Aging and Senior Mobility
In Alameda County

Mobility is essential to maintaining independence, health, social connections, and employment opportunities as we age.

The Alameda County Transportation Commission (Alameda CTC) is committed to enhancing mobility for Alameda County’s older residents whether for work, recreation, social, or other types of trips. Alameda CTC helps residents stay healthy, active, and engaged in our communities.

(510) 208-7400
AccessAlameda.org
September 2019
Why Transportation Access for Seniors Matters

Alameda County is a great place to live as an older adult. Still, there are many challenges faced by our residents that limit their ability to maintain mobility, independence, and community connections as they age.

Seniors benefit from programs that enhance personal mobility.

1 in 5 of older adults in Alameda County are still in the workplace. 19% of all seniors still work or are looking for work. Access to transportation can often be a barrier to employment for older adults.

Seniors are over 3 times as likely to have a disability. 31% of the senior population compared to 9% of the general population has a disability.

19% of older adults in Alameda County cannot fully cover their living expenses.

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Seniors are twice as likely to have no personal vehicle available. 19% of the senior population compared to 11% of the general population has no personal vehicle.

Many lower-density areas have limited access to transit and paratransit services, despite Alameda County’s relatively rich mix of transportation services overall.

In Alameda County, 37% of older residents are foreign born, 43% speak a language other than English at home, and often have limited English proficiency, which can make learning about transportation services and programs difficult.

Public Transit is a regularly scheduled bus, train, or ferry service available to the general public. Accommodations for seniors and people with disabilities include priority seating, wheelchair lifts, audible stop announcements, and elevators at BART stations.

Paratransit is available in the same areas and at the same times as regular public transit. On-demand origin-to-destination transportation service for people who are unable to use public transit due to a disability.

Many cities in Alameda County provide a set of specialized services for Older Adults.

- Accessible Fixed-Route Shuttles
- Origin-to-Destination Ride Programs
- Door-to-Door Ride Program
- Wheelchair Van Program
- Group Trips
- Same-Day Transportation

Hands-on travel training sessions teach you how to use public transit safely and comfortably. Travel training is provided by different community organizations across Alameda County. Volunteer driver programs connect riders to a network of volunteers who provide door-through-door rides. Door-through-door services provide additional assistance to passengers by escorting them from their homes to the vehicle and from the vehicle inside their destination.

Services in Alameda County That Help Move You

City Programs

Other Resources
Senior Mobility: Stay Connected

Whether you are caring for an older adult or find getting around more difficult as you age, below are some resources to help ensure Alameda County’s seniors remain mobile, connected, and independent.

Connect with Transportation Services


Residents should use this website to determine which services are most appropriate for themselves or their loved ones and to apply to specific programs. A printed version of this guide is also available.

Dial 2-1-1 or visit transportation.211alamedacounty.org to connect with transportation and other community services.

Connect with Us

To find out more about the Alameda CTC and its transportation programs for seniors and people with disabilities or to request outreach materials, please contact Krystle Pasco, Alameda CTC Paratransit Coordinator, at (510) 208-7467 or kpasco@alamedactc.org.