2 renewals at $1000 each
1 new $1000
4 new $500 gifts

Paving the Road to Freedom & Independence
With the Avenidas Transportation Program
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Most of us, especially in the Mid-Peninsula area, rely on our own personal vehicles for running errands, for picking up groceries, for visiting friends, for getting to the doctor’s office. We count on being able to hop in the driver’s seat whenever we like, to go wherever we like. What happens, though, as we age? Many older adults no longer drive for health or safety reasons. But our community’s seniors still need to go places. Public transportation works for some, but not for everyone. Some are too far from a stop, or the bus route doesn’t go where they need to go, or they need extra help getting on or off the bus. What were once routine errands become, for many, a serious hardship. Reliance on friends and family for rides leaves older adults feeling like a burden.

When seniors struggle to keep doctor’s appointments or pick up groceries, their physical health fails. The lack of independence and social isolation leads to depression among many. And our population is aging rapidly. By 2020, at least one fifth of our community will be older than 65, according to the National Aging and Disability Transportation Center. Seniors need freedom through reliable transportation options, and we need creative solutions.

Door-to-Door... And More!

The Avenidas Transportation Program helps to fill a critical gap in transportation access, helping older adults in the Mid-Peninsula take care of their daily needs, while maintaining their freedom.

How It Works
The first step is helping a client understand what options are available, which might include learning how to use public transit, getting set up with a discounted bus pass, or learning how to navigate paratransit.

If these systems don’t meet a client’s needs, Door to Door is there to help. Through this program, older adults schedule a ride through the Avenidas dispatcher. Rides are generally scheduled in advance, but riders can call on short notice. We supplement volunteers with a Lyft partnership. Our volunteer drivers are sensitive to the mobility and sight limitations some riders have. They are trained to pay attention to a rider’s unique needs and will escort people to and from the car and ensure seat belts are fastened, if needed.

Fees range from $10 to $20 per ride, depending on distance, but this fee does not fully cover the true costs of operation. We rely on your support to meet this need and keep this program affordable for our older adult community members!
Impact & Outcomes

Our clients and their families are grateful for the wraparound support of the Transportation Program. Our clients trust that Avenidas will get them where they are supposed to go, safely and on time.

I use this service for:

- Personal Errands - 57%
- Grocery Shopping - 19%
- Medical appointments - 81%
- Attending a class/seminar - 19%
- Visiting friends/family - 14%

Door to Door helps me:

- Feel less isolated/more connected to community - 14%
- Be more active - 52%
- Stay connected to family/friends - 48%
- Stay healthy by getting to my medical appts - 86%

By the Numbers: 2018-2019

187 clients 3,306 rides 15 drivers
In Their Words: Our Clients Say...

"[Door to Door] has allowed me to remain independent. I feel secure and safe with the service it provides."

"It's such a relief to not have to worry about transportation for medical appointments."

"[Door to Door] increased my freedom to participate in personal interests, like attending painting classes and joining clubs."

"I can get to work on time with less stress."

"The volunteers are a pleasure to meet."

"Thanks to Door to Door, I am more independent."

About Avenidas

Beginning with just a small group of citizens sitting around a kitchen table in 1969, Avenidas has grown to be one of the most well-respected organizations serving older adults in Northern California.

At Avenidas, we seek to create a community that supports and celebrates older adults. We provide a wide range of programs, information, and services that enable people to stay active, maintain their independence, help their aging parents, or care for a spouse. Anything someone might need, from a ride to the doctor to a flu shot, Avenidas can help. Our innovative programs and compassionate staff enrich the lives of more than 7,500 mature adults and their families each year, towards our mission of helping older adults in our community be as active, engaged, and healthy as possible throughout their lives.