

## **Public Transportation**

Public local and regional transportation services include buses, rail, shuttles, and trolleys. Public transit could follow a fixed route with designated stops, a deviated fixed route, or be provided on demand. All public transit services include accessible transportation options for people with disabilities.

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## **MyMobility Plan**

The mobility planning toolpdf icon can guide you to take action today to help keep yourself—or your loved ones—safe, mobile, and independent tomorrow.

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[Centers for Disease Control \(CDC\)](#)

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## **Transportation: What Caregivers Need to Know**

Ways to help your loved one get around when you can't provide a ride.

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## **Virginia Transit Association: How to Ride the Bus**

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## **Why Mobility Managers Can Be Transportation Game Changers**

Mobility managers are transportation coordinators for older adults, people with disabilities, veterans, and other members of the riding public. They can help people “find a ride” by connecting them to transportation options in their communities.

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## **Virginia Mobility Management Directory**

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## **Older Adults and Transportation**

Older adults need convenient, affordable, and accessible transportation options in their local communities.

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