



Transportation & Senior Hunger

September 15, 2017

My Ride Program



Community Council
Advancing Solutions...Empowering Lives



My Ride Dallas



- One stop access to transportation options for people with disabilities and older adults in Dallas County
- Free transportation options counseling and planning
- Help with applications
- Advocacy component
- Data collected for service planning

One call, one click



Many people with disabilities and older adults find it hard to travel to work, to doctor's appointments, or to visit friends. We are here to help.

Introducing MY RIDE Dallas
MY RIDE is a free source for personalized help finding transportation options in Dallas County.

MY RIDE offers help by
Phone: 972-855-8084 (8:30 AM - 5PM)
Email: myridedallas@ccgd.org
Website: www.myridedallas.org

One Number: (972) 855-8084

One Email: myridedallas@ccgd.org

One Website: www.myridedallas.org

One source for up-to-date information and personalized help finding transportation options.

What we are NOT



- Transportation provider
- Transportation funder
- Large nonprofit organization
- Transportation creator

Options

Get a Ride Guide

For people with disabilities & older adults living in Dallas County

For personalized help call
MY RIDE: (972) 855-8084
January 2013

Get a Ride Guide

- More than 30 options
 - Public, private, non-profit, volunteer driver
- Available in Spanish
- Print booklet or online

Online

- www.myridedallas.org

Calls to My Ride Dallas for Medical Trips:

83%

Calls to My Ride Dallas for Shopping Trips:

13%

Transportation in Dallas County



- 1 large public transit provider – DART
 - Addison, Carrollton, Cockrell Hill, Dallas, Farmers Branch, Garland, Glenn Heights, Highland Park, Irving, Plano, Richardson, Rowlett, University Park
 - 1 smaller public transit provider - STAR Transit
 - Balch Springs, Mesquite, Seagoville, Kaufman and Rockwall counties plus two small shuttles in Rowlett and Hutchins
 - City run/funded programs for city residents
 - Grand Prairie, Richardson, Sachse, Wilmer and Coppell (SPAN): any trip type
 - Most stay within their city
 - A few go into Dallas for medical only trips
 - Dallas and Garland: medical trips only
 - Dallas County only has a few nonprofit transportation providers
- Takeaway: most providers that help riders door-through-door, with packages, etc. are private businesses that charge more per ride

Issues in Dallas County



- Our community, in general, is more focused on medical trips than grocery or food pantry trips
- It's hard to carry groceries, especially when you're aging
- Most trips are long and requiring picking up other people on the way for shared rides or transfers to other vehicles during fixed route trips- groceries melt, you can't buy milk or other perishables
- Walks to bus stops are long and many have unsafe sidewalks and difficult paths
- Most providers limit the number of packages that can be carried on the vehicle
- Affordability- if a senior is going to a food pantry, they most likely don't have the money to purchase a transit fare
 - Most transportation funding is used for medical trips, leaving very little leftover to help pay for other trips

DART Paratransit



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- **HOW MANY PACKAGES CAN I BRING ON THE VEHICLE?**
 - Carry-on packages are limited to 2 grocery bags or similar-sized packages onboard Paratransit vehicles. Operators can help a rider carry two packages, if needed. Packages should weigh no more than 20 pounds each.

www.dart.org Paratransit FAQ

Ideas Across the Nation

Location of Food Banks



- Location of food pantry near transit makes a difference
- Des Moines, IA
- “The new pantry is located close to public transportation and the county supplemental food program making it more accessible to residents.”

Farmers Markets at Bus Stops



- Food stand located at transit centers and train stations
- Variety of payment options accepted including SNAP
- Convenient locations
- Supports local farmers
- Located in food deserts
- Operated by volunteers *and* paid workers

Bus Stop Farmers Markets



- “Food deserts” – low-income neighborhoods with plenty of quickie marts and liquor stores, but lacking full service grocery stores that sell fresh fruits and vegetables—are an epidemic in American cities, affecting 23.5 million people. The USDA has several ways of defining food deserts, but the common denominator is that most residents in these neighborhoods lack a car to go buy food in other neighborhoods that have legitimate grocery stores. In other words, food desert residents are reliant on public transportation, which is difficult to navigate with a family’s worth of grocery bags in hand, so they make do with what’s available at the corner store.

- Brian Barth writes on [Modern Farmer](#)

Bus Stop Farmers Markets



- Dayton Ohio's [version](#) is a partnership between the county government and a homeless service organization – and does double duty as it also employs and trains homeless folks.
- Tampa, Florida is running a pilot program set up by Tampa's transit authority, HART, together with the local non-profit Keep Tampa Bay Beautiful – with a nice grant of \$98,000 from the USDA. Educational materials show how to cook and grow things at home
- Atlanta, Georgia has a [farmer's market at a subway stop](#) in a neighborhood where half of the residents live below the poverty line.

2015 article: <https://www.treehugger.com/green-food/pop-farm-stands-bus-stops-are-pure-brilliance.html?platform=hootsuite>

Flint, MI Ride to Groceries



- 2015- Two neighborhood grocery stores closed for financial reasons
- Ride to Groceries was created in response to concerns about limited access to healthy foods and full service grocery stores
- To meet demand, the MTA (Mass Transportation Authority) established a route that starts at the Kroger on Richfield Road and goes back and forth to the Walmart on Court Street

<https://www.mtaflint.org/ride-to-groceries.html>

Why aren't we
talking about
transportation?

What Can We Do?



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- Advocate through your cities- they are funding our public transportation
 - Teach transportation financial literacy
 - Include transportation in retirement planning
 - **Don't forget that transportation to food is hard!**
 - Keep reminding your elected officials that transportation is a key factor in senior hunger

Contact Info



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Community Council of Greater Dallas

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www.myridedallas.org



THANK YOU!