



Insider

News and information to help Florida's aging road users



June 2019

The Safe Mobility for Life Program and Coalition honors June as Florida's "You Hold the Keys" Month. All drivers, pedestrians, bicyclists, or transit riders hold the keys to their transportation future. The upcoming release of the updated Florida's Guide to Safe Mobility for Life will help aging Floridians learn how to stay active, independent, and connected to their community no matter what transportation option they are using.



Understand



Be Proactive



Plan



To request outreach materials: Safe Mobility for Life Resource Center
Phone: (850) 644-8426, Email: Contact@SafeMobilityFL.com



Understand

Upcoming release of Florida's Guide to Safe Mobility for Life and how to pre-order a copy

This summer, the Safe Mobility for Life Coalition is releasing an updated guidebook to help older adults meet their personal mobility needs to remain safe, independent, and active in their communities.



Florida's Guide to Safe Mobility for Life has information everyone needs to know as they age, including safety tips, rules for sharing the road, and self-assessments and worksheets. By reading and completing the guide everyone can learn how to remain safe, mobile and independent, even beyond the driver's seat.

The new guide is an updated version of Florida's Guide for Aging Drivers which was expanded to help aging road users stay safe on the road and includes workbook elements to help plan for their transportation future. The guide also includes information about the available statewide and county resources, and most importantly, provides detailed information on the keys to achieve safe mobility for life:

- **Understand** the impact aging has on driving.
- **Be proactive** about safe driving skills.
- **Plan** for a safe transition from driving.

Everyone is invited to **pre-order** the new Florida's Guide to Safe Mobility for Life by emailing contact@SafeMobilityFL.com.

After the official release, an electronic version of Florida's Guide to Safe Mobility for Life will be available at SafeMobilityFL.com.



Be Proactive

Tips and information to stay safe and mobile using all transportation options

The first thing you may notice about the Florida's Guide to Safe Mobility for Life is the title change. This was intentional because this **new** guide focuses on all road users not just drivers.

Chapter 2 of the guide focuses on the second key to safe mobility for life: **Be Proactive**. The chapter is divided into sections focusing on the specific needs of drivers, pedestrians, bicyclists, transit riders, motorcyclists, and even golf cart drivers. Each of these sections includes

safety tips, best practices for sharing the road, and resources designed to meet the personal needs of each type of road user.

Whether you are comfortable with your current transportation situation, just beginning to plan your transportation future, or simply interested about what other transportation options are available in your community, Florida's Guide to Safe Mobility for Life has many different tools to keep you safe and mobile no matter which transportation option you use.

Developing a personal transportation plan

Drivers may never know when they may be without a car or for how long. Perhaps a surgery prevents them from driving, they experience car issues, or simply decide they want to try something new. This is why it is important to have a transportation plan in place to stay independent and on the go regardless of age or circumstance.



Knowing what options are available and how to use them can help older adults reduce stress, avoid challenges, and overcome obstacles that may occur without access to a car. Developing a transportation plan that could include walking, riding a bike, ride-sourcing, or riding public transit can also offer financial, health, and lifestyle benefits.

Car ownership is often the second-largest expense in a household budget, whereas transit, when available, is an economical way to travel, and many transit agencies offer reduced fare for older adults to make it even more affordable. Walking, riding a bike, or sharing a ride also can cost less money than driving a car.

Opting to walk or ride a bike instead of driving can have a positive impact on a person's health, such as delaying physical and mental impacts of aging, while also getting to the places they need to go. These transportation options are also available to most anyone, anywhere, only requiring you to get up and go.

The newly expanded Florida's Guide to Safe Mobility for Life, will have tips, resources, and information dedicated solely to planning for a life beyond the driver's seat and how to put that plan in action.

Pre-order Florida's Guide to Safe Mobility for Life by emailing contact@SafeMobilityFL.com.

After the official release, an electronic version will be available at [SafeMobilityFL.com](https://www.SafeMobilityFL.com).



Automated vehicles: transportation options of the future are being tested in Florida

Communities throughout Florida have taken a step into the future by allowing automated vehicles, which function independently of a driver, to operate within their borders.

Earlier this year, Orlando-based automated vehicle provider, Beep, announced that it will launch self-driving shuttles in Lake Nona, a 17-square-mile, mixed-use community located in Orange County. The 15-person shuttles are scheduled to launch in 2019.

Prior to this, Babcock Ranch, the nation's first community powered fully with solar energy, located north of Fort Myers in Lee County, partnered with mobility company, Transdev, to launch an automated vehicle pilot program to test self-driving shuttles. The program recently was expanded to beta test an app that allows passengers to request a pickup.

The City of Gainesville in Alachua County also partnered with Transdev to test automated shuttles. The program was completed and city officials are awaiting the green light to formally launch the shuttles.

The Jacksonville Transportation Authority began working with automated vehicle provider NAVYA earlier this year to test the vehicles and how they would integrate in existing routes within Jacksonville in Duval County.





Beyond the Driver's Seat:

FindaRideFlorida.org helps older adults find transportation options

Access to transportation options, such as the bus, paratransit services, and transportation network companies, can help older adults be independent and mobile without a car. FindaRideFlorida.org is an online listing of transportation service providers in all of Florida's 67 counties that can help older adults find existing providers who can take them where they need and want to go. The online listing provides transportation service providers in alphabetical order.

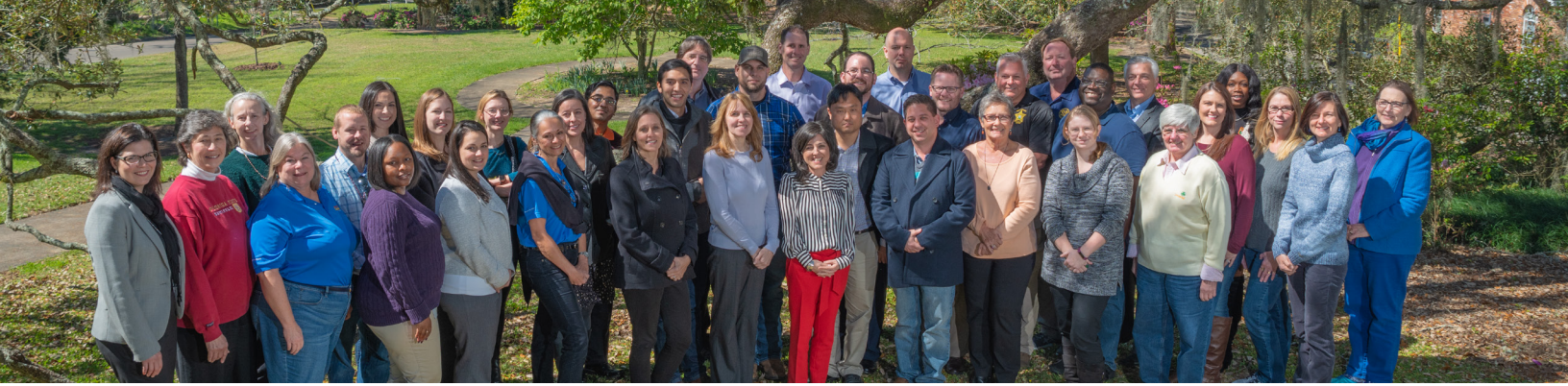
Getting started is easy. Visit [FindaRideFlorida.org](https://findarideflorida.org), enter a start location and destination, and browse available options.

Celebrating teamwork with “Working Together” month

The Safe Mobility for Life Coalition designated May as “Working Together” month to celebrate our 10 year anniversary and to highlight the partner organizations that work together on the Coalition to provide information and resources to help improve the safety and mobility needs of Florida’s aging road users. Many agencies, organizations, and groups have responsibilities and interests in aging road user safety and mobility that can improve or maintain quality of life. Safe roadways are a shared responsibility among federal, state, county, and local governments. The Safe Mobility for Life Coalition includes professionals from engineering, enforcement, safety, health, education, transportation fields along with representatives from aging agencies, and organizations.

We would like to thank all our Coalition members as well as everyone who has helped the program educate older adults, families and caregivers, and community partners on how to achieve safe mobility for life.





Coalition members:

AAA Auto Club South
AARP Florida
Area Agency on Aging for North Florida, Inc.
Carlin Rogers Consulting, LLC
Commission for the Transportation Disadvantaged
Community Traffic Safety Teams Coalition
Florida Department of Economic Opportunity
Florida Department of Elder Affairs
Florida Department of Health
Florida Department of Highway Safety and Motor Vehicles
Florida Department of Transportation
Federal Highway Administration - Florida Division
Florida Association of Area Agencies on Aging
Florida Association of Senior Centers

Florida Law Enforcement Liaison Program
Florida Occupational Therapy Association
Florida Police Chiefs Association
Florida Public Transportation Association
Florida Regional Councils Association
Florida State University, College of Medicine
Hillsborough Area Regional Transit Authority
Lee County Sheriff's Office
Metropolitan Planning Organization Advisory Council
National Highway Traffic Safety Administration (Ex-officio member)
Pepper Institute on Aging and Public Policy
Tallahassee Senior Center
University of Florida, Institute for Mobility, Activity and Participation
University of South Florida, Sarasota-Manatee

Do you know a group of older adults who would be interested in learning more about the Keys to Achieve Safe Mobility for Life? Email Contact@SafeMobilityFL.com to schedule a "The Keys to Achieve Safe Mobility for Life" workshop today.



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



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