



advocacy | action | answers on aging

# Mobile and Socially Connected

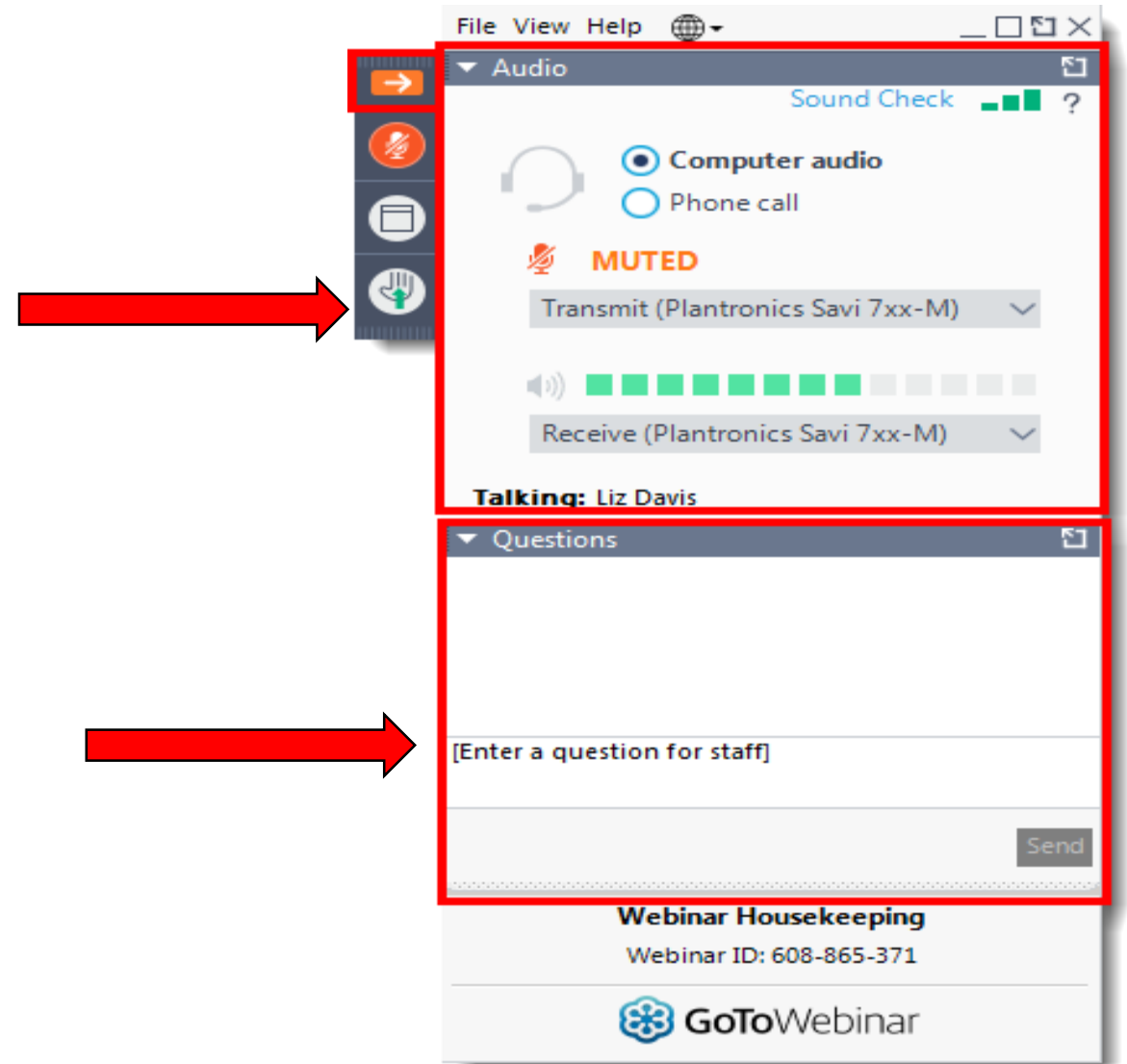

## *engAGEment Fostered by Transportation Access*

Briana Smith, General Manager, Lou Go's & Red Apple Transit

Peg McDonough, Planner, Berkshire Regional Planning Commission

March 19, 2020

# Webinar Instructions

- **Audio options**
  - Use your computer speakers, **OR**
  - Dial in to the conference call
  - All participants are muted
- **“Questions” box**
  - Q&A session will be at the **end** of the presentation, but feel free to submit your questions at any time during the presentation. Click on the dropdown arrow icon “

The image shows a screenshot of the GoToWebinar interface. The top window is titled "Audio" and contains settings for "Computer audio" (selected) and "Phone call". A microphone icon is labeled "MUTED". Below this, there are dropdown menus for "Transmit (Plantronics Savi 7xx-M)" and "Receive (Plantronics Savi 7xx-M)". A volume bar is visible. The bottom window is titled "Questions" and contains a text input field with the placeholder "[Enter a question for staff]" and a "Send" button. A red box highlights the "Audio" and "Questions" windows. Two red arrows point from the text in the "Questions" section of the instructions to the "Questions" window in the screenshot.

# engAGED: The National Resource Center for Engaging Older Adults

- Promotes and provides opportunities to improve the rates of social engagement in older adults.
- Supports the Aging Network with information about emerging trends, resources, and replication strategies that can be used in their communities
- Educates and informs about innovative engagement approaches and programming.
- Collaborates with diverse organizations to develop and promote engagement opportunities through a wide variety of channels.

# Presenters

- Briana Smith, General Manager
  - Lou Go's & Red Apple Transit
  - Farmington, NM
- Peg McDonough, Planner
  - Berkshire Regional Planning Commission
  - Age Friendly Berkshires
  - Pittsfield, MA

# Considering the Impact of COVID-19 on Transportation & engAGEmEnt

- Virginia Dize
  - Director of Transportation at n4a
  - Co-Director of National Aging and Disability Transportation Center

**The National Aging and  
Disability Transportation  
Center**

[www.nadtc.org](http://www.nadtc.org)

[contact@nadtc.org](mailto:contact@nadtc.org)

(866) 983-3222





*Berkshire  
Regional  
Planning  
Commission*

**Webinar  
March 19, 2020**

***Every Ride Counts in Age Friendly Berkshires***

**Local transportation options to get where you need to go!**



Photo: Adams Council on Aging

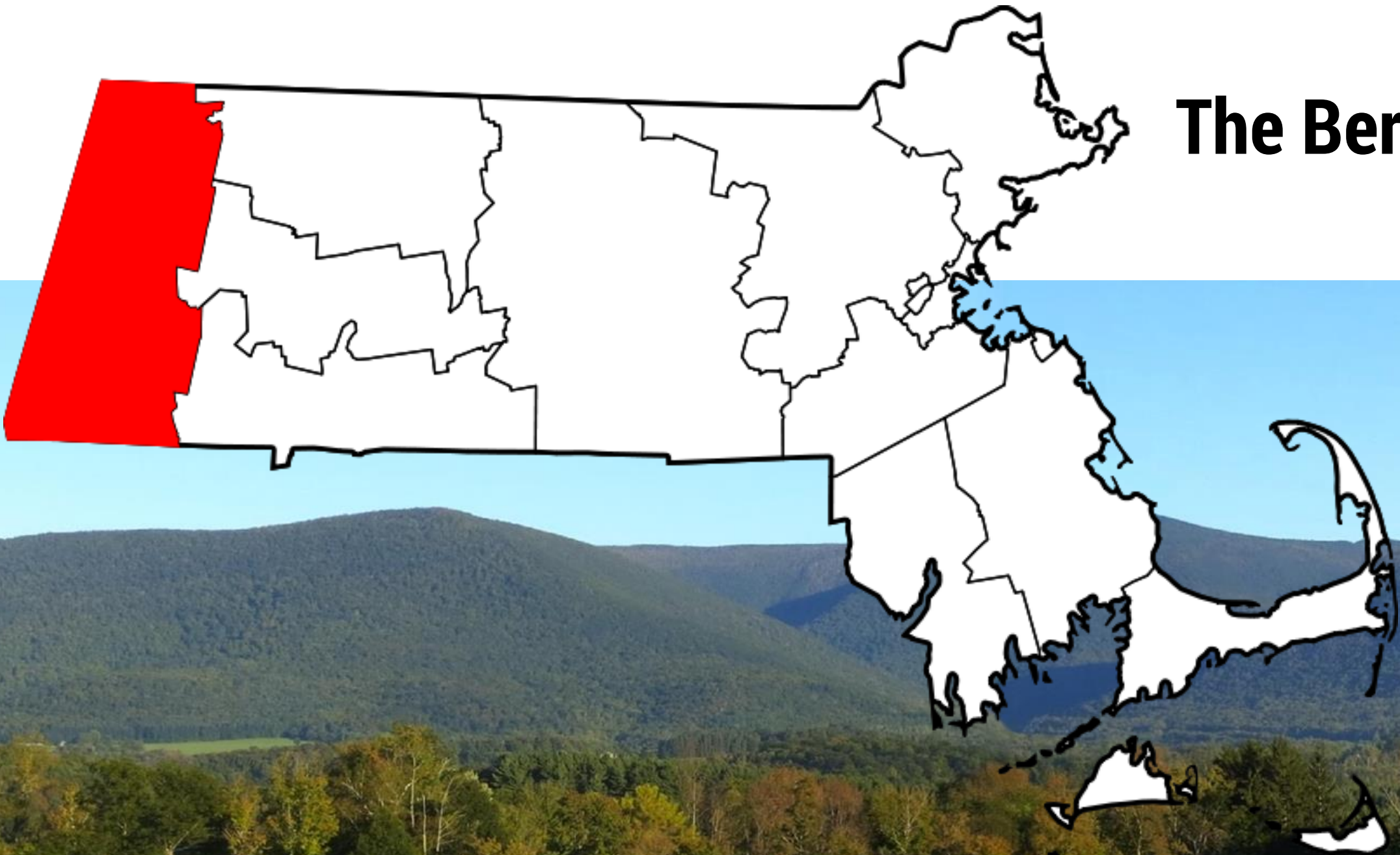
**Peg McDonough, Regional Planner**  
Berkshire Regional Planning Commission



**Berkshire Taconic**  
COMMUNITY FOUNDATION



# The Berkshires



# Quick Facts: Berkshire County

**Population = 128,000 (U.S. Census, 2018 est.)**

**17.1 % under 18**

**22.8 % Age 65 and older and growing rapidly**

**Persons in poverty 10.6%**

**32 Municipalities – 2 Cities, 30 Small towns**

**Employment (2017) 53,467**

**Median HH Income \$55,190**

**Miles of Road: 2,101**

**Few major roads, long winters, 90-minute north-to-south drive time**

**Massachusetts ranks 43<sup>rd</sup> out of 50 for the provision of public transportation**



# The Berkshires: A leisure and retirement destination

## Museums



Photo: Beyond My Ken

## Performing Arts



Photo: Jacob's Pillow

## Natural Beauty



Photo: Pablo Sanchez

## Recreation



Photo: MA Office of Travel and Tourism

## Shopping + Dining + Wellness



Photo: Anc516

## Music



Photo: Natalie Maynor

# **Berkshire Regional Planning Commission**

**Regional transportation planners for Berkshire County, Massachusetts**  
2 cities and 30 small towns, with no county government

**Metropolitan Planning Organization** – Provide continuing, cooperative and comprehensive planning; Allocate Federal and state transportation monies for programs and projects – roadway, transit, bike and pedestrian

**Co-Chairs, Berkshire Regional Coordinating Council on Transportation**  
Volunteer providers group that promotes alternative, cost-effective ridesharing opportunities throughout the county.

# Age Friendly Berkshires

***Mission:** A coalition movement working to create a more livable Berkshire County for people of all ages, with a focus on the changing needs of an aging population.*

Implementing an **Age Friendly Action Plan** across **8 Areas of Livability** -  
Transportation to support “aging in place” is #1 priority

BRPC provides staff support to the **AFB** coalition



# Limited Public Transit

Ltd. service hours  
No  
Sundays/holidays

Bus stops on routes  
with poor or no  
signage

Travel time  
*reliability* is an issue

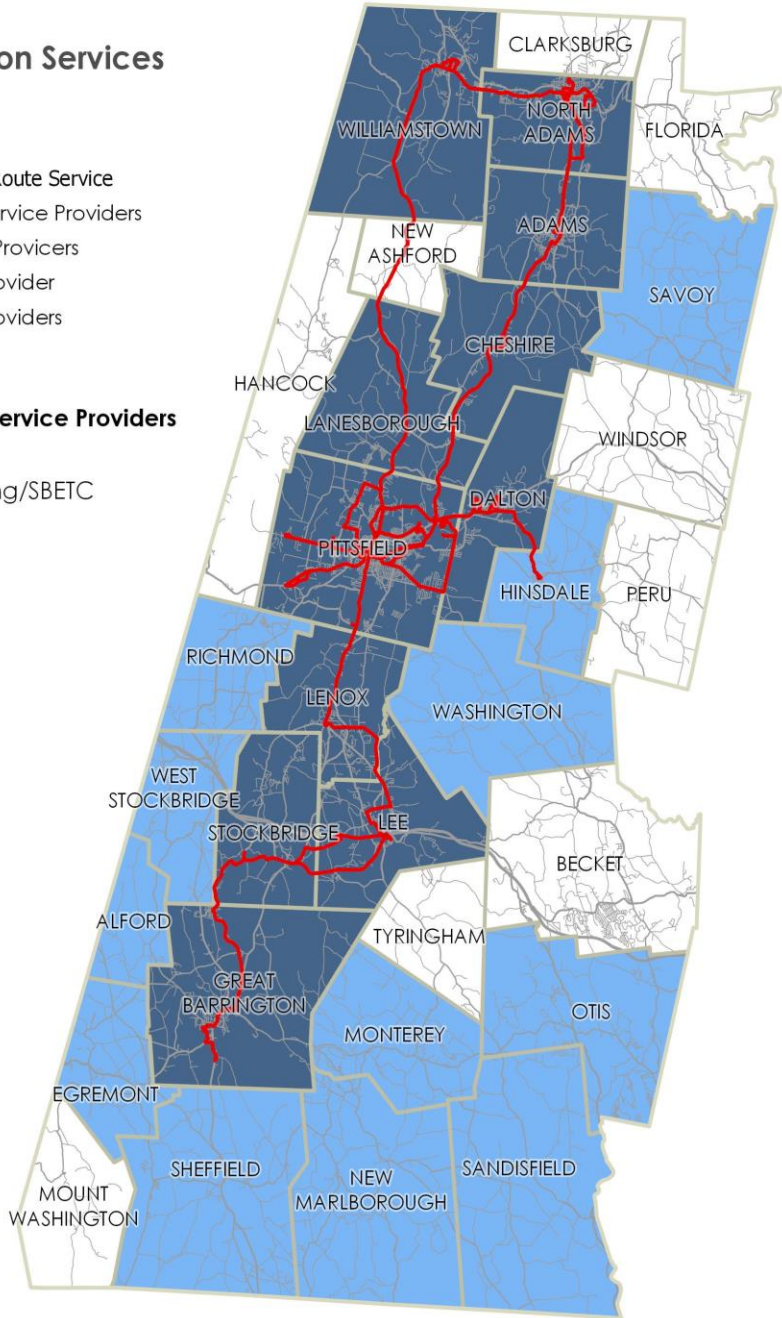


## Transportation Services

- BRTA Fixed Route Service
- Transportation Service Providers
  - No Service Providers
  - 1 Service Provider
  - 2 Service Providers

## Transportation Service Providers

- BRTA
- Council on Aging/SBETC



This map was created by the Berkshire Regional Planning Commission and is intended for general planning purposes only. This map shall not be used for engineering, survey, legal, or regulatory purposes. MassGIS, MassDOT, BRPC or the municipality may have supplied portions of this data.

Prepared in cooperation with the Massachusetts Department of Transportation and the U. S. Department of Transportation. The views and opinions of the Berkshire Regional Planning Commission express herein do not necessarily state or reflect those of the Massachusetts Department of Transportation or the U. S. Department of Transportation.

# Every Ride Counts – Spring-Summer 2020

**Goal:** To use NADTC's *Every Ride Counts* awareness campaign to start a community conversation about transit needs and currently-available ride options and identify gaps and opportunities for sharing

# Project Goals



- Distribute existing 3-page transportation providers list, “***Berkshires Without Barriers***”
- ID additional vehicle and ride program assets in or serving sub-region
- Complete transportation needs survey focused on critical destinations



# Project Goals



Update provider route maps to inform regional route management (TMA)

Engage 6 towns in cross-border solution-development to fill service gaps cooperatively

# THE NORTHWEST NEW MEXICO TRANSPORTATION ALLIANCE

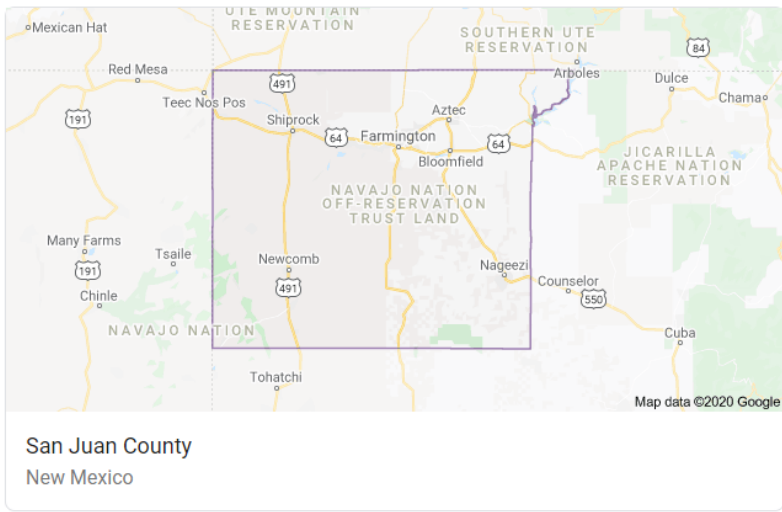
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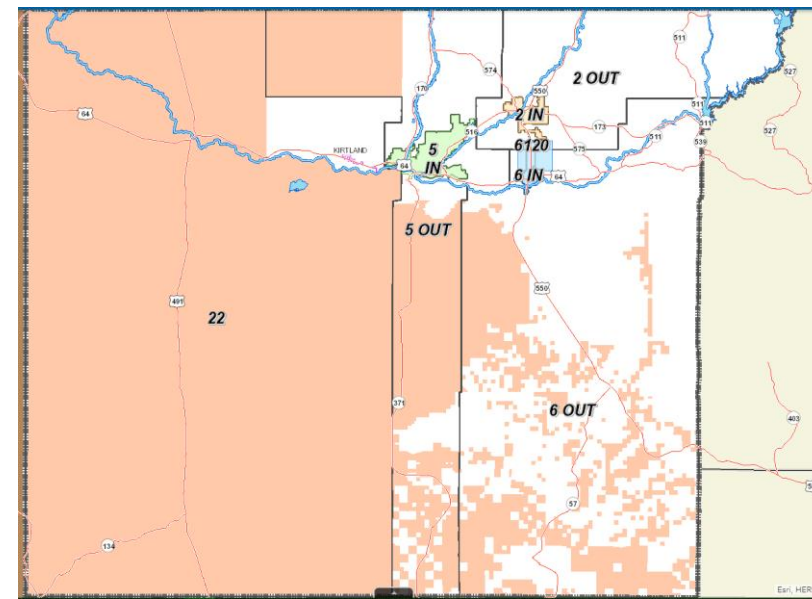
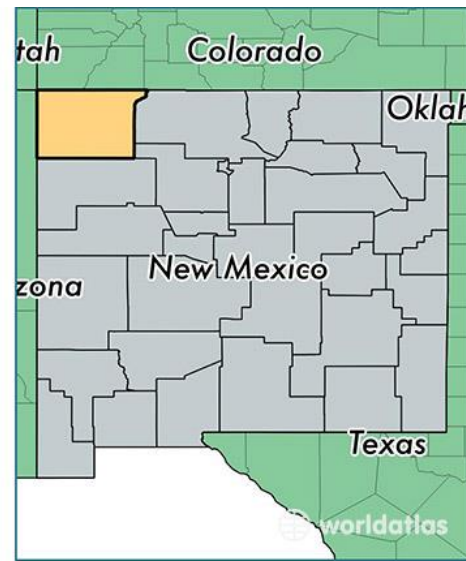
Mobile and Socially  
Connected: engAGEment  
Fostered by Transportation  
Access

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March 2020







**San Juan County: 5,538 sq. miles  
(63% Indian reservations)**

- \* The Navajo Nation takes up 60%**
- Average household Income in SJC - \$ 49K**
  - 22% Poverty Rate in SJC**
- 38% Poverty Rate on Navajo Nation**
- 47% of the nation is OVER the age of 40.**

Farmington, NM to Shiprock : 34 Miles  
 Farmington, NM to NewComb: 54 Miles  
 Farmington, NM to Naschitti: 70 Miles  
 Farmington, NM to Whiterock: 59 Miles  
 Farmington, NM to Nageezi : 49 Miles  
 Farmington, NM to Cedar Hill: 49 Miles

# Challenges in our area for seniors and people with disabilities :

- Reliable TRANSPORTATION
- Distance for caregivers to drive out to see family/elders often
- ADA compliance on the reservation
  - No ramps
  - No paved roads
  - No NEMT services allowed to drive on reservation roads
- Distance between neighbors to check in on each other is too far
- Food Desert Area- most locations are 35-70 miles away
- Closure of all non essential companies on and around the NN since the first confirmed case of COVID-19.



*Transportation opportunities given to the elderly and disabled community through an awarded grant by NADTC in 2019.*



**PROJECT ACCOMPLISHMENTS**  
*Year to date data May 14-October 31, 2019:*

**Total Rides to date (5 months) : 1,295**  
**AVG ridership of : 257 per month**

"You have given me back my independence. I don't have to just sit at home everyday. Thank you."

*NADTC Shuttle Rider*

## PROJECT ACCOMPLISHMENTS

### What we wanted to achieve...and DID!

- Provide curb-to-curb paratransit transportation services on the Navajo reservation area within San Juan County for older adults and individuals with disabilities who reside in remote areas of the reservation.
- Transportation services will be provided to the target population at low to no cost.
- Reducing social isolation in seniors and disabled individuals by providing assistance in getting around
- Helping individuals get to the local food pantries in Farmington, NM from anywhere in San Juan County.











# What are we doing now?

## ❖ Spring 2020 Blitz of Every Ride Counts Campaign

EVERY RIDE COUNTS is NADTC's comprehensive publicity campaign to promote the availability and accessibility of transportation options for older adults, people with disabilities and caregivers in communities around the country.

- ❖ Increasing access to healthcare and improving health outcomes by providing affordable transportation. By getting the target population to areas with social activities and engagement with others it has been proven to assist with lowering the risks of health problems such as depression, dementia, stroke and premature death.
- ❖ Volunteer Driver program- Community volunteers donate their time and use our company vehicle to help program participants get to places they need to go. The volunteer drivers undergo and complete an application, DMV records check, provide a copy of a valid Drivers' License and insurance certificate, complete a background check, and finally complete their orientation and training.



# LouGo's Volunteers Needed

Are you someone who enjoys helping others? Do you enjoy meeting new people? Are you interested in getting more involved in your community? Do you like to drive?

**IF YOU ANSWERED "YES" TO ANY OF THESE QUESTIONS, WE MAY HAVE THE VOLUNTEER OPPORTUNITY YOU HAVE BEEN SEEKING!**

We are recruiting Volunteer Drivers to transport Elderly and Disabled community members to Non-Emergency medical appointments as well as to various spots for shopping around town.

Interested in learning more about this volunteer program? Please contact Briana Smith@505-324-6568 for more details.



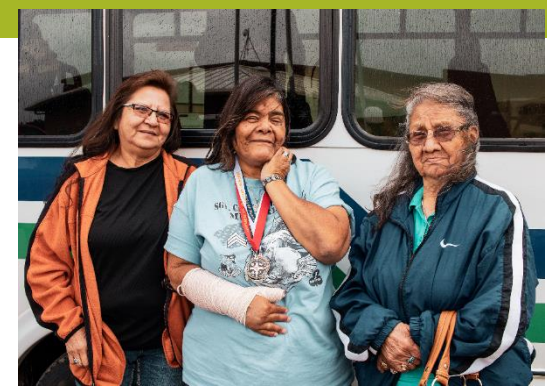
# Sustainability And Funding

On May 22, 2019, FTA announced the Access and Mobility Partnership Grants selection of 37 projects in 37 states, totaling \$9,601,981.

Capacity Builders was awarded **\$130K** for 2 years with the innovations of increasing access to care, improving health outcomes by doing so, and reducing healthcare costs. We are honored to have been a recipient of this grant and will continue this current project forward.

Capacity Builders, Inc. has applied to provide rides for recipients of the New Mexico Developmental Disabilities Medicaid Waiver Program. If successful, the application will result in payment vouchers for rides provided. The waiting list for this program is long with an estimated time for approval being up to 24 months.

We have also applied for 5310 and 5311 funding for fiscal year 2021/2022. \*Application submitted September 2019\*



# Questions?

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