

Staying Mobile: Transportation Options in Senior Living

During our busy working years, driving often means rushing through traffic, juggling carpools, and fitting errands between meetings and kids' activities. But later in life, when the pace slows and the days are our own, driving takes on a new meaning.

For older adults, driving means freedom. You can enjoy lunch with friends on a weekday, visit the farmers' market on a Saturday morning, or take a fun Sunday drive. It's natural to wonder if that independence will continue when moving into a senior living community.

Helen once spent decades driving kids to school, managing a long commute, and keeping the family on schedule. When she retired, she relished the ease of hopping in her car whenever she wanted. So, when she moved into senior living, she wasn't sure she was ready to give that up.

But within weeks, she discovered something surprising. She was getting out more than ever. With the community shuttle, group outings, and scheduled rides, she could go anywhere without worrying about parking, traffic, or bad weather. "It's nice to just sit back and enjoy the ride," she said.

Staying Mobile is About Choices

Senior living communities offer you a variety of transportation choices to make it easy to stay engaged, independent, and connected. If you or a loved one is preparing to make the move, it helps to know your options. This article will let you know what to expect.

For all your Senior Living resource needs, visit www.KiscoLearningCenter.com

Disclaimer: Information provided above may vary by community. We encourage you to speak directly with each Senior Living community to confirm specific details and ensure the community is the right fit for your individual needs and preferences.

Bringing Your Own Car

Some residents choose to bring their own car when they move in, especially in independent living communities. For those who've always enjoyed the freedom of driving, keeping a car can make the transition feel familiar and empowering.

Before you move in, check with your chosen community about parking availability and requirements. Some communities may ask for a medical clearance from your doctor or a current driving test. Once you move in, you may need to do periodic health assessments to determine whether continued driving is safe. Also, your community may have limited resident parking or charge a monthly fee for a reserved spot.

Bringing your own car offers the freedom to travel on your schedule, whether that's an early morning coffee run or a spontaneous weekend visit with family. But it also comes with the usual upkeep: insurance, gas, and maintenance, besides parking fees. In the end, you may find that community transportation fits your lifestyle better. It frees you from traffic worries and repair costs.

Staying Mobile Without a Car

If you decide not to bring your car or simply want a break from driving, you won't lose your independence. Senior living communities offer reliable, accessible transportation options to keep residents on the go.

Community Shuttles

Residents can take scheduled shuttles to local grocery stores, shopping centers, pharmacies, banks, and local attractions at no extra charge. You'll find the schedule in the community's weekly newsletter, monthly event calendar, or on community bulletin boards. Shuttles can be popular, so you may need to plan ahead and sign up for trips.

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Medical and Wellness Rides

Need to visit your doctor or dentist? Just let the transportation director know. Many communities offer scheduled medical rides with friendly, trained drivers who help residents in and out of the vehicle. Family members are usually welcome to come along.

Sophia, for example, uses her community's wheelchair-accessible van to visit her physical therapist every week. Over time, she's formed a genuine friendship with Jimmy, the driver, who greets her with a smile and a joke every visit. He makes sure she's secure and comfortable before they set off, turning what could be a routine appointment into something she looks forward to.

Private Transportation

Sometimes you need a more personalized trip -- perhaps a family celebration, a lunch with friends, or an important meeting across town. Communities can arrange private rides for these special occasions, usually for a modest fee. It's a simple, stress-free way to get where you need to go without the hassle of driving or parking.

Take Robert, for instance. Every other Friday, he meets a group of old coworkers for lunch at a nearby café. Rather than worrying about parking downtown, he books a private ride through his community. "It's so much easier," he says. "I just enjoy keeping up with my friends and Gerald the driver always makes me laugh."

Private transportation gives you the freedom to keep personal traditions alive while leaving the driving to someone else.

Outings and Excursions

Group day trips are often among the most popular activities in senior living. Picture a comfortable bus filled with neighbors heading to a museum, concert, or park. The ride itself becomes part of the fun, with shared laughter and a sense of adventure.

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In most communities, your monthly rent includes transportation services. But private, long-distance trips, or special exclusive outings may incur a small extra cost.

Other Options Beyond the Community

In addition to community transportation, you could use outside ride-sharing services like Uber or Lyft. Some communities partner with these providers for special rates and expanded access. You can schedule your own ride through the app or ask the community concierge or a family member to arrange rides. Some local nonprofits have volunteer driver programs for older adults. These programs help you stay mobile *and* connected to your community.

Security and Accessibility Come First

Communities require their drivers to be licensed, background-checked, and trained to assist older adults, including those using mobility aids. Vehicles are regularly inspected and equipped with accessibility features, such as lifts, wheelchair locks, and handrails.

The Freedom to Choose

Staying mobile in senior living doesn't have to mean giving up independence. It simply means having choices. Whether you prefer to keep your car, ride the community shuttle, or use a mix of both, the goal is the same: to make life easier, secure, and connected.

At Kisco Senior Living, transportation is one of many ways we bring *The Art of Living Well* to life. Through meaningful connections, whole-person wellness, and the comfort of knowing help is always nearby, residents experience the freedom to live fully and confidently every day.

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Ready to See How Kisco Makes Getting Around Effortless?

Contact us today to schedule a community tour or speak with one of our senior living experts. We'll help you explore transportation options and all the ways life at Kisco can help you Live Looking Forward.

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