miles per hour.

To ensure that we meet the challenges of Florida's increasing aging population, FDOT partnered with the Pepper Institute on Aging and Public Policy at Florida State University to form a statewide coalition. We work alongside other agencies and organizations with responsibilities and interests in the safety of older



**Our target audience is a driver, pedestrian, bicyclist, public transportation rider, motorcyclist, or operator of a non-motorized vehicle who is 50 years of age or older, with a special focus on the 65 year and older age group.**

| *Florida's Safe Mobility for Life Coalition*

Floridians. It is the goal of Florida's Safe Mobility for Life Coalition to eliminate fatalities and reduce serious injuries for Florida's aging drivers while maintaining their safe connection to the community.

Safe Mobility for Life believes that "you hold the keys to your transportation future," and whether you are driving, walking, biking, or riding, you can continue to safely get from place to place. We developed *Florida's Guide to Safe Mobility for Life* to give you one place to look for the information you need and the available state and community resources that will enable you to stay safe and active.

Whether you live in a city, suburb, or rural community, alone or with family members, you will find tips and information in this guide to help you in these key areas:



### UNDERSTAND

how aging  
impacts driving



### BE PROACTIVE

about safe  
driving skills



### PLAN

for a safe transition  
from driving

By reading this guide and thinking ahead to your future transportation needs, you will learn how to maintain independence and remain active in your community, even beyond the driver's seat.

**FACT** —————



**Ninety percent** of the information needed to stay safe on the road comes from your **vision**.

| *Federal Highway Administration*



## 1

# Understand

As we age, many of us might see a steady decline in some of the important skills needed for driving. Natural age-related changes do not affect all drivers at the same age or in the same way. Starting around age 55, there is generally a slow decrease in our ability to process information quickly, remember and judge driving events, and respond rapidly to other drivers, pedestrians, and bicyclists we encounter on the road.

In this chapter, you will gain a better understanding of the specific impacts that aging and medications can have on your ability to drive safely, how to identify changes in your driving behavior, and what to do to address these issues. You will also learn more about your Florida driver license and ID card.

## How Aging Impacts Driving

Specific skills such as vision, memory, strength, flexibility, and quick reaction time decline as we age, but how soon this happens varies from person to person. Learning more about how the specific changes can affect safe driving skills will help you achieve safe mobility for life.

### Vision

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Did you know that 90% of the information needed to stay safe on the road comes from your vision? Visual decline is the most critical loss for drivers of all ages. When driving, aging eyes need:

- > More light to help distinguish features along the roadway.

- > To be closer to properly read signs and markings.
- > More time to recover from the glare of bright headlights at night or the sun.

## FACT

People who keep track of changes in their eyesight, physical fitness, and reflexes may be able to adjust their driving habits so they stay safe on the road.

| *National Highway Traffic Safety Administration*



Seeing well is essential for safe driving. If you wear glasses or contact lenses, please remember to:

- > Always wear them when you drive, even if you are only traveling a short distance. If your driver license indicates that you must wear corrective lenses and you are not wearing them, it may result in receiving a ticket, missing a stop sign, or being involved in a crash.
- > Keep an extra pair of glasses in your car in case your regular glasses get broken or lost. This will also help if you do not always wear glasses and forget to take them with you when you drive.
- > Avoid dark glasses or tinted contact lenses when driving at night, even if you think it will help with headlight glare. You need as much light as possible to help you see clearly when driving at night.



## QUICK TIP

Get your vision checked at least once a year – or more often if recommended by your health care provider.

An in-person vision test is required for all drivers to renew a driver license unless you have used your one-time renewal, which you can do either online or by mail. More detailed information regarding [“Your Florida Driver License and ID card”](#) can be found later in this chapter.

## Cognition


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Cognition includes your thinking and how well you use your sensory perception, attention, learning, memory, thought, visual processing, reading, and problem solving. Driving is a very complex activity that requires using many of these skills at the same time, whether driving a short or long distance.

When driving, you must remember how to operate your vehicle, understand what traffic signs and signals mean,



know where you are going, and how to get there safely. You must be able to do all these things in addition to processing any other information you encounter while behind the wheel.

 **QUICK TIP**  
Journaling can be a helpful way to track any changes to the skills needed to safely drive.

When driving, cognition issues may result in:

- > Distraction or disorientation.
- > Problems maintaining control of your car for long distances.
- > Slower response to traffic signs, signals, or markings.
- > Trouble recognizing changes in traffic conditions, traffic hazards, or emergencies.
- > Delayed reactions to seeing and responding to the position of other vehicles that are changing lanes or present when you are entering the roadway.

- > Trouble recognizing and safely responding to pedestrians and bicyclists.
- > Problems properly operating the controls in your car, such as the brake and gas pedal, while watching the roadway.
- > Improper use of your turn signal to warn other drivers when your car is turning or changing lanes.
- > Trouble planning and safely maneuvering your driving route.
- > Frequently becoming lost, confused, or unable to find your way from one location to another. This can result in panic and sudden irrational changes while driving, or losing control of your car.

If you notice any of these issues, please talk to your health care provider.



## QUICK TIP

Your brain needs regular workouts just like your body! Keep it sharp with activities like reading, puzzles, or brain games. Staying mentally active helps maintain peak cognitive health at any age.

## Physical Ability

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As we age, we usually lose muscle mass and bone strength, which increases our chances of injury or death in a crash.

Aging can also result in sensory issues in our hands and feet, such as tingling, numbness, and problems telling

where they may be positioned. These can affect our ability to feel, grasp, manipulate, or release controls or pedals in the vehicle. Loss of strength can also make it more difficult to keep a firm grip on the steering wheel, or maintain consistent pressure on the pedals.

Decreased flexibility may cause rigidity or a limited range of motion in your neck, torso, arms, legs, or joints. In addition, some people may experience vertigo, dizziness, loss of balance, muscle spasms, or tremors — all of which can make it harder to control your vehicle.

Simple range of motion exercises and stretches can help slow down the loss of flexibility and relieve joint stiffness. Not only can this help to improve strength and flexibility in your daily life, but it can also benefit your safe driving skills.



## QUICK TIP

Information about elder services and activities in each Florida county is available through the **Elder Helpline**. Call **1-800-96 ELDER (1-800-963-5337)** for more details.

## Medical Conditions

In addition to natural age-related changes, there are many common medical conditions that can affect safe driving. In this section, we will discuss some of these conditions in more detail. However, if you experience any of these medical conditions, tell a family member or friend and talk to your health care provider as soon

as possible. By understanding how these conditions can affect your driving, you can learn how to lessen their impact on your safe driving skills.

## Dementia

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Dementia is a term used to describe a cognitive decline that interferes with daily life. The most common type of dementia is Alzheimer's disease. It affects one's memory, judgment, and decision-making skills, which are critical to safe driving. People in the early stages of dementia may still be able to drive under normal circumstances, but will have difficulty as the disease progresses.

The National Highway Traffic Safety Administration's (NHTSA) Driver Fitness Medical Guidelines lists the following signs to help determine if a person needs evaluation for possible dementia:

- > Scores from simple screening tools show possible cognitive issues.
- > Has had a recent crash or traffic violation.
- > Has been prescribed medication for memory problems.
- > Uses medications such as tranquilizers, benzodiazepines, neuroleptics, or antidepressants.
- > Is 80 years of age or older.
- > Has a recent history of falls.

Florida Memory Disorder Clinics are located throughout the state and offer screenings and evaluations for cognitive disorders. To find a clinic near you, go to your [County Resources](#) in [Chapter 5](#).



## QUICK TIP

If a cognitively impaired person goes missing, don't wait—**call 911** immediately to report a **Silver Alert**.

## Cataracts

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Cataracts cause the eye's lens to become opaque making it harder to see the road, signage, lane markers, and others on the road.

Cataracts can affect your driving in the following ways:

- > Difficulty seeing at dawn, dusk, and at night.
- > Sensitivity to sunlight and headlights at night.
- > Seeing double images in one eye.
- > Colors look faded.
- > Sudden changes in your prescriptions for glasses or contacts.

## Glaucoma

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Glaucoma is a buildup of pressure in the eye that develops slowly and often has no symptoms. If left untreated, it can lead to blank spots in the field of vision, which can grow larger as the disease progresses.

Glaucoma can affect your driving in the following ways:

- > Loss of peripheral (side) vision, which limits your ability to see things out of the corner of your eye.
- > Dull or blurry vision.

- > Trouble seeing the road, signs, lane markers, or other people on road.
- > Difficulty seeing on cloudy days, sunrise, sunset, or nighttime.
- > Trouble managing glare from bright sunlight or oncoming headlights.

## Macular Degeneration

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Age-related macular degeneration affects the part of the eye responsible for sharp, central vision and is one of the leading causes of vision loss for people over the age of 65. It is a common condition that makes it harder to drive safely and can lead to blindness.

Macular degeneration can affect your driving in the following ways:

- > Dull or blurry central vision.
- > Trouble seeing the road, signs, lane markers, or other people on road.
- > Colors that look less bright.
- > Difficulty adjusting from bright to low light.

## Diabetes

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Diabetes is a disease that prevents a person's body from maintaining healthy blood sugar (glucose) levels. If not properly diagnosed and controlled, it can result in nerve damage making it more difficult to feel your hands, arms, legs, or feet.

Diabetes can affect your driving in the following ways:

- > Feeling sleepy or dizzy.
- > Feeling tired or irritable.
- > Having blurry vision.
- > Having a seizure.
- > Losing consciousness.
- > Experiencing numbness in your hands or feet, which can make it difficult to control the steering wheel or pedals.

When it comes to driving, consider the following:

- > Do not drive if your blood sugar level is too low (hypoglycemia) or too high (hyperglycemia).
- > Wait until your blood sugar levels return to the target levels set by your health care provider before driving.

## **Arthritis**

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Many people experience pain, swelling, and stiffness caused by arthritis. It can limit your ability to move and bend your hips, hands, head, neck, and shoulders, making it more difficult to manage even the most basic driving task.

Arthritis can affect your driving in the following ways:

- > Difficulty gripping and turning your steering wheel.
- > Trouble reaching for and fastening your safety belt.
- > Difficulty looking over your shoulder to check for cars in your blind spot.
- > Issues pressing on the brake or gas pedal.

## Parkinson's Disease

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Parkinson's disease affects the central nervous system that controls muscle movement, which can cause the hands, arms, and legs to shake. While it can occur at any age, it usually affects people 60 and older.

Parkinson's can affect your driving in the following ways:

- > Slower reaction time to road hazards.
- > Difficulty pressing the gas or brake pedal quickly when needed.
- > Increased difficulty driving at night due to vision changes.

## Sleep Apnea

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Sleep apnea is a common condition that causes breathing to briefly stop or become shallow during sleep.

If left untreated, sleep apnea can affect your driving in the following ways:

- > Drowsiness can prevent you from reacting quickly to traffic and road changes.
- > Difficulty concentrating and focusing your eyes.
- > Trouble learning and retaining information.

## Stroke

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A stroke happens when blood flow to the brain is interrupted, causing brain cells to die and making it difficult to speak, see, think clearly, or control your body. A stroke may also cause temporary weakness or paralysis on one side of the body. Depending on the extent of damage, it may be possible to drive again,

but you should first check with your doctor or health care provider.

A stroke can affect your driving in the following ways:

- > Trouble turning the steering wheel or applying the brake.
- > Becoming easily frustrated or confused when driving.
- > Drifting across lane markings.
- > Becoming overwhelmed by confusing traffic conditions.

## Hearing Loss

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Hearing loss is one of the most common functional declines affecting older adults today, and aging is a leading cause.

While not a requirement for maintaining a driver license, you often rely on hearing to alert you to:

- > Ambulances, emergency vehicles, or a horn honking to warn you of a potentially dangerous situation.
- > Unusual sounds from your car that signal something may be wrong.
- > Sudden changes on the road so you can react quickly.

It is recommended to check your hearing every three years after age 50, as hearing loss that is identified early may be helped through treatment.



## Medications

Older adults take longer to break down and eliminate any kind of medication, both prescriptions and over-the-counter drugs. Even medicines which might not have caused any trouble in the past can build up over time and affect you more strongly than before. When you are on multiple medications, the drugs may have adverse effects when combined and cause unintended side effects. Drugs, which affect the brain, nerves, and emotions, tend to affect driving more frequently. This may alter your ability to perceive hazards on the road and respond quickly.



### QUICK TIP

Talk with your doctor or pharmacist about any medications you take to learn how they may affect your ability to drive safely.

If you are experiencing any of the medical conditions in this section, tell a family member or friend, and talk with your health care provider.

## FACT

**Ninety percent** of older drivers take prescription medications, and two-thirds of those taking any medication take multiple medications.

| *AAA Safety Foundation*



## Changes to Your Driving Behavior

After learning about how aging can impact our vision, thinking, and physical abilities, it is important to understand how these changes may show up while driving.

### Common Driving Challenges

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As we age, certain driving tasks may become more difficult. Taking steps to recognize and prepare for these driving challenges can help you stay safe behind the wheel:

- > Making left turns.
- > Driving at night, in bad weather, and/or rain.
- > Merging into traffic.
- > Changing lanes.
- > Yielding to traffic.
- > Following traffic signals.
- > Driving under the influence of medications, drugs, or alcohol.

For more information and available resources to help you avoid these errors and keep you safe while driving, go to [Chapter 3](#).



### QUICK TIP

If you are uncomfortable making left turns, consider making three right turns to get where you need to go.

## The Warning Signs

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It is important for everyone to recognize the following warning signs to help determine when it may be necessary to limit or stop driving:

- > Feeling more uncomfortable, nervous, or fearful while driving.
- > Having difficulty staying in your travel lane.
- > Getting lost in familiar places.
- > Having trouble paying attention to signals, road signs, and pavement markings.
- > Slowing down when responding to unexpected driving situations.
- > Being diagnosed with medical conditions that may affect driving.
- > Taking medications that may be affecting your ability to safely handle your car.
- > Experiencing close calls, such as almost crashing.
- > Finding unexplained dents and scrapes on the car or on fences, mailboxes, garage doors, curbs, etc.
- > Having trouble judging gaps in traffic at intersections and on entrance/exit ramps.
- > Having other drivers honking at you.
- > Becoming angry more frequently at other drivers.
- > Friends or relatives saying they do not want to ride with you.

- > Having difficulty seeing the sides of the road when looking straight ahead.
- > Being easily distracted or having a hard time concentrating while driving.
- > Having trouble turning to check over your shoulder while backing up or changing lanes.
- > Recently getting tickets or warnings by law enforcement officers.



**I don't feel confident behind the wheel on main highways in a lot of traffic.**

| *Margaret, 81 years old*

If you notice one or more of these warning signs, it is important you talk to your health care provider. They might recommend a referral to an Occupational Therapist or a driving assessment by a Driver Rehabilitation Specialist (DRS). More information on these valuable tools that can support driver safety, can be found in [Chapter 2](#).

## FACT

Driving is an instrumental activity of daily living that can be addressed by occupational therapy.

| *American Occupational Therapy Association (AOTA)*



## Your Florida Driver License and Identification (ID) Card

If you are a Florida resident 79 years of age or younger, you can be issued an eight (8) year driver license, which can be renewed by mail or in person. Drivers age 80 or older are issued a six (6) year license.

### Applying for a Florida Driver License and ID



The Florida Department of Highway Safety and Motor Vehicles (FLHSMV) began issuing REAL ID-compliant credentials starting January 1, 2010. Driver licenses and

ID cards are REAL ID-compliant if they have a star in the upper right corner of the card. To meet REAL ID requirements, you must bring original documents that prove your identity, proof of legal residence, and date of birth.

You will need to visit your local Driver License or Tax Collector's office to renew either your license or ID card when:

- > You are applying for your first driver license or ID card;
- > Your current license or ID card expires, your last renewal was completed through the mail or online, and/or your current driver license or ID card does not have a star in the upper corner; or
- > You have legally changed your name (e.g., by marriage or divorce).

## FACT

Florida drivers 80 years or older must successfully pass a vision test when renewing their driver license.

| *Section 322.18(5), Florida Statutes*



### Vision Requirements

Vision is the primary sense used in driving, as vision gives us most of the cues we need on road. All licensed drivers in Florida must have at least 20/70 vision in either eye or with both eyes together. If one eye is blind, or 20/200 or worse, the other eye must be 20/40 or better. In addition, all drivers must have a minimum of 130 degrees of visual field, which refers to how far to either side you can see without moving your eyes or head. If a driver cannot meet any of these standards, their driving privilege will be revoked.

If you are a Florida driver 80 years or older and are renewing your driver license, you must successfully pass a vision test administered at any driver license service center or provide a completed Mature Driver Vision Test form (HSMV 72119 S). The Mature Driver Vision Test form must be completed by a physician licensed to practice in Florida or a licensed physician at a federally established veterans' hospital. If you have 20/50 vision or worse in either eye, or there is any indication of eye disease or injury that would affect your driving ability, you must have an ophthalmologist or optometrist complete the Report of Eye Examination form (HSMV 72010).

If your driving privilege is revoked for inadequate visual acuity, you may submit an updated Report of Eye Examination form for reconsideration. If your driving privilege is revoked because of inadequate field of vision, you may submit a charted visual field for reconsideration.

## Reporting Unsafe Drivers

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You may see behaviors or symptoms of medical conditions in someone you know that may indicate they are unsafe to drive. Under Florida law, any physician, agency, family member, or the general public, who knows of a licensed driver's mental or physical disability that may make them unsafe to drive is authorized to report this information to the FLHSMV. The Medical Reporting Form should include the driver's full name, date of birth, and address, along with a description of the problem. The person submitting the report must include their contact information and sign the form. However, this contact information is **not shared** with anyone, including the driver being reported. The information in the report is strictly confidential and only used for clarification if needed.

These reports are kept strictly confidential and no legal action can be taken against the person submitting the report. You can learn more about this reporting process as well as how to have a conversation when you have concerns about someone's safe driving in our Families and Caregivers brochure. Please visit [fdot.info/caregiving](https://fdot.info/caregiving) for more information and to view, download, or order a copy of the brochure.



## Medical Review Process

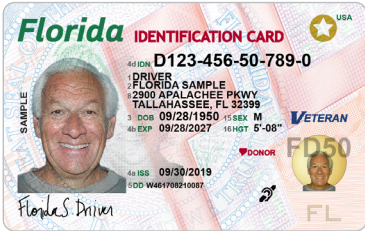
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Florida has a Medical Advisory Board that consists of doctors who advise the FLHSMV on medical criteria and vision standards relating to the licensing of drivers. Board members also provide the FLHSMV with recommendations after reviewing physician evaluations received as part of the medical review process.

After the FLHSMV receives a report regarding an unsafe driver, the driver is notified in writing that they are under medical review and they are required to provide medical information from their physician within 45 days. The medical report form is reviewed by the Medical Advisory Board, which takes into consideration all available facts, including the initial referral, medical report(s), driving record, and any crash-related incidents. Drivers are notified in writing of the outcome.

If approved by the Medical Advisory Board, the driver may be required to take a re-examination and/or submit a follow-up medical report as a condition of licensure.

However, if the driver has a medical condition that affects their ability to drive safely and their records indicate that they may pose a risk to public safety, their driving privilege will be denied.



## Identification (ID) Cards

Many people continue to keep and/or renew their driver license as proof of identification, which is a vital necessity in today's world.

However, there is an alternative.

Did you know that Florida's ID card functions exactly the same as a driver license for the purpose of providing proof of identification? It can be used in airports, medical offices, banks or anywhere else a photo ID is needed. In addition, the documentation needed for an ID card is the same as for a driver license.

For more information on your driver license, ID card, the medical review process, or to access any of the required forms or view Frequently Asked Questions, visit the FLHSMV website or your local driver license service center. To find a center near you, go to your [County Resources](#) in [Chapter 5](#).



### QUICK TIP

For the latest information on Florida's driver licensing requirements, vision standards, and the medical review process, including necessary forms, visit [flhsmv.gov](http://flhsmv.gov).

To maintain independence, it is important to learn about the tips and available resources to help improve your use of all forms of transportation. Whether you are driving, walking, taking the bus, or riding your bike, there are things that you can do to safely get from one place to another.

In this chapter, we will share information on being proactive no matter which transportation option you choose to get around your community. You will also learn tips to help you safely share the road.

## Be Proactive About Driving

To stay safe on the road, every time you get into your vehicle to drive, it is important to remember the following:

- > Always wear your safety belt correctly. The shoulder belt should lie across the middle of the chest and shoulder—not the neck or throat. The lap belt should fit low and snug across the hips or pelvis, not the belly.
- > Always use your turn signal ahead of time when changing lanes and making turns.
- > Always look twice before turning.
- > Never drive when impaired by alcohol, recreational, prescription or over-the-counter drugs.
- > Always pay attention to the task of driving.
- > Do not be distracted by internal or external factors (e.g., passengers, cell phones, etc.).

- > Do not drive if you are tired or drowsy. This can be particularly important for drivers suffering from sleep apnea.



## QUICK TIP

Always check your blind spots before changing lanes or merging, especially in heavy traffic.

## Sharing the Road

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Not all travelers drive cars. Many people walk, ride bicycles, drive motorcycles or use golf carts.

When driving, here are some tips to help you safely share the road with others:

- > Expect to encounter other people using the road at anytime and anyplace.
- > Watch carefully for pedestrians, bicyclists, and motorcyclists. They can be hard to notice—especially in bad weather or at night.
- > Stop before making a right turn at a red light or stop sign. Pedestrians and bicyclists using crosswalks at intersections rely on this time to cross.
- > Scan the road ahead before making a turn to look for pedestrians, bicyclists, or vehicles that may cross into your intended path.
- > When approaching a crosswalk, drive slowly, and be prepared to stop.
- > Always stop for pedestrians in a crosswalk. Stop far enough in advance so that drivers in the other lanes can also see the pedestrian in time to stop.

## FACT

When passing, you must keep a safe distance of no less than 3 feet between your vehicle and the bicycle or other nonmotorized vehicle.

| *Section 316.083, Florida Statutes*

- Do not pass other vehicles that are stopped for pedestrians.
- Always look out for pedestrians in parking lots and be extra careful when backing out of a parking space.
- Always give yourself extra time to respond to what is happening on the roadway. Leave at least a six-second distance between your car and the vehicle in front of you.
- When passing a motorcycle, give a full lane to the motorcycle. Do not share lanes!
- Always stop for any pedestrian who is blind or visually impaired and stepping into the road, regardless of their location. This is known as the White Cane Law.



## Driver Rehabilitation Specialists

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Health care professionals with special training in driver rehabilitation are called Driver Rehabilitation Specialists (DRS). A DRS can provide driving evaluations in an office or in a car to understand your physical, visual, and cognitive abilities as a driver. They work with you to build on your strengths and can make suggestions to help you drive safely. This may include tips to improve your skills, vehicle modifications, or even changes to your usual routes, such as avoiding left turns.

Based on their assessment, a DRS may recommend one or more options for you:

- > Continue driving, with or without any adaptive equipments.
- > Limit your driving.
- > Take a remedial driving course.
- > See a health care specialist to address specific problem.
- > Receive behind-the-wheel training.
- > Plan for the transition from driving.



### QUICK TIP

For personalized driving solutions and adaptive equipment recommendations, find a certified Driver Rehabilitation Specialist by visiting [aded.net](https://www.aded.net)

## Driving Assessment

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Taking a driving assessment can help you determine where you currently stand with your driving skills and whether it is wise to continue driving. There are a number of assessment tools available, including evaluations by health care professionals and online self-assessments. Both can help you make the right decisions to remain a safe driver.

To access available resources to assess your driving skills, visit [fdot.info/Assessment](https://www.flhsmv.gov/Assessment).

Taking a driving assessment can give you a clearer picture of your abilities and help you decide if it is best to continue driving as you are or make some changes. Whether you work with a professional or complete a self-evaluation, these assessments can provide helpful feedback to guide informed decisions about safe driving and your transportation future.

## CarFit

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CarFit is a free educational program created by the American Society on Aging and developed in partnership with AARP and the American

Occupational Therapy Association. It is designed to help keep you safe and comfortable by improving the “fit” between you and your car. The program also promotes conversations about safe driving, shares community transportation resources, and provides information on new vehicle technologies and safety features.

CarFit is **not** a driving test. Instead, a CarFit check-up is free, fun, and fast, giving you the opportunity to find out how well you and your vehicle work together.





## QUICK TIP

To find a CarFit event near you, visit [Car-Fit.org](https://www.Car-Fit.org), select “Find an Event” in the top menu, and select your state from the drop-down list.

At a CarFit event, trained volunteers will help you learn about:

- > Proper safety belt use and fit.
- > The safe distance between you and your airbag.
- > A clear line of sight above the steering wheel.
- > Mirror positioning to reduce your blind spots.

For more information about CarFit events and resources, visit [fdot.info/CarFit](https://fdot.info/CarFit).



Everyone is safer on the road when I am driving because my mirrors are correct and my steering wheel is properly set for me. This is a great program!

| *CarFit attendee, Venice*

## Driver Safety Courses

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If you are a Florida driver 55 years of age or older, you are eligible to complete an approved driver safety course and could receive a cost reduction on your car insurance for three years. These classes are an opportunity to maintain your safe and defensive driving skills, better understand your abilities and learn techniques to compensate for age-related changes discussed in [Chapter 1](#). They can also keep you up to date on Florida-specific laws, regulations, and roadway improvements that may affect your driving.



### QUICK TIP

To find a list of FLHSMV approved driver safety courses, visit [flhsmv.gov](http://flhsmv.gov) and search for “Mature Driver Discount Insurance Courses.”

## Buying the Right Car for You

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When buying a car, pay attention to features that support your safety and comfort:

- > **Safety features**, such as safety belts and airbags are essential.
- > **Design features** that help you find the best driving position, such as adjustable seats, pedals and steering wheels. Wide doors, large windows, and higher seat height can improve visibility.
- > **Comfort**, such as ease of entry and exit, plenty of legroom, supportive seating, and large, clearly labeled controls that are easy to see and reach.

## In-vehicle Technology

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There are many new technologies that can help make driving safer and easier. These can include back-up cameras, blind spot warnings, and navigation systems. Just like any new feature in your car, it is important to take time to learn how to use them properly and ask questions if you are not comfortable.

To better understand some of the most common in-vehicle technologies, visit, [fdot.info/in-vehicle-tech](https://fdot.info/in-vehicle-tech).

### FACT

When properly utilized, Advanced Driver Assistance System (ADAS) technologies have the potential to prevent 40% of all vehicle crashes and nearly 30% of traffic deaths.

| *AAA Foundation for Traffic Safety*



## Vehicle Safety

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Regular vehicle maintenance is essential to staying safe on the road. To help maintain your vehicle, ensure that the following is monitored on a regular basis—either by you or a trusted mechanic, caregiver, or service professional:



### QUICK TIP

Check your tire pressure when the tires are cold—before driving or at least 3 hours after your car was last driven. This gives you the most accurate reading.

- > Check the tire pressure of all tires, including the spare, to make sure they are at the recommended pressure stated in the owner's manual.
- > Check the wear on your tires by inserting a quarter into the tire tread with Washington's head toward the tire. If no portion of his head is covered, that means the tread is below 1/8 of an inch and should be replaced soon.
- > Schedule regular maintenance of brakes.
- > Check headlights, brake lights, turn signals, emergency flashers and interior lights to make sure they are working properly.
- > Check windshield wiper blades often and replace about every 6-12 months or sooner if they leave streaks or make noise.
- > Check all fluid levels, including oil, transmission, coolant, power steering, brake, windshield wiper, and fuel.



## On the Road

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The driving environment has changed dramatically in the last few years. As we mentioned earlier, FDOT is making improvements that not only help older adults, but benefit people of all ages.

Safe Mobility for Life created a Roadway Safety Series of both print and digital graphics to help you understand and properly use roadway safety improvements such as Flashing Yellow Arrows, Turning Right on Red, and Roundabouts.

To view or order any of these educational materials, visit the Safe Mobility for Life Resource Center at [fdot.info/resourcecenter](https://fdot.info/resourcecenter).



## QUICK TIP

Community Traffic Safety Teams (CTSTs) are local groups dedicated to solving traffic safety issues and raising awareness through data-driven efforts. They're a great resource for improving safety in your area. Visit [fdot.gov/Safety](https://www.floridadot.gov/Safety) to learn more and connect with your local CTST coordinator.

### Road Rangers

FDOT's Road Ranger Service Patrol provides incident management response services and limited no-cost highway assistance to improve highway safety for emergency responders and the public. Road Rangers patrol congested and high-incident areas along urban freeways. Their vehicles are equipped with tools like, booster cables, fire extinguishers, first aid kits, and reflective cones to assist drivers.



**DIAL \*347 (FHP)**

on your mobile phone to request a Road Ranger or if you are experiencing or witnessing an emergency.

# MOVE OVER

or slow down for emergency lights.

- Move over a lane for stopped law enforcement, emergency, sanitation, utility service, towing, maintenance/construction vehicles; and disabled motor vehicles that are stopped and displaying warning lights/hazard lights, using emergency flares or signage or where one or more persons are visibly present.
- If you can't move over, slow to 20 mph less than the posted speed limit.
- If the posted speed limit is 20 mph or less, slow down to 5 mph.

Learn more:

[flhsmv.gov/MoveOver](http://flhsmv.gov/MoveOver)

STOP  
MILE  
SCHOOL BUSES  
LOAD OR UNLOAD  
THIS ROADWAY



## Florida 511

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Florida 511 (FL511) is Florida's Official Source for Real-Time Traffic Information and is a free service developed and managed by the FDOT. The FL511 system provides 24/7 traffic information on Florida's interstates, Florida's Turnpike and associated toll roads and many state highways, featuring:



- > Information on crashes, congestion, construction, detours and other incidents.
- > AMBER, Silver, Purple and law enforcement Blue alerts.
- > Turn-by-turn directions and estimated travel times.
- > Camera images and live video of road conditions.
- > Severe weather notifications.

There are four convenient ways to connect with FL511 to receive traffic updates:

- > Download the free **Florida 511 Mobile App** available on Google Play or Apple App Store.
- > Visit [FL511.com](https://www.fl511.com) for interactive roadway maps showing traffic congestion and crashes, travel times, and traffic camera views. Website information is available in English and Spanish.
- > Sign up for a My Florida 511 account at [FL511.com](https://www.fl511.com) to create custom routes and register to receive email and/or text alerts that pertain to those routes.

- > Follow @FL511 on Facebook for latest updates and statewide information. Each Florida region has their own FL511 page on X where you can find specific updates related to your region. To find and follow your region, go to [fdot.info/FL511-regions](https://fdot.info/FL511-regions).



## QUICK TIP

Check **FL511.com** to make sure your planned route is clear in the event of an evacuation due to severe weather.

## Emergency Evacuation

The best time to prepare for a potential emergency is now, when you are calm and have time to ensure your preparations are in place. That way, if news comes of an approaching storm or any other emergency, you will be ready to take care of yourself and your family. Knowing where you will go and how you will get there is key to preparing a safe and successful emergency evacuation plan.

## FACT

The Florida Division of Emergency Management offers storm information plus guidance on how to make an emergency plan at **[FloridaDisaster.org](https://FloridaDisaster.org)**.

| *Florida Division of Emergency Management*



Do not forget your pets! If you have to evacuate your home, **do not leave your pets or animals behind**. If you are a pet owner, it is important to consider their needs and prepare a portable pet disaster kit ahead of time.

Know your options before an emergency hits. Plan to stay with family, friends, or at an emergency shelter outside the evacuation area. If you plan to travel to a city outside the evacuation area, choose one you are familiar with and that has plenty of lodging options. Your plan should include at least two evacuation routes that are inland and away from the path of the storm. Map out the best route to each destination outside your evacuation area along with at least two alternate routes in case your planned route is not accessible. Keep your gas tank at least half full if you plan to evacuate. It is best not to let your tank go below half-full in case gas stations are unavailable.

There is a special needs registry to assist people with physical, mental, cognitive, or sensory disabilities. Prior to any emergency, contact your county emergency management office to see if you are eligible for this registry.

## Be Proactive About Walking

We are all pedestrians, whether we are walking on a sidewalk, crossing a roadway, or getting out of our vehicle in a parking lot.

To stay safe while walking, it is important to know and practice these safety tips:

- > Always use the crosswalk. Push the button to get the walk signal.

- Use extra caution at intersections.
- Always use the sidewalk when available. When there are no sidewalks, always walk facing oncoming traffic.
- Always pay attention to where you are going.
- Use a flashlight at night or in low-light areas.
- Do not walk directly behind parked cars in a parking lot.
- Avoid roads and interstates where pedestrians are restricted.
- Avoid any alcohol or drugs that could impair your attention or ability to move safely.

To access more tips and information, visit [fdot.info/walking](https://www.floridadot.com/walking).



## Be Proactive About Biking

Riding your bicycle can be a fun, healthy, and useful way to get around your community.

To stay safe while biking, it is important to know and practice these safety tips:

- > Remember, a bicycle is a vehicle and you are a driver. This means you should always ride in the same direction with traffic and follow the rules of the road.
- > When riding on the sidewalk, you have the same rights and responsibilities as a pedestrian. When passing a pedestrian, you must give an audible signal before passing.
- > Ride on a trail, paved shoulder, bike lane, or bike route when available.
- > Watch for debris that might make you fall or swerve such as gravel or leaves.
- > Always watch for turning traffic.

To access more tips and information on biking, visit [fdot.info/biking](https://www.floridadot.com/biking).



## Be Proactive About Riding Public Transportation

Besides providing an alternative to driving, there are many other benefits to using public transportation for those aging out of driving.

To stay safe, it is important to know and practice these safety tips:

- Plan ahead. Familiarize yourself with the routes and times.
- Contact your local transportation agency to see if they offer travel training or reduced fares.
- Be sure to stand in the designated areas near the bus stop signage or behind the yellow line at train platforms.
- Do not approach any moving vehicle until it has come to a full stop.
- Always wait for a bus to pull away before crossing the street.

To access more tips and information on public transportation, visit [fdot.info/public-transit](https://www.fdot.info/public-transit).



## Be Proactive As a Motorcyclist

Florida's weather, beaches, and scenic highways make it a popular place for motorcyclists, making motorcycle safety an important issue.

To stay safe while riding a motorcycle, it is important to know and practice these safety tips:

- > Always wear your helmet and other protective gear, including gloves, boots, and a jacket to protect you in a crash.
- > Make yourself more visible to other motorists by wearing bright or reflective clothing and using your headlights, even during the day.
- > Complete a Florida-approved motorcycle safety course and obtain the motorcycle endorsement on your driver license from FLHSMV.
- > Always ride in control, within legal and personal limits.

To access more tips and information on motorcycling, visit [fdot.info/motorcyclist](https://www.flhsmv.gov/motorcyclist).



### QUICK TIP

For more information on motorcycle safety from Ride Smart Florida, visit their website at [ridesmartflorida.com](https://www.ridesmartflorida.com).



## Be Proactive Operating a Golf Cart

Some Florida communities pass local laws to allow golf carts to operate on designated roads and paths within their communities as a transportation option. By law, a golf cart is a vehicle, and you are an operator.

When operating your golf cart in a designated community, keep these safety tips in mind:

- > Follow the same rules of the road as you would if driving a car.
- > Follow signs and only operate a golf cart on designated roads:
  - Look for signs allowing golf cart use on roads with speed limits of 30 mph or less.
  - Drive on paths designated for golf cart use.
  - Cross state roads only at designated crossings.
- > Always look out for pedestrians and bicyclists, especially when operating on shared use paths.
- > Driving while intoxicated, even on a golf cart, is illegal.
- > Stick to daytime driving unless your local law allows nighttime use and your golf cart has headlights, brake lights, turn signals, and a windshield.
- > If your golf cart goes faster than 20 mph, it must be registered as a low-speed vehicle.

To learn more tips and information to safely operate your golf cart or low-speed vehicles, visit [fdot.info/golfcart](https://www.flhsmv.gov/transportation/golf-carts).



### QUICK TIP

Check with your local government to learn which designated roads you are allowed to operate your golf cart on in your community.

## FACT

Low-speed vehicles are allowed on roads with posted speed limits up to 35 mph and require vehicle registration, a driver's license, insurance and safety features.

| *Section 316.2122, Florida Statutes*



[Chapter 3](#) will go into more detail on how to use all these transportation options to help develop your transportation plan.

## FACT

Golf cart drivers over 18 years old must have a valid photo ID. Drivers under 18 must have a learner's license or driver license.

| *Section 316.212, Florida Statutes*



For most of us, a driver license offers independence. However, as we learned in [Chapter 1](#), the time may come when driving is no longer a safe option. The choice to stop driving is never an easy one, but the key to a positive transition while maintaining safety and independence is **planning**.

## Beyond the Driver Seat

Having a personalized transportation plan in place before you need it will help you reduce stress and overcome obstacles leading to continued independence. In this chapter, we will discuss the benefits of using different transportation options and how they can support your transportation needs. This information will help prepare you to take the steps to develop your own transportation plan in [Chapter 4](#).

### Benefits

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There are both health and lifestyle benefits to using different transportation options. Physical activities, such as walking and biking, can help improve your physical and mental well-being. While results may vary, these activities may support a healthier, more active lifestyle.

Regular exercise, which can include going for a walk or riding a bicycle, has also been found to improve your strength, balance, and reaction time. Talk with your health care provider on how to ease into a new healthy walking or biking routine. With a good pair of shoes and accessories like a bike helmet and brightly colored and/or reflective clothing, you can stay fit, safe, and visible to those around you.

## FACT

Getting at least 150 minutes (2.5 hours) of heart-pumping activity, such as walking or biking, per week can help maintain good health.

| *American Heart Association*



As we age, we can also become more vulnerable to social isolation and loneliness. Getting outdoors can not only help you maintain a connection to nature, but to your neighbors and community as well. Have you been meaning to meet new people in your neighborhood? On a walk to the store, you may cross paths with new neighbors or other friendly faces from around the area. Asking a friend to share a cab, ride the bus, or take a walk with you allows you time to catch up. Plus, as a bonus, you both get to practice and become more comfortable using different transportation options to get around your community.



## QUICK TIP

Using public transportation, taking Uber or Lyft, walking, or biking is always more fun with a buddy.

## Getting Around

This section will help you identify which transportation options might work best for you to get around your community. You will also learn some things to keep in mind when using each of them.

To get started, ask yourself these questions:

1. What are your current transportation needs? Think about all the places you want to go. This could include medical appointments, trips to the grocery store, going to the movies, or visiting family and friends.
2. How often do you go to these places and how far away are they from your home?
3. Are there other options you can use besides driving yourself to these places?
  - Can you walk or bike?
  - Is there a friend or family member you can ride with?
  - Can you take a bus or train?
  - Do you qualify for community door-to-door transportation such as paratransit?
  - Can you use transportation network companies, such as Uber and Lyft, or a taxi service?
  - Are there delivery services offered at nearby grocery stores, restaurants, or on-line services?

Now that you have thought about the answers to these questions, we will use them later in [Chapter 4](#) to help you develop your transportation plan.



## QUICK TIP

Ask family or friends to help you place online orders for groceries or other items to be delivered.

## Walking

---

Walking is a popular physical activity for all ages that can be a useful transportation option to help maintain independence. The questions and tips below can get you thinking more about using walking to get around your community.

1. Are there places you need and want to go, including grocery stores, parks, shops, etc., within a half mile from where you live?
2. Are there accessible sidewalks or walking paths that can take you to places you need to go?
3. Do you walk for exercise? If so, have you considered walking as a form of transportation?
  - Try to combine exercising with simple errands or outings, such as picking up a prescription, getting lunch, light grocery shopping, etc.
  - If you are new to walking, start off slow with shorter trips and work your way up to a faster pace and longer distances.



**Walking is always my favorite way to get around, but I also have a free bus pass. I do have a bicycle, but seldom use it in my neighborhood, as it does not offer comfortable biking conditions.**

| *Mary, 66 years old*

## Biking

For many, the bike was the only independent transportation option before getting a driver license. As we became more dependent on cars, the bicycle turned into a recreational activity, if not forgotten completely. The questions and tips below can help you see if bicycling can be used as a possible transportation option to get around your community.

**1.** Do you own a bicycle?

- If you do not have a bike, some communities have bike-share programs or support services.

**2.** Do you feel comfortable riding a bike?

- Many people have not ridden a bike in years, if at all. Learning to ride as an adult should be no harder than learning as a child. Many bike shops and communities offer safe biking courses.
- Check into modifications that can make a bicycle more comfortable to ride.

**3.** Are there bike lanes or shared use paths between where you live and places you need to go?



4. Do you ride a bike for exercise? If so, have you considered bicycling as a form of transportation?
  - Try to combine exercising with simple errands or outings, such as picking up a prescription, getting lunch, light grocery shopping, etc.
  - If you are new to bicycling, start off slow with shorter trips and work your way up to a faster pace and longer distances.

## Public Transportation

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Whether you choose public transportation because of age-related changes or simply because of personal preference, it can help you maintain independence. Here are some questions to get you thinking about using public transportation to get around your community.

1. Do you have a public transportation system in your community?
  - If you do not have a local transportation system near you, consider another mode, such as walking, biking, or sharing a ride.
2. Do you know how to use the local transportation system?
  - Most agencies have a customer service line that you can call if you need help planning your trip and/or if you have questions in general.
  - Maps and schedules can be found on the transportation agency's website, mobile applications, or at the bus/rail terminals.
  - Many transportation agencies have Travel Trainers that can teach you how to travel confidently on your own.

3. Is there a bus stop within walking distance to where you live or the place you need to go?
  - Identify your closest bus stops by using the agency’s map or by calling their customer service line.
  - Some agencies offer connections to the larger network where you will be picked up and brought to nearby transportation hubs/stations. Ask your local transportation agency if this is something they offer.
  - Consider riding a bike to the nearest stop. Many transportation systems accommodate bikes or have places where you can lock up your bike.
4. Do you know how much it costs to take public transportation and how to pay?
  - Many transportation agencies offer a reduced fare for older adults.
  - Payment options can include exact change, mobile payment/app, or fare cards purchased in advance.





## QUICK TIP

Using public transportation may not work in every situation. Make a list of places where it does as part of your transportation plan.

- 5.** Do you know if you qualify for special transportation services?
- All transportation agencies offer services for individuals with disabilities who are unable to use the regular system. ADA Complementary Paratransit Service provides transportation to those eligible for the services on an appointment basis. Contact your local agency to see if you qualify.
  - Community Transportation Coordinators (CTCs) manage trips throughout Florida's 67 counties for individuals who are transportation disadvantaged. These include people with disabilities, older adults, low-income individuals, and at-risk children. To see if you qualify, contact your county's CTC shown in [Chapter 5](#).

## FACT

The Commission for the Transportation Disadvantaged (CTD), established in 1989, oversees Florida's efforts to provide cost-effective, unbiased transportation for disadvantaged individuals.

| *Section 427.013, Florida Statutes*



## Ridesourcing

Ridesourcing is the term used when referring to taxi companies and transportation network companies (TNC) such as Uber and Lyft. Answer the questions below to see if either would be a possible transportation option for you to get around your community.

1. Are there any TNC companies like Uber, Lyft, or a taxi company in your community?
  - Most TNCs require you to sign up and provide a method of payment before using the service. While most riders access the service via a mobile app on their cell phone, some services can also be accessed through a desktop web browser.



### QUICK TIP

There are services available to request a ride over the phone. Uber has a toll-free option at **1-833-USE-UBER**.

## **Carpooling**

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Sharing rides, or carpooling, with family, friends, or caregivers may not work in every situation. The questions below will help you identify when this could be a good transportation option to get around your community.

- 1.** Do you have family or friends that go to the same places you go?
  - Carpool to places you both visit or enjoy.
  - Ask if they can drop you off on their way to somewhere else.
- 2.** Do friends or family often offer to give you a ride?
  - When someone offers to give you a ride, consider accepting their generosity. This may demonstrate to them that you may need a ride more often.
- 3.** Are you hesitant to ask for a ride from friends and family?
  - Don't be afraid to ask for help. It is likely they recall a time you have helped them in the past and would like the opportunity to return the favor.
  - Offer to pay for gas, babysit, or cook a dinner (you may not be the only one needing a little help).

## **Age-friendly Community Transportation Options**

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There are communities across the state that have services or programs to address the transportation needs of their older residents. Many have even been designated by AARP as age-friendly and provide access to features and services needed daily to support a rewarding, healthy, and active lifestyle.



Many of the options we discussed in this chapter are essential to an age-friendly community and benefit residents of all ages.

When developing your transportation plan, it is important to determine if your community, or one you may be considering for retirement, will meet your future transportation needs. The questions and tips below will help you learn more about the availability of other transportation options that may be specific to your current or future community.

- 1.** Are golf carts allowed in your community?
  - Check with your local government to determine where golf carts are permitted in your community, such as on designated roads or in specific areas.
- 2.** Are there local programs that offer transportation services for older adults?
  - Some communities may offer vans or shuttles to the grocery store or other nearby destinations.

3. Are there volunteer driver programs available near you?
- Some religious organizations or other community service providers may offer volunteer transportation in communities across Florida.

## FACT

In 2019, Florida became the fourth state to be designated as an Age-Friendly State by AARP. To learn how AARP is making a difference where you live, visit [states.aarp.org/florida](https://states.aarp.org/florida).



Unsure about the answers to any of these questions? Try asking your neighbors, family, friends, or people at your senior center, community center, or Area Agency on Aging. Your health care provider or local medical facilities may also have information. They might be aware of specific transportation programs or options that you can use to get around your community beyond driving.

### **Autonomous Shuttles as a Transportation Option**

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In [Chapter 2](#), we talked about using in-vehicle technology to make driving safer and easier. Technology is also being used on autonomous shuttles, which are small, driverless vehicles that use advanced technologies to transport passengers along pre-determined routes. They are designed for short-distance travel and are being tested as a potential transportation option to take people around their communities.



As services such as self-driving shuttles and/or vehicles become available, Safe Mobility for Life will develop materials to help you learn how to use these innovative transportation options.

Now that you have thought about where you need to go and how you can get there, we will walk you through some worksheets in [Chapter 4](#) to help develop your personal transportation plan.

### **FindaRideFlorida.org**

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Safe Mobility for Life, in partnership with the University of Florida, have created [FindaRideFlorida.org](#) to help you easily identify your transportation options. This free resource is designed to provide an online listing of transportation service providers available in all 67 counties to help you build your transportation plan.

To get started, go to [FindaRideFlorida.org](#). Ask yourself the following questions and follow the prompts:

- 1. Where do I want to go?** Input your start and end points and click on the “Find a ride” button to find all the transportation providers that can help get you there.

- 2. What are my options?** Scroll through the list of providers to find the ones that meet your needs. Print or save your results to use while completing the worksheets in [Chapter 4](#).
- 3. How do I contact a service provider?** Click on the “More Info” button next to their listing and contact them with any questions you might have.



**QUICK TIP**

If you need further assistance, contact the **Find a Ride Helpline** at **352-273-9624** and leave a message. A team member will return your call.

Now that you have thought about where you need to go and how you can get there, we will walk you through some worksheets in [Chapter 4](#) to help develop your personal transportation plan.



**Moving to an area that provided multiple modes of transportation was liberating!**

| *William, 70 years old*

Whether you live in an urban, suburban, or rural community, alone or with others, we believe “you hold the keys to your transportation future.” In this chapter, we will take what you have learned in [Chapter 3](#) to help you create a transportation plan that meets your needs, and put that plan into action!

Let’s get started by walking through a few key steps and worksheets that were designed to help you build your transportation plan. There are examples of the worksheets in this chapter and blank copies can be found in the [Appendix](#) or downloaded at [fdot.info/guide](http://fdot.info/guide).

## STEP 1 >

### Identify Your Transportation Options

Creating your transportation plan begins with identifying all your available transportation options. As mentioned earlier, not all options may be available in your community and can change over time.

**“My Transportation Options”** worksheet will help identify and summarize each option, including times available, cost, and what you might need to bring when using this option. Keep in mind that this list can grow and change over time, which is why it is essential to keep checking in with [FindaRideFlorida.org](http://FindaRideFlorida.org). Reviewing and updating this worksheet every few months can help you stay up to date on your available options, as your transportation needs might change.



**Making arrangements for others to transport me was my biggest challenge when transitioning from driving.**

| James, 86 years old

## Example of My Transportation Options Worksheet

### MY TRANSPORTATION OPTIONS

Name: Kristin Cloud Date: March 2026

Transportation Options	Times Available	Contact Info	Cost	Need to Bring
walking	Daytime hours	None	Free	Sunscreen, umbrella, hat, water
Regional Public Transportation System	6am-11pm	555-5200	\$0.60 one way (reduced for 65+)	Bus pass, ID card
Uber	Anytime	Phone app	Varies	Phone
Ride from son, Tommy	Sunday - Saturday	555-1234	Lunch once a month	Nothing
Paratransit	Call before 5pm the day before	555-5199	\$2.50 one way	Exact change
Bicycling	Daytime hours / light traffic	None	Free	Helmet, bike pump, backpack
Church vanpool - Trinity transit	Monday - Sundays (call in advance)	555-2304	Donation	Cash
Taxi - Yellow Cab	Anytime	555-5555	\$2.50 First 1/5 <sup>th</sup> mile/\$0.50 after	Cash/Credit Card
Sharing ride with my friend Patty	Weekdays 1pm-6pm	555-0600	Chip in for gas money	A few \$1 bills

## STEP 2 >

## Develop Your Transportation Plan

Now that your transportation options have been identified, it is time to focus on all the places you need and want to go. We've included some suggestions of places to go to help get you started. Review the example of the **"My Transportation Plan"** worksheet to give you some ideas and help you pull your plan together.

Then go to the [Appendix](#) for a blank copy and fill in the places you need and want to go and how you can get there.



## QUICK TIP

Blank fillable PDFs of all the worksheets in this chapter can be found at [fdot.info/guide](https://fdot.info/guide).

### Places you might want to go

Airport	Health Club	Restaurants
Clubs/Classes	Library	Senior Center
Community Center	Movie Theater	Shopping
Doctor's Office(s)	Museums/	Veterinarian
Family/Friends	Tourist Attractions	Special Community Events
Grocery Store/ Supermarket	Park	Sporting Events
Hair Salon/ Barber	Place of Worship	Work or Volunteer
	Pharmacy	
	Post Office	



# Example of My Transportation Plan Worksheet

## MY TRANSPORTATION PLAN

Name: Kristin Cloud Date: March 2026

Where do I want to go?	How often do I go?	How far?	What options are available?*	First choice	Alternative	Can I combine a trip or mode?	
Volunteering at hospital	Mon-Fri	4 miles	<input checked="" type="checkbox"/> Walk <input checked="" type="checkbox"/> Public Transportation <input checked="" type="checkbox"/> Share Ride	<input checked="" type="checkbox"/> Bike <input checked="" type="checkbox"/> TNC <input type="checkbox"/> Other	Church vanpool	K bus to A bus	walk 3 blocks from bus stop
Farmers Market	Saturday Morning	2 miles	<input checked="" type="checkbox"/> Walk <input checked="" type="checkbox"/> Public Transportation <input checked="" type="checkbox"/> Share Ride	<input checked="" type="checkbox"/> Bike <input type="checkbox"/> TNC <input type="checkbox"/> Other	K bus to terminal	Bike	Can bring bike on bus
Hair Salon	Once a month	.5 miles	<input checked="" type="checkbox"/> Walk <input type="checkbox"/> Public Transportation <input checked="" type="checkbox"/> Share Ride	<input checked="" type="checkbox"/> Bike <input checked="" type="checkbox"/> TNC <input checked="" type="checkbox"/> Other	Walk	Ride with Patty	Use Uber if weather is bad
Visit my brother, Peter	Once a week	6 miles	<input type="checkbox"/> Walk <input checked="" type="checkbox"/> Public Transportation <input checked="" type="checkbox"/> Share Ride	<input type="checkbox"/> Bike <input checked="" type="checkbox"/> TNC <input type="checkbox"/> Other	Paratransit	Ride from Tommy	Peter lives near senior center
Pharmacy	Once a month	1 Mile	<input checked="" type="checkbox"/> Walk <input checked="" type="checkbox"/> Public Transportation <input type="checkbox"/> Share Ride	<input checked="" type="checkbox"/> Bike <input type="checkbox"/> TNC <input checked="" type="checkbox"/> Other	Walk	Paratransit	Stop by after doctor appt
Yoga class at Senior center	Tues & Thurs	5 Miles	<input type="checkbox"/> Walk <input checked="" type="checkbox"/> Public Transportation <input checked="" type="checkbox"/> Share Ride	<input type="checkbox"/> Bike <input checked="" type="checkbox"/> TNC <input type="checkbox"/> Other	Ride with Patty	Paratransit	Uber if Patty stays late
Dr. Mitchell	Every 3 months	1.5 Miles	<input checked="" type="checkbox"/> Walk <input checked="" type="checkbox"/> Public Transportation <input type="checkbox"/> Share Ride	<input type="checkbox"/> Bike <input checked="" type="checkbox"/> TNC <input type="checkbox"/> Other	Taxi (covered by insurance)	Paratransit	Walk to after pharmacy
Visit my daughter, Grace	Twice a year	2 hour drive	<input type="checkbox"/> Walk <input checked="" type="checkbox"/> Public Transportation <input checked="" type="checkbox"/> Share Ride	<input type="checkbox"/> Bike <input type="checkbox"/> TNC <input checked="" type="checkbox"/> Other	Ride from Tommy	Regional Express	Tommy can drop off at terminal

\* Check all that apply

## STEP 3 > Put Your Plan in Action

Now that you have completed the worksheets and developed your transportation plan, the final step is to test it out. This step is important to gain confidence in using different transportation options. Successfully transitioning from driving can be a gradual process and should be taken one step at a time. This approach may help you overcome any fears or anxiety and feel more comfortable with how you get around beyond the driver's seat.

When testing out your plan using other transportation options, try doing so in low stress situations. For example, choose times when you do not have a tight schedule, such

as a trip to the library, going to the park, or eating out. Start with short trips to familiar places in nice weather and in areas that feel safe. Once you start getting around on your own without driving, you may find there is a need for more transportation options in your community, and you might even become an advocate to promote change.



**Don't be afraid to let go of your car.  
Sometimes change is good!**

| *Cyndee, 65 years old*

## Make a Commitment

After you have tested out your transportation plan and made adjustments so it works best for you, begin to make a commitment to transition from driving. This decision can be made alone or with the support of your family and friends to have a more positive impact on your overall safety and well-being. Whatever the reason, the key to making and keeping a commitment is practice.

Challenge yourself to use a new transportation option to get to the grocery store or meet friends for lunch at least once a week. As you get more comfortable with not driving, share your experiences with your friends and family. You may find others will want to join you on your next adventure.

With planning and practice you will discover that **you hold the keys to your transportation future**. A future where you can maintain your independence and connection to your community, beyond the driver's seat.



Throughout this guide, we have shared tips and information on how to maintain safe mobility for life. The contact information listed was accurate at the time of this publication. All the resources mentioned in this guide, plus others, can easily be accessed in the following ways:

1. Use your camera phone to scan the QR Code below.



2. Type [fdot.info/guide](https://fdot.info/guide) directly into your browser.
3. Call the Safe Mobility for Life Resource Center at **833-930-2952**.

### **Safe Mobility for Life Resource Center**

P.O. Box 3061121  
Tallahassee, FL 32306

Phone: **833-930-2952**

Email: [contact@safemobilityfl.com](mailto:contact@safemobilityfl.com)

Website: [SafeMobilityFL.com](https://SafeMobilityFL.com)

Follow us on social media: [@SafeMobilityFL](https://www.instagram.com/SafeMobilityFL)

## Stay Connected

Safe Mobility for Life developed the Insider newsletter to help you stay safe while driving, walking, biking, or riding public transportation in Florida. Each issue includes:

- > Easy to understand safety tips
- > Ways to plan for the future
- > Local resources and support

The Insider is published twice a year in both digital and print formats. Sign up or view the current or past issues here:

Subscribe: [fdot.info/sign-up](https://fdot.info/sign-up)

Read online: [fdot.info/insider](https://fdot.info/insider)

Inside This Edition:	
4	Question Spotlight: Community Energy
5	Community Partner Spotlight: Community Healthcare
8	The Art of Sharing the Road
10	Safety Spotlight: Getting Road Ready
3	CarFit Corner
14	Engaging with Safe Mobility for Life: Beyond the Insider

## County Resources

This section of the guide connects you to county specific resources, organized by county. Each of the five resource types listed below provides a different kind of public service:

- 1. Area Agencies on Aging** are administered by the Florida Department of Elder Affairs to help coordinate information and access to long-term care services. They provide guidance on state and federal benefits, as well as local programs and services available in your community.

- 2. Public Transportation Agencies** provide rides to the general public in your county. Call or visit their website for general service information, including routes, fares, schedules, and available discounts. If you or loved one has a disability, all public transportation agencies provide ADA paratransit services—call the number listed in your county for more information.
- 3. Community Transportation Coordinators** assist individuals who qualify as **Transportation Disadvantaged**—meaning those who because of physical or mental disability, income status, or age are unable to transport themselves or purchase transportation. **Eligibility requirements vary by county and require an application.** Calling ahead before you need transportation, to determine eligibility, learn available services, or how to request a ride is recommended.
- 4. Driver License and Motor Vehicle Service Centers** are locations where you can obtain or renew a driver license or state ID Card. Visit the Florida Department of Highway Safety and Motor Vehicles (FLHSMV) at [flhsmv.gov/locations](http://flhsmv.gov/locations) for more detailed information on the services offered at each location.
- 5. Memory Disorder Clinics** provide comprehensive diagnostic and referral services for individuals with Alzheimer’s disease and related dementias. These clinics may also conduct research and offer caregiver training materials and educational opportunities.

If you find that a phone number or website is no longer working, contact the **Safe Mobility for Life Resource Center** at **833-930-2952** for assistance or visit [fdot.info/guide](http://fdot.info/guide) to view an updated PDF version of this Chapter, which is updated annually.

**Area Agency on Aging**

**Elder Options**

(800) 262-2243

[agingresources.org](http://agingresources.org)

**Public Transportation Agency**

**Gainesville Regional Transit System**

(352) 334-2600

[go-rts.com](http://go-rts.com)

**Community Transportation Coordinator**

**MV Transportation, Inc.**

(352) 375-2784

**Driver License Services**

**Alachua County Tax Collector**

(352) 374-5236

**Memory Disorder Clinic**

**University of Florida**

**Memory Disorder Clinic**

3009 SW Williston Rd

Gainesville, FL 32608

(352) 294-5400

**Area Agency on Aging**

**ElderSource, Aging & Disability Resource Center  
in Northeast Florida**

(888) 242-4464

[myeldersource.org](http://myeldersource.org)

**Community Transportation Coordinator**

**Baker County Council on Aging**

(904) 259-9315

**Driver License Services**

**Baker County Tax Collector**

(904) 259-6004

**Memory Disorder Clinic**

**Mayo Clinic, Memory Disorder Clinic**

4500 San Pablo Rd

Jacksonville, FL 32224

(904) 953-7103

**Area Agency on Aging****Advantage Aging Solutions**

(866) 467-4624

[advantageaging.org](http://advantageaging.org)

**Public Transportation Agency****Bayway**

(850) 769-0557

[baywaytransit.org](http://baywaytransit.org)

**Community Transportation Coordinator****Bayway**

(850) 785-0808

**Driver License Services****Bay County Tax Collector**

(850) 248-8501

**Memory Disorder Clinic****West Florida Medical Center Clinic****Memory Disorder Clinic**

8333 N Davis Hwy, Bldg 1, Floor 3

Pensacola, FL 32514

(850) 474-8353

**Area Agency on Aging**

**Elder Options**

(800) 262-2243

[agingresources.org](http://agingresources.org)

**Community Transportation Coordinator**

**Suwannee River Economic Council**

(844) 496-0624

**Driver License Services**

**Bradford County Tax Collector**

(904) 966-6246

**Memory Disorder Clinic**

**University of Florida**

**Memory Disorder Clinic**

3009 SW Williston Rd

Gainesville, FL 32608

(352) 294-5400

**Area Agency on Aging**

**Senior Resource Alliance**

(800) 963-5337

[seniorresourcealliance.org](http://seniorresourcealliance.org)

**Public Transportation Agency &  
Community Transportation Coordinator**

**Space Coast Area Transit**

(321) 633-1878

[321transit.com](http://321transit.com)

**Driver License Services**

**FLHSMV – Brevard County**

**North & Central County:** (321) 264-6935

**South County:** (321) 633-2199

**Memory Disorder Clinic**

**Health First Memory Disorder Clinic**

3661 S Babcock St

Melbourne, FL 32901

(321) 434-7612

**Area Agency on Aging**

**Area Agency on Aging of Broward County**

(954) 745-9779

[adrcbroward.org](http://adrcbroward.org)

**Public Transportation Agency**

**Broward County Transit**

(954) 357-8400

[broward.org/bct](http://broward.org/bct)

**Tri-Rail – South Florida Regional Transportation Authority**

(800) 874-7245

[tri-rail.com](http://tri-rail.com)

**Community Transportation Coordinator**

**Broward County Transit**

(954) 357-8400

**Driver License Services**

**FLHSMV – Broward County**

(954) 497-1570

**Memory Disorder Clinic**

**Broward Health’s Memory Disorder Center**

201 E. Sample Rd.

Deerfield Beach, FL 33064

(954) 786-7392

**Area Agency on Aging**

**Advantage Aging Solutions**

(866) 467-4624

[advantageaging.org](http://advantageaging.org)

**Community Transportation Coordinator**

**Calhoun County Transit**

(850) 674-4163

**Driver License Services**

**Calhoun County Tax Collector**

(850) 674-8242

**Memory Disorder Clinic**

**Tallahassee Memorial HealthCare  
Memory Disorder Clinic**

2473 Care Dr, Ste 102

Tallahassee, FL 32308

(850) 431-5001

### Area Agency on Aging

Area Agency on Aging for Southwest Florida, Inc.

(866) 413-5337

[aaaswfl.org](http://aaaswfl.org)

### Public Transportation Agency

Charlotte County Transit

(941) 575-4000

[charlottecountyfl.gov](http://charlottecountyfl.gov)

### Community Transportation Coordinator

Charlotte County Transit

(941) 833-6233

### Driver License Services

Charlotte County Tax Collector

(941) 743-1350

### Memory Disorder Clinic

Lee Physicians Group Memory Care Clinic

12600 Creekside Ln, Ste 7

Fort Myers, FL 33919

(239) 343-9220

**Area Agency on Aging**

**Elder Options**

(800) 262-2243

[agingresources.org](http://agingresources.org)

**Public Transportation Agency &  
Community Transportation Coordinator**

**Citrus County Transit**

(352) 527-7630

[citrusbocc.com](http://citrusbocc.com)

**Driver License Services**

**Citrus County Tax Collector**

(352) 341-6500

**Memory Disorder Clinic**

**University of Florida**

**Memory Disorder Clinic**

3009 SW Williston Rd

Gainesville, FL 32608

(352) 294-5400

**Area Agency on Aging**

Elder Source, The Area Agency on Aging of  
Northeast Florida

(888) 242-4464

[myeldersource.org](http://myeldersource.org)

**Public Transportation Agency &  
Community Transportation Coordinator**

Clay Community Transportation (operated by JTA)

(904) 284-5977

[jtafla.com](http://jtafla.com)

**Driver License Services**

Clay County Tax Collector

(904) 269-6320

**Memory Disorder Clinic**

Mayo Clinic, Memory Disorder Clinic

4500 San Pablo Rd

Jacksonville, FL 32224

(904) 953-7103

**Area Agency on Aging**

Area Agency on Aging for Southwest Florida, Inc.

(866) 413-5337

[aaaswfl.org](http://aaaswfl.org)

**Public Transportation Agency**

Collier Area Transit

(239) 252-7777

[ridecat.com](http://ridecat.com)

**Community Transportation Coordinator**

CATConnect

(239) 252-7272

**Driver License Services**

Collier County Tax Collector

(239) 252-8171

**Memory Disorder Clinic**

Lee Physicians Group Memory Care Clinic

12600 Creekside Ln, Ste 7

Fort Myers, FL 33919

(239) 343-9220

**Area Agency on Aging**

**Elder Options**

(800) 262-2243

[agingresources.org](http://agingresources.org)

**Community Transportation Coordinator**

**Suwannee Valley Transit Authority**

(800) 258-7267

**Driver License Services**

**Collier County Tax Collector**

**Lake City:** (386) 758-1077

**Fort White:** (386) 497-2456

**Memory Disorder Clinic**

**Mayo Clinic, Memory Disorder Clinic**

4500 San Pablo Rd

Jacksonville, FL 32224

(904) 953-7103

**Area Agency on Aging**

Area Agency on Aging for Southwest Florida, Inc.

(866) 413-5337

[aaaswfl.org](http://aaaswfl.org)

**Public Transportation Agency**

DART

(800) 694-6566

[desotobus.com](http://desotobus.com)

**Community Transportation Coordinator**

MTM Transit

(863) 382-0139

**Driver License Services**

Desoto County Tax Collector

(863) 993-4793

**Memory Disorder Clinic**

Sarasota Memorial Hospital

Memory Disorder Clinic

1515 S Osprey Ave, Ste A-1

Sarasota, FL 34239

(941) 917-7197

**Area Agency on Aging**

**Elder Options**

(800) 262-2243

[agingresources.org](http://agingresources.org)

**Community Transportation Coordinator**

**Suwannee River Economic Council**

(352) 498-5018, extension #3

**Driver License Services**

**Dixie County Tax Collector**

(352) 498-1213

**Memory Disorder Clinic**

**University of Florida**

**Memory Disorder Clinic**

3009 SW Williston Rd

Gainesville, FL 32608

(352) 294-5400

**Area Agency on Aging**

**Elder Source, The Area Agency on Aging of  
Northeast Florida**

(888) 242-4464

[myeldersource.org](http://myeldersource.org)

**Public Transportation Agency**

**Jacksonville Transportation Authority**

(904) 630-3100

[jtafla.com](http://jtafla.com)

**Community Transportation Coordinator**

**JTA Connexion**

(904) 265-6999

**Driver License Services**

**Duval County Tax Collector**

(904) 255-5700

**Memory Disorder Clinic**

**Mayo Clinic, Memory Disorder Clinic**

4500 San Pablo Rd

Jacksonville, FL 32224

(904) 953-7103

**Area Agency on Aging**

Northwest Florida Area Agency on Aging, Inc.

(866) 531-8011

[nwflaaa.org](http://nwflaaa.org)

**Public Transportation Agency**

Escambia County Area Transit

(850) 595-3228

[goecat.com](http://goecat.com)

**Community Transportation Coordinator**

Escambia County Community Transportation

(850) 595-0501

**Driver License Services**

Escambia County Tax Collector

(850) 438-6500

**Memory Disorder Clinic**

West Florida Medical Center Clinic

Memory Disorder Clinic

8333 N Davis Hwy, Bldg 1, Floor 3

Pensacola, FL 32514

(850) 474-8353

**Area Agency on Aging**

**Elder Source, The Area Agency on Aging of  
Northeast Florida**

(888) 242-4464

[myeldersource.org](http://myeldersource.org)

**Public Transportation Agency &  
Community Transportation Coordinator**

**Flagler County Public Transportation**

(386) 313-4100

[flaglercounty.gov](http://flaglercounty.gov)

**Driver License Services**

**Flagler County Tax Collector**

(386) 313-4160

**Memory Disorder Clinic**

**Mayo Clinic, Memory Disorder Clinic**

4500 San Pablo Rd

Jacksonville, FL 32224

(904) 953-7103

**Area Agency on Aging**

**Advantage Aging Solutions**

(866) 467-4624

[advantageaging.org](http://advantageaging.org)

**Community Transportation Coordinator**

**Big Bend Transit**

(850) 229-6650

**Driver License Services**

**Franklin County Tax Collector**

(850) 275-9890

**Memory Disorder Clinic**

**Tallahassee Memorial HealthCare  
Memory Disorder Clinic**

2473 Care Dr, Ste 102

Tallahassee, FL 32308

(850) 431-5001

**Area Agency on Aging**

**Advantage Aging Solutions**

(866) 467-4624

[advantageaging.org](http://advantageaging.org)

**Public Transportation Agency &  
Community Transportation Coordinator**

**Big Bend Transit**

(850) 627-9958

[bigbendtransit.org](http://bigbendtransit.org)

**Driver License Services**

**Gadsden County Tax Collector**

(850) 627-7255

**Memory Disorder Clinic**

**Tallahassee Memorial HealthCare**

**Memory Disorder Clinic**

2473 Care Dr, Ste 102

Tallahassee, FL 32308

(850) 431-5001

**Area Agency on Aging****Elder Options**

(800) 262-2243

[agingresources.org](http://agingresources.org)

**Community Transportation Coordinator****Suwannee River Economic Council**

(352) 498-5018, extension #3

**Driver License Services****Gilchrist County Tax Collector**

(352) 463-3178

**Memory Disorder Clinic****University of Florida****Memory Disorder Clinic**

3009 SW Williston Rd

Gainesville, FL 32608

(352) 294-5400

### Area Agency on Aging

Area Agency on Aging for Southwest Florida, Inc.

(866) 413-5337

[aaaswfl.org](http://aaaswfl.org)

### Public Transportation Agency & Community Transportation Coordinator

**STREAM**

(877) 935-4487

[hendryfla.net](http://hendryfla.net)

### Driver License Services

No driver license services available in Glades County, visit [flhsmv.gov/locations](http://flhsmv.gov/locations) to find another location.

### Memory Disorder Clinic

**Lee Physicians Group Memory Care Clinic**

12600 Creekside Ln, Ste 7

Fort Myers, FL 33919

(239) 343-9220

**Area Agency on Aging**

Advantage Aging Solutions

(866) 467-4624

[advantageaging.org](http://advantageaging.org)

**Community Transportation Coordinator**

Big Bend Transit

(850) 229-6650

**Driver License Services**

Gulf County Tax Collector

(850) 229-6116

**Memory Disorder Clinic**

Tallahassee Memorial HealthCare  
Memory Disorder Clinic

2473 Care Dr, Ste 102

Tallahassee, FL 32308

(850) 431-5001

### **Area Agency on Aging**

#### **Elder Options**

(800) 262-2243

[agingresources.org](http://agingresources.org)

### **Community Transportation Coordinator**

#### **Suwannee Valley Transit Authority**

(800) 258-7267

### **Driver License Services**

#### **Hamilton County Tax Collector**

(386) 792-1284

### **Memory Disorder Clinic**

#### **Mayo Clinic, Memory Disorder Clinic**

4500 San Pablo Rd

Jacksonville, FL 32224

(904) 953-7103

**Area Agency on Aging**

Senior Connection Center, Inc.

(800) 963-5337

[seniorconnectioncenter.org](http://seniorconnectioncenter.org)

**Community Transportation Coordinator**

MTM Transit

(863) 382-0139

**Driver License Services**

Hardee County Tax Collector

(863) 773-9144

**Memory Disorder Clinic**

University of South Florida

Memory Disorder Clinic

3515 E Fletcher Ave

Tampa, FL 33613

(813) 974-3100

**Area Agency on Aging**

Area Agency on Aging for Southwest Florida, Inc.

(866) 413-5337

[aaaswfl.org](http://aaaswfl.org)

**Public Transportation Agency &  
Community Transportation Coordinator**

**STREAM**

(877) 935-4487

[hendryfla.net](http://hendryfla.net)

**Driver License Services**

**Hendry County Tax Collector**

**Clewiston:** (836) 983-1460

**LaBelle:** (863) 675-5280

**Memory Disorder Clinic**

**Lee Physicians Group Memory Care Clinic**

12600 Creekside Ln, Ste 7

Fort Myers, FL 33919

(239) 343-9220

### Area Agency on Aging

#### Elder Options

(800) 262-2243

[agingresources.org](http://agingresources.org)

### Public Transportation Agency

#### TheBus

(352) 754-4444

[hernandocounty.us](http://hernandocounty.us)

### Community Transportation Coordinator

#### You Thrive Florida

(352) 799-1510

### Driver License Services

#### Hernando County Tax Collector

(352) 754-4180, extension #4

### Memory Disorder Clinic

#### Orlando Health Neuroscience Institute's Center for Aging and Memory Disorder Clinic

76 W Underwood St, 2nd Floor

Orlando, FL 32806

(321) 841-2800

#### AdventHealth Memory Disorder Clinic

265 E Rollins St, 6th Floor

Orlando, FL 32803

(407) 392-9237

### **Area Agency on Aging**

Senior Connection Center, Inc.

(800) 963-5337

[seniorconnectioncenter.org](http://seniorconnectioncenter.org)

### **Community Transportation Coordinator**

MTM Transit

(863) 382-0139

### **Driver License Services**

Highlands County Tax Collector

(863) 402-6685

### **Memory Disorder Clinic**

Sarasota Memorial Hospital

Memory Disorder Clinic

1515 S Osprey Ave, Ste A-1

Sarasota, FL 34239

(941) 917-7197

### Area Agency on Aging

Senior Connection Center, Inc.

(800) 963-5337

[seniorconnectioncenter.org](http://seniorconnectioncenter.org)

### Transportation Coordinator

HART

(813) 254-4278

[gohart.org](http://gohart.org)

### Community Transportation Coordinator

Hillsborough County Sunshine Line

(813) 272-7272

### Driver License Services

Hillsborough County Tax Collector

(813) 635-5200

### Memory Disorder Clinic

University of South Florida

Memory Disorder Clinic

3515 E Fletcher Ave

Tampa, FL 33613

(813) 974-3100

**Area Agency on Aging**

**Advantage Aging Solutions**

(866) 467-4624

[advantageaging.org](http://advantageaging.org)

**Community Transportation Coordinator**

**Tri-County Community Council**

(850) 547-3688

**Driver License Services**

**Holmes County Tax Collector**

(850) 617-2000

**Memory Disorder Clinic**

**West Florida Medical Center Clinic  
Memory Disorder Clinic**

8333 N Davis Hwy, Bldg 1, Floor 3

Pensacola, FL 32514

(850) 474-8353

**Area Agency on Aging**

Area Agency on Aging of Palm Beach/  
Treasure Coast, Inc.

(866) 684-5885

[aaapbtc.org](http://aaapbtc.org)

**Public Transportation Agency**

GoLine

(772) 569-0903

[golineirt.com](http://golineirt.com)

**Community Transportation Coordinator**

Community Coach

(772) 569-0903

**Driver License Services**

Indian River County Tax Collector

(772) 226-1338

**Memory Disorder Clinic**

Health First Memory Disorder Clinic

3661 S Babcock St

Melbourne, FL 32901

(321) 434-7612

**Area Agency on Aging**

**Advantage Aging Solutions**

(866) 467-4624

[advantageaging.org](http://advantageaging.org)

**Public Transportation Agency &  
Community Transportation Coordinator**

**Jackson County Transportation, Inc. of Florida**

(850) 482-7433

[jtrans.org](http://jtrans.org)

**Driver License Services**

**Jackson County Tax Collector**

(850) 482-9602

**Memory Disorder Clinic**

**West Florida Medical Center Clinic**

**Memory Disorder Clinic**

8333 N Davis Hwy, Bldg 1, Floor 3

Pensacola, FL 32514

(850) 474-8353

**Area Agency on Aging****Advantage Aging Solutions**

(866) 467-4624

[advantageaging.org](http://advantageaging.org)

**Public Transportation Agency &  
Community Transportation Coordinator****Big Bend Transit**

(850) 997-1323

[bigbendtransit.org](http://bigbendtransit.org)

**Driver License Services****Jefferson County Tax Collector**

(850) 342-0147

**Memory Disorder Clinic****Tallahassee Memorial HealthCare****Memory Disorder Clinic**

2473 Care Dr, Ste 102

Tallahassee, FL 32308

(850) 431-5001

**Area Agency on Aging**

**Elder Options**

(800) 262-2243

[agingresources.org](http://agingresources.org)

**Community Transportation Coordinator**

**Suwannee River Economic Council**

(352) 498-5018, extension #3

**Driver License Services**

**Lafayette County Tax Collector**

(386) 294-1961

**Memory Disorder Clinic**

**University of Florida**

**Memory Disorder Clinic**

3009 SW Williston Rd

Gainesville, FL 32608

(352) 294-5400

**Area Agency on Aging****Elder Options**

(800) 262-2243

[agingresources.org](http://agingresources.org)

**Public Transportation Agency****LakeXpress**

(352) 742-1940

[ridelakeexpress.com](http://ridelakeexpress.com)

**Community Transportation Coordinator****Lake County Connection**

(352) 742-2612

**Driver License Services****Lake County Tax Collector**

(352) 343-9602

**Memory Disorder Clinic****Orlando Health Neuroscience Institute's  
Center for Aging and Memory Disorder Clinic**

76 W Underwood St, 2nd Floor

Orlando, FL 32806

(321) 841-2800

**AdventHealth Memory Disorder Clinic**

265 E Rollins St, 6th Floor

Orlando, FL 32803

(407) 392-9237

**Area Agency on Aging**

Area Agency on Aging for Southwest Florida, Inc.

(866) 413-5337

[aaaswfl.org](http://aaaswfl.org)

**Public Transportation Agency**

LeeTran

(239) 533-8726

[leegov.com/leetran](http://leegov.com/leetran)

**Community Transportation Coordinator**

LeeTran

(239) 533-0353

**Driver License Services**

Lee County Tax Collector

(239) 533-6000

**Memory Disorder Clinic**

Lee Physicians Group Memory Care Clinic

12600 Creekside Ln, Ste 7

Fort Myers, FL 33919

(239) 343-9220

**Area Agency on Aging****Advantage Aging Solutions**

(866) 467-4624

[advantageaging.org](http://advantageaging.org)

**Public Transportation Agency****StarMetro**

(850) 891-5200

[talgov.com/starmetro](http://talgov.com/starmetro)

**Big Bend Transit**

(850) 574-6064

[bigbendtransit.org](http://bigbendtransit.org)

**Community Transportation Coordinator****StarMetro Dial-A-Ride**

(850) 891-5199

**Driver License Services****Leon County Tax Collector**

(850) 606-4700

**Memory Disorder Clinic****Tallahassee Memorial HealthCare****Memory Disorder Clinic**

2473 Care Dr, Ste 102

Tallahassee, FL 32308

(850) 431-5001

**Area Agency on Aging**

**Elder Options**

(800) 262-2243

[agingresources.org](http://agingresources.org)

**Public Transportation Agency &  
Community Transportation Coordinator**

**Levy County Transit**

(352) 486-3485

[levycounty.org](http://levycounty.org)

**Driver License Services**

**Levy County Tax Collector**

(352) 486-5172

**Memory Disorder Clinic**

**University of Florida**

**Memory Disorder Clinic**

3009 SW Williston Rd

Gainesville, FL 32608

(352) 294-5400

**Area Agency on Aging****Advantage Aging Solutions**

(866) 467-4624

[advantageaging.org](http://advantageaging.org)

**Public Transportation Agency &  
Community Transportation Coordinator****Liberty County Transit**

(850) 643-2524

[libertycountyfl.org](http://libertycountyfl.org)

**Driver License Services****Liberty County Tax Collector**

(850) 643-2442

**Memory Disorder Clinic****Tallahassee Memorial HealthCare****Memory Disorder Clinic**

2473 Care Dr, Ste 102

Tallahassee, FL 32308

(850) 431-5001

**Area Agency on Aging**

**Advantage Aging Solutions**

(866) 467-4624

[advantageaging.org](http://advantageaging.org)

**Public Transportation Agency &  
Community Transportation Coordinator**

**Big Bend Transit**

(850) 973-4418

[bigbendtransit.org](http://bigbendtransit.org)

**Driver License Services**

**Madison County Tax Collector**

(850) 973-6136

**Memory Disorder Clinic**

**Tallahassee Memorial HealthCare**

**Memory Disorder Clinic**

2473 Care Dr, Ste 102

Tallahassee, FL 32308

(850) 431-5001

**Area Agency on Aging**

Senior Connection Center, Inc

(800) 963-5337

[seniorconnectioncenter.org](http://seniorconnectioncenter.org)

**Public Transportation Agency**

Manatee County Area Transit (MCAT)

(941) 749-7116

[mymanatee.org](http://mymanatee.org)

**Community Transportation Coordinator**

MCAT – Handy Bus

(941) 748-2317

**Driver License Services**

Manatee County Tax Collector

(941) 741-4809

**Memory Disorder Clinic**

University of South Florida

Memory Disorder Clinic

3515 E Fletcher Ave

Tampa, FL 33613

(813) 974-3100

**Area Agency on Aging**

Elder Options

(800) 262-2243

[agingresources.org](http://agingresources.org)

**Public Transportation Agency**

SunTran

(352) 401-6999

[suntran.org](http://suntran.org)

**Community Transportation Coordinator**

Marion Transit

(352) 620-3071

**Driver License Services**

Marion County Tax Collector

(352) 368-8200

**Memory Disorder Clinic**

University of Florida

Memory Disorder Clinic

3009 SW Williston Rd

Gainesville, FL 32608

(352) 294-5400

**Area Agency on Aging**

Area Agency on Aging of Palm Beach/Treasure Coast, Inc.

(866) 684-5885

[aaapbtc.org](http://aaapbtc.org)

**Public Transportation Agency**

MARTY – Martin County Public Transit

(772) 463-2860

[martin.fl.us](http://martin.fl.us)

**Community Transportation Coordinator**

ART

(772) 462-1778

Martin Community Coach

(772) 469-2063

**Driver License Services**

Martin County Tax Collector

(772) 288-5600

**Memory Disorder Clinic**

Martin Memory Disorder Clinic information is listed on the following page.

**Memory Disorder Clinic**

**St. Mary's Medical Center Memory Disorder Clinic at  
Palm Beach Neuroscience Institute**

901 Village Blvd,  
Ste 702

West Palm Beach, FL 33409  
(561) 990-2135

8756 Boynton Beach Blvd,  
Ste 2500

Boynton Beach, FL 33472  
(561) 990-2135

**Louis and Anne Green Memory and Wellness  
Center at Florida Atlantic University**

777 Glades Rd, Bldg AZ-79  
Boca Raton, FL 33431  
(561) 297-0502

**Area Agency on Aging**

**Alliance for Aging, Inc.**

(800) 963-5337

[allianceforaging.org](http://allianceforaging.org)

**Public Transportation Agency**

**Miami-Dade Transit – Metrobus – MetroRail –  
MetroMover**

(305) 891-3131

[miamidade.gov](http://miamidade.gov)

**Tri-Rail – South Florida Regional Transportation  
Authority**

(800) 874-7245

[tri-rail.com](http://tri-rail.com)

**Community Transportation Coordinator**

**Miami-Dade Transit – Special Transportation Service**

(786) 469-5000

**Driver License Services**

**Miami-Dade County Tax Collector**

(305) 375-5448

**Memory Disorder Clinic**

Miami-Dade Memory Disorder Clinic information is listed on the following page.

**Memory Disorder Clinic**

**Frank C. & Lynn Scaduto MIND Institute  
at Miami Jewish Health**

5200 NE 2nd Ave  
Miami, FL 33137  
(305) 514-8652

**University of Miami Center for  
Cognitive Neuroscience and Aging**

1695 NW 9th Ave, Ste 3202  
Miami, FL 33136  
(305) 355-9065

**Mount Sinai Medical Center  
Wien Center for Alzheimer's Disease  
and Memory Disorders**

4302 Alton Rd, Ste 650  
Miami Beach, FL 33140  
(305) 674-2543, extension 55725

**Area Agency on Aging**

**Alliance for Aging, Inc.**

(800) 963-5337

[allianceforaging.org](http://allianceforaging.org)

**Public Transportation Agency**

**Key West Transit**

(305) 809-3910

[cityofkeywest-fl.gov](http://cityofkeywest-fl.gov)

**Community Transportation Coordinator**

**Guidance/Care Center**

(305) 434-7660, option #2

**Driver License Services**

**Monroe County Tax Collector**

**Key West:** (305) 293-6338

**Big Pine Key:** (305) 872-4751

**Marathon:** (305) 289-6034

**Key Largo:** (305) 853-3562

**Memory Disorder Clinic**

Monroe Memory Disorder Clinic information is listed on the following page.

**Memory Disorder Clinic**

**Frank C. & Lynn Scaduto MIND Institute  
at Miami Jewish Health**

5200 NE 2nd Ave  
Miami, FL 33137  
(305) 514-8652

**University of Miami Center for  
Cognitive Neuroscience and Aging**

1695 NW 9th Ave, Ste 3202  
Miami, FL 33136  
(305) 355-9065

**Mount Sinai Medical Center  
Wien Center for Alzheimer's Disease  
and Memory Disorders**

4302 Alton Rd, Ste 650  
Miami Beach, FL 33140  
(305) 674-2543, extension 55725

**Area Agency on Aging**

Elder Source, The Area Agency on Aging of  
Northeast Florida

(888) 242-4464

[myeldersource.org](http://myeldersource.org)

**Public Transportation Agency**

Jacksonville Transportation Authority –  
Nassau Express Select

(904) 630-3100

[jtafla.com](http://jtafla.com)

**Community Transportation Coordinator**

Nassau Transit (operated by JTA)

(904) 261-0700

**Driver License Services**

Nassau County Tax Collector

(904) 491-7400

**Memory Disorder Clinic**

Mayo Clinic, Memory Disorder Clinic

4500 San Pablo Rd

Jacksonville, FL 32224

(904) 953-7103

**Area Agency on Aging**

Northwest Florida Area Agency on Aging, Inc.

(866) 531-8011

[nwflaaa.org](http://nwflaaa.org)

**Public Transportation Agency**

EC Rider

(850) 833-9168

[ecrider.org](http://ecrider.org)

**Community Transportation Coordinator**

EC Rider Dial-A-Ride

(850) 833-9168

**Driver License Services**

Okaloosa County Tax Collector

(850) 651-7300

**Memory Disorder Clinic**

West Florida Medical Center Clinic

Memory Disorder Clinic

8333 N Davis Hwy, Bldg 1, Floor 3

Pensacola, FL 32514

(850) 474-8353

**Area Agency on Aging**

Area Agency on Aging of Palm Beach/Treasure Coast, Inc.

(866) 684-5885

[aaapbtc.org](http://aaapbtc.org)

**Community Transportation Coordinator**

MTM Transit

(863) 382-0139

**Driver License Services**

Okeechobee County Tax Collector

(863) 763-3421

**Memory Disorder Clinic**

**St. Mary's Medical Center Memory Disorder Clinic at  
Palm Beach Neuroscience Institute**

901 Village Blvd,  
Ste 702

West Palm Beach, FL 33409  
(561) 990-2135

8756 Boynton Beach Blvd,  
Ste 2500

Boynton Beach, FL 33472  
(561) 990-2135

**Louis and Anne Green Memory and Wellness  
Center at Florida Atlantic University**

777 Glades Rd, Bldg AZ-79  
Boca Raton, FL 33431  
(561) 297-0502

**Area Agency on Aging**

Senior Resource Alliance

(800) 963-5337

[seniorresourcealliance.org](http://seniorresourcealliance.org)

**Public Transportation Agency**

LYNX

(407) 841-5969

[golynx.com](http://golynx.com)

SunRail

(855) 724-5411

[sunrail.com](http://sunrail.com)

**Community Transportation Coordinator**

ACCESS LYNX

(407) 423-8747

**Driver License Services**

Orange County Tax Collector

(407) 434-0312

**Memory Disorder Clinic**

Orange Memory Disorder Clinic information is listed on the following page.

**Memory Disorder Clinic**

**Orlando Health Neuroscience Institute's  
Center for Aging and Memory Disorder Clinic**

76 W Underwood St, 2nd Floor  
Orlando, FL 32806  
(321) 841-2800

**AdventHealth Memory Disorder Clinic**

265 E Rollins St, 6th Floor  
Orlando, FL 32803  
(407) 392-9237

**Area Agency on Aging**

**Senior Resource Alliance**

(800) 963-5337

[seniorresourcealliance.org](http://seniorresourcealliance.org)

**Public Transportation Agency**

**LYNX**

(407) 841-5969

[golynx.com](http://golynx.com)

**SunRail**

(855) 724-5411

[sunrail.com](http://sunrail.com)

**Community Transportation Coordinator**

**ACCESS LYNX**

(407) 423-8747

**Driver License Services**

**Osceola County Tax Collector**

(407) 742-4000

**Memory Disorder Clinic**

**Health First Memory Disorder Clinic**

3661 S Babcock St

Melbourne, FL 32901

(321) 434-7612

**Area Agency on Aging**

Area Agency on Aging of Palm Beach/Treasure Coast, Inc.

(866) 684-5885

[aaapbtc.org](http://aaapbtc.org)

**Public Transportation Agency**

**Palm Tran**

(561) 841-4287

[palmtran.org](http://palmtran.org)

**Tri-Rail – South Florida Regional Transportation Authority**

(800) 874-7245

[tri-rail.com](http://tri-rail.com)

**Community Transportation Coordinator**

**Palm Tran Connection**

(561) 649-9838

**Driver License Services**

**Palm Beach County Tax Collector**

(561) 355-2264

**Memory Disorder Clinic**

Palm Beach Memory Disorder Clinic information is listed on the following page.

**Memory Disorder Clinic**

**St. Mary's Medical Center Memory Disorder Clinic at  
Palm Beach Neuroscience Institute**

901 Village Blvd,  
Ste 702

West Palm Beach, FL 33409  
(561) 990-2135

8756 Boynton Beach Blvd,  
Ste 2500

Boynton Beach, FL 33472  
(561) 990-2135

**Louis and Anne Green Memory and Wellness  
Center at Florida Atlantic University**

777 Glades Rd, Bldg AZ-79  
Boca Raton, FL 33431  
(561) 297-0502

**Area Agency on Aging**

Area Agency on Aging of Pasco-Pinellas, Inc.

(800) 963-5337

[agingcarefl.org](http://agingcarefl.org)

**Public Transportation Agency &  
Community Transportation Coordinator**

**GOPASCO**

(727) 834-3322

[pascocountyfl.net](http://pascocountyfl.net)

**Driver License Services**

**Pasco County Tax Collector**

**Dade City:** (352) 521-4360

**Land-O-Lakes & Wesley Chapel:** (813) 235-6020

**New Port Richey:** (727) 847-8165

**Memory Disorder Clinic**

**Madonna Ptak Center for Alzheimer's Research  
and Memory Disorders Clinic**

430 Morton Plant St., Ste. 401

Clearwater, FL 33756

(727) 298-6025

**Area Agency on Aging**

Area Agency on Aging of Pasco-Pinellas, Inc.

(800) 963-5337

[agingcarefl.org](http://agingcarefl.org)

**Public Transportation Agency**

Pinellas Suncoast Transit Authority (PSTA)

(727) 540-1900

[psta.net](http://psta.net)

**Community Transportation Coordinator**

PSTA ACCESS

(727) 540-1888

**Driver License Services**

Pinellas County Tax Collector

(727) 464-7777

**Memory Disorder Clinic**

Madonna Ptak Center for Alzheimer's Research  
and Memory Disorders Clinic

430 Morton Plant St, Ste 401

Clearwater, FL 33756

(727) 298-6025

**Area Agency on Aging**

Senior Connection Center, Inc

(800) 963-5337

[seniorconnectioncenter.org](http://seniorconnectioncenter.org)

**Public Transportation Agency /  
Community Transportation Coordinator**

Citrus Connection

(855) 765-5287

[ridecitrus.com](http://ridecitrus.com)

**Driver License Services**

Polk County Tax Collector

(863) 534-4700

**Memory Disorder Clinic**

Orlando Health Neuroscience Institute's  
Center for Aging and Memory Disorder Clinic

76 W Underwood St, 2nd Floor

Orlando, FL 32806

(321) 841-2800

**AdventHealth Memory Disorder Clinic**

265 E Rollins St, 6th Floor

Orlando, FL 32803

(407) 392-9237

**Area Agency on Aging**

**Elder Options**

(800) 262-2243

[agingresources.org](http://agingresources.org)

**Public Transportation Agency &  
Community Transportation Coordinator**

**Ride Solution**

(386) 325-9999

[theridesolution.org](http://theridesolution.org)

**Driver License Services**

**Putnam County Tax Collector**

(386) 329-0282

**Memory Disorder Clinic**

**Mayo Clinic, Memory Disorder Clinic**

4500 San Pablo Rd

Jacksonville, FL 32224

(904) 953-7103

**Area Agency on Aging**

**Elder Source, The Area Agency on Aging of  
Northeast Florida**

(888) 242-4464

[myeldersource.org](http://myeldersource.org)

**Public Transportation Agency**

**Sunshine Bus Company**

(904) 209-3716

[sunshinebus.net](http://sunshinebus.net)

**Jacksonville Transportation Authority –  
St. Johns Express Select**

(904) 630-3100

[jtafla.com](http://jtafla.com)

**Community Transportation Coordinator**

**St. Johns County Council on Aging**

(904) 209-3714

**Driver License Services**

**St. Johns County Tax Collector**

(904) 209-2250

**Memory Disorder Clinic**

**Mayo Clinic, Memory Disorder Clinic**

4500 San Pablo Rd

Jacksonville, FL 32224

(904) 953-7103

**Area Agency on Aging**

Area Agency on Aging of Palm Beach/Treasure Coast, Inc.

(866) 684-5885

[aaapbtc.org](http://aaapbtc.org)

**Public Transportation Agency**

ART

(772) 462-1778

[stlucieco.gov/](http://stlucieco.gov/)

**Community Transportation Coordinator**

ART

(772) 462-1778, option #3

**Driver License Services**

Saint Lucie County Tax Collector

(772) 462-1650

**Memory Disorder Clinic**

Health First Memory Disorder Clinic

3661 S Babcock St

Melbourne, FL 32901

(321) 434-7612

**Area Agency on Aging**

Northwest Florida Area Agency on Aging, Inc.

(866) 531-8011

[nwflaaa.org](http://nwflaaa.org)

**Community Transportation Coordinator**

Tri-County Community Council

(850) 547-3688

**Driver License Services**

Santa Rosa County Tax Collector

(850) 983-1800

**Memory Disorder Clinic**

West Florida Medical Center Clinic

Memory Disorder Clinic

8333 N Davis Hwy, Bldg 1, Floor 3

Pensacola, FL 32514

(850) 474-8353

**Area Agency on Aging**

Area Agency on Aging for Southwest Florida, Inc.

(866) 413-5337

[aaaswfl.org](http://aaaswfl.org)

**Public Transportation Agency**

Breeze Transit

(941) 861-5000

[scgov.net](http://scgov.net)

**Community Transportation Coordinator**

Breeze Plus

(941) 861-1018

**Driver License Services**

Sarasota County Tax Collector

(941) 861-8300, option 2

**Memory Disorder Clinic**

Sarasota Memorial Hospital

Memory Disorder Clinic

1515 S Osprey Ave, Ste A-1

Sarasota, FL 34239

(941) 917-7197

**Area Agency on Aging****Senior Resource Alliance**

(800) 963-5337

[seniorresourcealliance.org](http://seniorresourcealliance.org)

**Public Transportation Agency****SCOUT**

(407) 655-7433

[scoutseminolefl.com](http://scoutseminolefl.com)

**LYNX**

(407) 841-5969

[golynx.com](http://golynx.com)

**SunRail**

(855) 724-5411

[sunrail.com](http://sunrail.com)

**Community Transportation Coordinator****ACCESS LYNX**

(407) 423-8747

**Driver License Services****Seminole County Tax Collector**

(407) 665-1000

**Memory Disorder Clinic**

Seminole Memory Disorder Clinic information is listed on the following page.

**Memory Disorder Clinic**

**Orlando Health Neuroscience Institute's  
Center for Aging and Memory Disorder Clinic**

76 W Underwood St, 2nd Floor  
Orlando, FL 32806  
(321) 841-2800

**AdventHealth Memory Disorder Clinic**

265 E Rollins St, 6th Floor  
Orlando, FL 32803  
(407) 392-9237

**Area Agency on Aging****Elder Options**

(800) 262-2243

[agingresources.org](http://agingresources.org)

**Community Transportation Coordinator****Sumter County Transit**

(352) 568-6683

**Driver License Services****Sumter County Tax Collector**

**Bushnell:** (352)-569-6740

**Wildwood:** (352) 689-4540

**The Villages:** (352) 689-4645

**Memory Disorder Clinic****Orlando Health Neuroscience Institute's  
Center for Aging and Memory Disorder Clinic**

76 W Underwood St, 2nd Floor

Orlando, FL 32806

(321) 841-2800

**AdventHealth Memory Disorder Clinic**

265 E Rollins St, 6th Floor

Orlando, FL 32803

(407) 392-9237

### Area Agency on Aging

#### Elder Options

(800) 262-2243

[agingresources.org](http://agingresources.org)

### Community Transportation Coordinator

#### Suwannee Valley Transit Authority

(800) 258-7267

### Driver License Services

#### Suwannee County Tax Collector

(386) 362-2816

### Memory Disorder Clinic

#### Mayo Clinic, Memory Disorder Clinic

4500 San Pablo Rd

Jacksonville, FL 32224

(904) 953-7103

**Area Agency on Aging****Advantage Aging Solutions**

(866) 467-4624

[advantageaging.org](http://advantageaging.org)

**Public Transportation Agency &  
Community Transportation Coordinator****Big Bend Transit**

850-584-5566

[bigbendtransit.org](http://bigbendtransit.org)

**Driver License Services****Taylor County Tax Collector**

(850) 584-2089

**Memory Disorder Clinic****Tallahassee Memorial HealthCare****Memory Disorder Clinic**

2473 Care Dr, Ste 102

Tallahassee, FL 32308

(850) 431-5001

**Area Agency on Aging**

Elder Options

(800) 262-2243

[agingresources.org](http://agingresources.org)

**Community Transportation Coordinator**

Suwannee River Economic Council

(844) 496-0624

**Driver License Services**

Union County Tax Collector

(386) 496-3331

**Memory Disorder Clinic**

University of Florida

Memory Disorder Clinic

3009 SW Williston Rd

Gainesville, FL 32608

(352) 294-5400

**Area Agency on Aging**

**Elder Source, The Area Agency on Aging of  
Northeast Florida**

(888) 242-4464

[myeldersource.org](http://myeldersource.org)

**Public Transportation Agency**

**Votran**

**Daytona Beach:** (386) 761-7700

**Southeast Volusia:** (386) 424-6800

**West Volusia:** (386) 943-7033

[votran.org](http://votran.org)

**SunRail**

(855) 724-5411

[sunrail.com](http://sunrail.com)

**Community Transportation Coordinator**

**VoAccess**

(800) 983-2435

**Driver License Services**

**Volusia County Tax Collector**

(386) 254-4610

**Memory Disorder Clinic**

Volusia Memory Disorder Clinic information is listed on the following page.

**Memory Disorder Clinic**

**Mayo Clinic, Memory Disorder Clinic**

4500 San Pablo Rd  
Jacksonville, FL 32224  
(904) 953-7103

**Health First Memory Disorder Clinic**

3661 S Babcock St  
Melbourne, FL 32901  
(321) 434-7612

### **Area Agency on Aging**

#### **Advantage Aging Solutions**

(866) 467-4624

[advantageaging.org](http://advantageaging.org)

### **Community Transportation Coordinator**

#### **Wakulla Transportation**

(850) 888-1016

### **Driver License Services**

#### **Wakulla County Tax Collector**

(850) 926-6977

### **Memory Disorder Clinic**

#### **Tallahassee Memorial HealthCare Memory Disorder Clinic**

2473 Care Dr, Ste 102

Tallahassee, FL 32308

(850) 431-5001

**Area Agency on Aging**

Northwest Florida Area Agency on Aging, Inc.

(866) 531-8011

[nwflaaa.org](http://nwflaaa.org)

**Community Transportation Coordinator**

Tri-County Community Council

(850) 547-3688

**Driver License Services**

Walton County Tax Collector

(850) 892-8121

**Memory Disorder Clinic**

West Florida Medical Center Clinic

Memory Disorder Clinic

8333 N Davis Hwy, Bldg 1, Floor 3

Pensacola, FL 32514

(850) 474-8353

### **Area Agency on Aging**

#### **Advantage Aging Solutions**

(866) 467-4624

[advantageaging.org](http://advantageaging.org)

### **Community Transportation Coordinator**

#### **Tri-County Community Council**

(850) 547-3688

### **Driver License Services**

#### **Washington County Tax Collector**

(850) 638-6284

### **Memory Disorder Clinic**

#### **West Florida Medical Center Clinic**

#### **Memory Disorder Clinic**

8333 N Davis Hwy, Bldg 1, Floor 3

Pensacola, FL 32514

(850) 474-8353

# Appendix

## SAFE MOBILITY FOR LIFE COALITION

Since 2009, the FDOT has partnered with Florida State University's Pepper Institute to form a statewide coalition. Safe Mobility for Life implements a proactive, research-based, data-driven approach to eliminate traffic fatalities and reduce serious injuries for Florida's aging population.

As of January 2026, the following organizations are Safe Mobility for Life Coalition members:



# GOAL



To eliminate traffic fatalities and serious injuries for Florida's aging population while maintaining their safe mobility and connection to the community.





# MY TRANSPORTATION OPTIONS



Name:

Date:

Transportation Options	Times Available	Contact Info	Cost	Need to Bring

Blank copies of this worksheet can be downloaded at: [fdot.info/Guide](https://fdot.info/Guide)



## MY TRANSPORTATION PLAN

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Where do I want to go?	How often do I go?	How far?	What options are available?*	First choice	Alternative	Can I combine a trip or mode?
			<input type="checkbox"/> Walk <input type="checkbox"/> Public Transportation <input type="checkbox"/> Share Ride	<input type="checkbox"/> Bike <input type="checkbox"/> TNC <input type="checkbox"/> Other		
			<input type="checkbox"/> Walk <input type="checkbox"/> Public Transportation <input type="checkbox"/> Share Ride	<input type="checkbox"/> Bike <input type="checkbox"/> TNC <input type="checkbox"/> Other		
			<input type="checkbox"/> Walk <input type="checkbox"/> Public Transportation <input type="checkbox"/> Share Ride	<input type="checkbox"/> Bike <input type="checkbox"/> TNC <input type="checkbox"/> Other		
			<input type="checkbox"/> Walk <input type="checkbox"/> Public Transportation <input type="checkbox"/> Share Ride	<input type="checkbox"/> Bike <input type="checkbox"/> TNC <input type="checkbox"/> Other		
			<input type="checkbox"/> Walk <input type="checkbox"/> Public Transportation <input type="checkbox"/> Share Ride	<input type="checkbox"/> Bike <input type="checkbox"/> TNC <input type="checkbox"/> Other		
			<input type="checkbox"/> Walk <input type="checkbox"/> Public Transportation <input type="checkbox"/> Share Ride	<input type="checkbox"/> Bike <input type="checkbox"/> TNC <input type="checkbox"/> Other		
			<input type="checkbox"/> Walk <input type="checkbox"/> Public Transportation <input type="checkbox"/> Share Ride	<input type="checkbox"/> Bike <input type="checkbox"/> TNC <input type="checkbox"/> Other		
			<input type="checkbox"/> Walk <input type="checkbox"/> Public Transportation <input type="checkbox"/> Share Ride	<input type="checkbox"/> Bike <input type="checkbox"/> TNC <input type="checkbox"/> Other		

\* Check all that apply

Blank copies of this worksheet can be downloaded at: [fdot.info/Guide](http://fdot.info/Guide)

## MY TRANSPORTATION PLAN



Name: \_\_\_\_\_

Date: \_\_\_\_\_

Where do I want to go?	How often do I go?	How far?	What options are available?*	First choice	Alternative	Can I combine a trip or mode?
			<input type="checkbox"/> Walk <input type="checkbox"/> Public Transportation <input type="checkbox"/> Share Ride	<input type="checkbox"/> Bike <input type="checkbox"/> TNC <input type="checkbox"/> Other		
			<input type="checkbox"/> Walk <input type="checkbox"/> Public Transportation <input type="checkbox"/> Share Ride	<input type="checkbox"/> Bike <input type="checkbox"/> TNC <input type="checkbox"/> Other		
			<input type="checkbox"/> Walk <input type="checkbox"/> Public Transportation <input type="checkbox"/> Share Ride	<input type="checkbox"/> Bike <input type="checkbox"/> TNC <input type="checkbox"/> Other		
			<input type="checkbox"/> Walk <input type="checkbox"/> Public Transportation <input type="checkbox"/> Share Ride	<input type="checkbox"/> Bike <input type="checkbox"/> TNC <input type="checkbox"/> Other		
			<input type="checkbox"/> Walk <input type="checkbox"/> Public Transportation <input type="checkbox"/> Share Ride	<input type="checkbox"/> Bike <input type="checkbox"/> TNC <input type="checkbox"/> Other		
			<input type="checkbox"/> Walk <input type="checkbox"/> Public Transportation <input type="checkbox"/> Share Ride	<input type="checkbox"/> Bike <input type="checkbox"/> TNC <input type="checkbox"/> Other		
			<input type="checkbox"/> Walk <input type="checkbox"/> Public Transportation <input type="checkbox"/> Share Ride	<input type="checkbox"/> Bike <input type="checkbox"/> TNC <input type="checkbox"/> Other		

\* Check all that apply

Blank copies of this worksheet can be downloaded at: [fdot.info/Guide](http://fdot.info/Guide)

# MY TRANSPORTATION OPTIONS



Name:

Date:

Transportation Options	Times Available	Contact Info	Cost	Need to Bring

Blank copies of this worksheet can be downloaded at: [fdot.info/Guide](https://fdot.info/Guide)

# MY TRANSPORTATION OPTIONS



Name: \_\_\_\_\_

Date: \_\_\_\_\_

Transportation Options	Times Available	Contact Info	Cost	Need to Bring

Blank copies of this worksheet can be downloaded at: [fdot.info/Guide](https://fdot.info/Guide)

## MY TRANSPORTATION PLAN



Name: \_\_\_\_\_

Date: \_\_\_\_\_

Where do I want to go?	How often do I go?	How far?	What options are available?*	First choice	Alternative	Can I combine a trip or mode?
			<input type="checkbox"/> Walk <input type="checkbox"/> Public Transportation <input type="checkbox"/> Share Ride	<input type="checkbox"/> Bike <input type="checkbox"/> TNC <input type="checkbox"/> Other		
			<input type="checkbox"/> Walk <input type="checkbox"/> Public Transportation <input type="checkbox"/> Share Ride	<input type="checkbox"/> Bike <input type="checkbox"/> TNC <input type="checkbox"/> Other		
			<input type="checkbox"/> Walk <input type="checkbox"/> Public Transportation <input type="checkbox"/> Share Ride	<input type="checkbox"/> Bike <input type="checkbox"/> TNC <input type="checkbox"/> Other		
			<input type="checkbox"/> Walk <input type="checkbox"/> Public Transportation <input type="checkbox"/> Share Ride	<input type="checkbox"/> Bike <input type="checkbox"/> TNC <input type="checkbox"/> Other		
			<input type="checkbox"/> Walk <input type="checkbox"/> Public Transportation <input type="checkbox"/> Share Ride	<input type="checkbox"/> Bike <input type="checkbox"/> TNC <input type="checkbox"/> Other		
			<input type="checkbox"/> Walk <input type="checkbox"/> Public Transportation <input type="checkbox"/> Share Ride	<input type="checkbox"/> Bike <input type="checkbox"/> TNC <input type="checkbox"/> Other		
			<input type="checkbox"/> Walk <input type="checkbox"/> Public Transportation <input type="checkbox"/> Share Ride	<input type="checkbox"/> Bike <input type="checkbox"/> TNC <input type="checkbox"/> Other		

\* Check all that apply

Blank copies of this worksheet can be downloaded at: [fdot.info/Guide](http://fdot.info/Guide)

## MY TRANSPORTATION PLAN



Name: \_\_\_\_\_

Date: \_\_\_\_\_

Where do I want to go?	How often do I go?	How far?	What options are available?*	First choice	Alternative	Can I combine a trip or mode?
			<input type="checkbox"/> Walk <input type="checkbox"/> Public Transportation <input type="checkbox"/> Share Ride	<input type="checkbox"/> Bike <input type="checkbox"/> TNC <input type="checkbox"/> Other		
			<input type="checkbox"/> Walk <input type="checkbox"/> Public Transportation <input type="checkbox"/> Share Ride	<input type="checkbox"/> Bike <input type="checkbox"/> TNC <input type="checkbox"/> Other		
			<input type="checkbox"/> Walk <input type="checkbox"/> Public Transportation <input type="checkbox"/> Share Ride	<input type="checkbox"/> Bike <input type="checkbox"/> TNC <input type="checkbox"/> Other		
			<input type="checkbox"/> Walk <input type="checkbox"/> Public Transportation <input type="checkbox"/> Share Ride	<input type="checkbox"/> Bike <input type="checkbox"/> TNC <input type="checkbox"/> Other		
			<input type="checkbox"/> Walk <input type="checkbox"/> Public Transportation <input type="checkbox"/> Share Ride	<input type="checkbox"/> Bike <input type="checkbox"/> TNC <input type="checkbox"/> Other		
			<input type="checkbox"/> Walk <input type="checkbox"/> Public Transportation <input type="checkbox"/> Share Ride	<input type="checkbox"/> Bike <input type="checkbox"/> TNC <input type="checkbox"/> Other		
			<input type="checkbox"/> Walk <input type="checkbox"/> Public Transportation <input type="checkbox"/> Share Ride	<input type="checkbox"/> Bike <input type="checkbox"/> TNC <input type="checkbox"/> Other		

\* Check all that apply

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TARGET  
**ZERO**  
FATALITIES & SERIOUS INJURIES

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