



CURATED FOR
SENIORS
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FREE PRINTABLE GUIDE

Mobility Options Planning Guide

How to plan everyday trips when driving changes

Introduction. Transportation planning is not only about replacing a car. It is about preserving access to medical care, shopping, social life, and the everyday trips that make independence possible.

How to use this guide. List the trips that matter most, compare local options, and test one familiar route before relying on a new service for an important appointment.

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Describe the trips

A few practical points to keep in mind.

- ☐ List the essential destinations.
- ☐ Note the days, times, distance, and mobility needs.
- ☐ Mark which trips are urgent and which can be scheduled.
- ☐ Identify whether a companion, ramp, or door-to-door service is needed.

Compare local options

A few practical points to keep in mind.

- ☐ Check public transit, paratransit, volunteer rides, and community programs.
- ☐ Confirm service area, booking lead time, eligibility, and cost.
- ☐ Ask how cancellations, bad weather, and missed connections are handled.
- ☐ Record the official contact method for each option.

Test the plan

A few practical points to keep in mind.

- ☐ Choose one familiar trip to try first.
- ☐ Keep a backup option for time-sensitive appointments.
- ☐ Record what worked and what needs adjustment.
- ☐ Update the list when local service information changes.

What to do next

Choose one next step you can complete this week. A small action is more useful than a perfect plan that never starts. Keep this guide with the notes or contact information needed for the next conversation.

Important note: *This guide is general information, not medical, transportation, financial, or legal advice. Confirm local availability, eligibility, accessibility, booking rules, costs, and safety with each official provider; discuss mobility and health needs with an appropriate qualified professional.*

This is general information for preparing a conversation or next step, not individualized professional advice.

Notes and what to buy
