

## Seniors on the Move – learn to use RTD

This Program is a free, comprehensive group travel training program. It is designed to teach older adults and people with disabilities how to safely and confidently use public transportation to expand independent travel options. Training techniques assist persons in overcoming any barriers to riding the bus.

Denver area travel training is arranged through the Denver Regional Mobility and Access Council (DRMAC). They currently use staff from Special Transit, a nonprofit paratransit service provider in Boulder County. Special Transit created an award-winning program providing free, one-on-one instruction in travel skills using regular fixed-route RTD and Call-n-Ride buses. Called the Easy Rider Program, this unique travel training program was specifically designed for older adults and people with disabilities. With the help of an expert trainer, trainees learn essential bus riding skills, such as requesting reasonable accommodations from bus operators and how to plan a trip using a route schedule and map.

The Special Transit travel training class, “Seniors on the Move” will be offered by Seniors’ Resource Center at Southwest Plaza. It is designed for a group and includes many of the features listed in the individual training program. SRC @ Southwest Plaza travel training classes will be scheduled after 6 or more persons signed up. A training date will be assigned 2-4 weeks after a group is formed.

With this safe, personalized approach, trainees gain the knowledge, skills and confidence to successfully use RTD buses. Benefits include increased travel options, spontaneity and independence, as well as decreased transportation costs. People certified to use Access-a-Ride can enjoy even more savings by using their valid Access-a-Ride ID to ride for free on most RTD buses.

If you are or know someone over 60 or someone with a disability who could benefit from this free service, sign up today to attend a Southwest Plaza Travel Training Program. Training candidates should be able to independently walk or wheel a couple of blocks and communicate verbally, in writing or with a communication device.

### Other Travel Training Opportunities through Special Transit

In addition to the one-on-one travel training, the Easy Rider Program also offers:

#### **Basic Orientation:**

- Includes an initial assessment and abbreviated training for people who already have some travel skills.

#### **Seniors On the Move:**

- A two-hour group class plus practice outing held at local senior centers and adult group living facilities.

#### **Group Instruction: this may be included in the Seniors on the Move class if interest is high.**

- Basic bus travel information for groups of five to 15 people followed by a practice outing.

#### **Re-Training:**

- For graduates of one-on one travel training who may need to update travel skills.

For more information or to register please call Seniors’ Resource Center at Southwest Plaza at 303-979-6173.



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