



Transportation

HAVING SAFE, RELIABLE, AND AFFORDABLE WAYS TO GET TO ESSENTIAL SERVICES, SOCIAL ACTIVITIES, AND COMMUNITY PROGRAMS. TRANSPORTATION IS KEY TO INDEPENDENCE AND PARTICIPATION.



Shuttle Bus
Services



Volunteer-Driven
Community Programs



Mobility

Why does transportation matter?

- Seniors who stop driving are almost twice as likely to experience depression, and their risk of mortality and entering long-term care increases significantly.
- When transportation is limited, seniors may miss out on getting their groceries or medications, attending medical appointments, and participating in community life.
- Transportation challenges often are especially critical in rural and remote areas.

Healthy Aging Program Example

Agency: Eagle Valley Community Support Society
Healthy Aging Program Stream: Better at Home

Wendy, widowed and living alone, faced isolation and chronic pain without transportation. Better at Home matched her with a volunteer who provides rides, cleaning, and companionship, plus the program also provides her with weekly gas cards and community support. Today, Wendy feels safe and connected, and gives back by baking treats for her community.

Learn more about transportation on Healthy Aging CORE BC:

[Webinar Recording] [BC Transit, Mobility Justice, and the Challenges of Population Aging](#)

[Report] [Promising Models of Community-Based Seniors' Transportation in British Columbia](#)

[Impact Story] [Seniors On The Move](#)

[eLearning] [Changing Gears: Making a Plan for Retiring from Driving](#)

[Guide] [Volunteer Driver Programs Guide](#)

[Report] [Provincial Consultation on Seniors' Transportation: Life Without Driving?](#)