

# TRANS MED For SENIORS\*

A new transportation solution for seniors who qualify for this free service.

\*Seniors are defined as persons age 60 and up. Program enrollment and reservations are required.

**Providing FREE non-emergency transportation to medical appointments in Poway and the surrounding area to eligible participants, beginning NOW!**

We can transport you (and your caregiver or an escort), at no cost, to a medical provider or pharmacy if you are 60 years old or over and meet the income qualifications. Proof of income eligibility may include Medi-Cal card, SSI identification or meeting the County standard for low income recipients.



## Our trained drivers will:

- ❖ Pick you up at your door
- ❖ Assist you on and off the bus.
- ❖ Walk you through the door to your medical appointment.
- ❖ Drive you to the pharmacy to fill your prescriptions.
- ❖ Return you home safely.

On our wheelchair accessible vans and buses.

## What is non-emergency medical transportation?

- A visit to the doctor, dentist, medical specialist, physical therapist, etc.
- If you need to have blood drawn, x-rays, or other diagnostic testing or therapy.
- Fill a prescription at the pharmacy.
- A nutritional need related to a chronic medical condition.

# 858-449-5366

## Where will TRANS MED take me?

You can travel from your home to a physician's office, medical facility, or pharmacy within a 10-15 mile radius of the Poway Adult Day Health Care Center. (For example, Pomerado Hospital and the surrounding medical offices along Pomerado Road are appropriate destinations.) For travel beyond 15 miles, call 858-449-5366 to make special arrangements.

## When can TRANS MED take me?

Monday-Friday, 10:00 AM - 2:00 PM. Reservations must be made in advance. Same day travel cannot be guaranteed. We will make every effort to accommodate you.

## How do I schedule transportation from TRANS MED?

Please call Tara Guggino, Transportation Coordinator, (Monday-Friday, 10AM - 2PM) at 858-449-5366 to complete a Rider Information Form. Once you are approved you can reserve a ride in advance or on the same day you need it! Call today!

If you prefer email, contact us at [tarag@powayadhc.com](mailto:tarag@powayadhc.com).

## Why TRANS MED?

We believe that you can't stay well if you can't get to the doctor.

## Who is TRANS MED?

We are Friends of Adult Day Health Care Centers, a nonprofit group who recognizes the need for enhanced transportation for seniors. We understand that access to safe, reliable, and affordable transportation is the first step in addressing your health care needs.

Call our Trip Hotline today between 10 a.m. to 2 p.m. to see if you qualify for FREE transportation to your non-emergency medical appointments in Poway and the surrounding area.

858-449-5366



TRANS  MED is operated by the Friends of Adult Day Health Care Centers with transportation provided by Poway Adult Day Health Care Center with funding from the  TransNet Senior Mini Grant and  SANDAG.

TRANS  MED: The new transportation solution for seniors.