

## Transportation

Many of us take for granted the independence that being able to drive provides. Simple everyday tasks such as grocery shopping, getting a haircut, keeping a medical appointment, or meeting a friend at a restaurant for lunch become a challenge.

Yet for many area residents, alternatives to driving can be inconvenient or nonexistent. For older adults, transportation can mean the difference between being able to live independently and entering long-term care.

United Way is working with several regional partners to address the need for transportation alternatives that will grow significantly as baby boomers age. As a first step, we brought together dozens of community organizations with their own transportation programs to create an efficient, cost-effective system to share vehicles and resources. This regional coalition recently received a grant of \$110,000 for the first year to begin implementing this new coordinated dispatch program.

### *Did you know...*

- Only 34 of more than 250 New Hampshire communities are served by public transportation.
- Here in the Seacoast region, 51% of older adults who need assistance with daily living require transportation to access needed medical care.
- Between 2005 and 2015, the over 65 population in the Seacoast region is projected to grow 62%, compared to total estimated population growth of 11%.

### **Our Partners**

Avis Goodwin Community Health Center  
City of Dover  
COAST  
Community Partners  
Farmington Community Preservation Guild  
Homemakers Health Services  
Lamprey Health Care  
McConnell Center  
Northern Strafford County Health and Safety Council  
Rockingham Regional Planning Commission  
Rockingham County Community Resource Network  
Seacoast Mental Health Center  
Strafford Community Action Program  
Strafford Network  
Strafford Planning Commission  
Transportation Assistance for Seacoast Citizens (TASC)