

A Way to Go:

Transportation Resources for Seniors of Polk County



HEALTHY POLK 2



Partnering for a healthy community

Ambucare

Phone Number: 222-2222

Fee: \$35 for any in-town one-way trip; out of town fee based on mileage.

Region of Service: Polk County

Other: Wheelchair or ambulatory passengers; any age. No medical emergencies or patients with respiratory difficulty; wheelchair service 6:30 a.m. - 6 p.m.; ambulance 24/7.

American Cancer Society of Polk County

Phone Number: 253-0147

Fee: None

Region of Service: Polk County

Other: Ambulatory passengers. Provides transportation to and from cancer treatments by volunteers. Must call 2+ days in advance.

Angel Flight Central, Inc

Phone Number: 800-474-WING (800-474-9464)

Fee: None

Region of Service: Nationwide. Will travel a maximum of 1,000 mi.

Other: Arranges free flights for people in need. Flights help people get to destinations for medical needs or extreme family circumstances. Patient must be medically stable, ambulatory and able to fly in an unpressurized plane. Screening process via phone. Must demonstrate financial need. No medical personnel on board. Call 4 - 5 days in advance.

Ankeny United Way

Phone Number: 965-1976

Fee: None

Region of Service: Ankeny

Other: Ambulatory passengers. Provides transportation for professional appointments only. Shopping trips on Tuesdays and Thursdays; limited to 2 - 3 stops; call on Mondays for route and reservations.

Bus Plus/Paratransit

Phone Number: 283-8136

Fee: \$2 each way or no fee depending on income guidelines.

Region of Service: Polk County

Other: Serves disabled and elderly passengers. Hours are 6 a.m. - 9:45 p.m. Monday through Friday and 6 a.m. - 6 p.m. Saturdays; reservations must be made one day prior to trip.

Capitol Cab

Phone Number: 282-8111

Fee: \$1.70 initial minimum; \$1.60/mile; \$0.50 for each passenger older than 12 years of age; \$0.25/min for wait time.

Region of Service: Des Moines, West Des Moines, Ames, Ankeny, Altoona and Indianola

Other: Provides service to those who use wheelchairs.

City of Johnston

Phone Number: 283-5010

Fee: Travel within Johnston: General Public \$0.50, Seniors 60+ \$0.25. Travel outside Johnston: General Public \$1.00; Seniors 60+ \$0.50.

Region of Service: Johnston

Other: Reservations accepted on a first-come, first-serve basis Monday - Friday from 6 a.m. - 7 p.m. Call at least 30 minutes before you need service. Earlier reservations are greatly appreciated. Service: Tuesday 9 a.m. - 3 p.m. Special trips: Wal-Mart each Tuesday 9 a.m. - 11:30 a.m.

Comfort Keepers

Phone Number: 989-9000 (Carlisle) or 243-0011 (Des Moines)

Fee: \$14.95/hr, minimum 2 hours, \$10 extra after hours, \$10 extra for stairs

Region of Service: Polk, Dallas and Warren Counties

Other: Passengers must be ambulatory. Application necessary if Title 19 eligible.

Fraser Medical Services

Phone Number: 284-1111

Fee: \$35 for one-way trip within Des Moines metro area; otherwise, fee based on mileage

Region of Service: Polk County and all of Iowa

Other: Serves passengers using wheelchairs, ambulatory or anyone requiring travel assistance. Financial assistance is available through a waiver program for which you must apply. Need is based on income.

Freedom Cab

Phone Number: 289-9800

Fee: \$3.50 plus \$1.40 per mile

Region of Service: No restrictions

Other: Ambulatory passengers only. Based out of Ankeny but will travel to any area in Polk County.

Generations

Phone Number: 288-3334; ask for volunteer services when calling.

Fee: None

Region of Service: Polk County

Other: Non-wheelchair. Current clients of Meals on Wheels and Home Care Aid are first priority. Volunteers may be able to transport clients to doctor appointments, shopping, etc.

Home Instead Senior Care

Phone Number: 221-0866

Fee: \$16/hour with a minimum of 3 hours plus \$0.32 per mile if caregiver uses own vehicle

Region of Service: Polk County

Other: Ambulatory passengers only. Application necessary. Private pay, non-medical assistance.

Legs on Lease

Phone Number: 965-7578

Fee: \$22.50/hr

Region of Service: Ankeny and Des Moines area

Other: Serves disabled, elderly, or anyone requiring assistance.

Offers supportive friendship, transportation, running errands and aid with household chores and repairs.

Metropolitan Transit Authority of Des Moines

Phone Number: 283-8111 or for route info call 283-8100

Fee: Variable

Region of Service: Ambulatory passengers in Des Moines, West

Des Moines, Clive, Windsor Heights, Urbandale, Ankeny and Altoona

Other: For route information call 283-8100.

Midwest Ambulance Ambucare Van

Phone Number: 222-2222

Fee: \$35; round trip \$70. Discounts are available if qualified.

Region of Service: Polk and Warren Counties

Other: Service for passengers using wheel chair or walker. Drivers are First Aid certified. No application necessary unless passenger has elderly waiver.

Opportunities Thru Transit (OTT)

Phone Number: 283-8100

Fee: One \$15 pass per family per month

Region of Service: Polk County

Other: This program allows low-income individuals or families within Polk County to ride the MTA bus for a reduced rate. Eligibility determined by total household income.

Right at Home

Phone Number: 222-1550

Fee: Private pay

Region of Service: Polk County

Other: Provides non-medical assistance, including transportation.

Senior Services of Polk County - Senior Living Transportation

Phone Number: 286-3679

Fee: None. Will accept donations; volunteer reimbursement for miles up to 60 miles/month

Region of Service: Polk County

Other: Services those 60 years of age and older. Six free round trip cab rides per fiscal year for those who apply and are eligible. One cab ride to medical appointment per fiscal year without regard to income. Utilizes cab or a wheelchair accessible vehicle.

The Love at Home Program

Phone Number: 252-1721 ext.19

Fee: None

Region of Service: Polk County

Other: Serves individuals living in nursing facilities. Provides free transportation to those who could not reasonably be taken home by others for Thanksgiving and Christmas holidays.

Trinity United Methodist Church Programs

Phone Number: 244-9616

Fee: None

Region of Service: Des Moines area

Other: Must call to make a reservation. Church van is used to take families to visit loved ones in prison. Monthly trips are made to Anamosa, Oakdale, Ft. Madison and Mt. Pleasant.

Urbandale Caring Corp

Phone Number: 278-3999

Fee: None

Region of Service: Urbandale residents only

Other: Application necessary. Service based on need, not income. A volunteer-based program that provides transportation assistance, help with yard work and tutoring children in school.

West Des Moines Human Services Center

Phone Number: 222-3660

Fee: Transportation free, but donations are encouraged

Region of Service: Senior citizens or disabled residents of West Des Moines

Other: Provides transportation to surrounding area and handyman help. Bilingual services available. Also provides emergency financial aid to West Des Moines residents, along with food pantry and clothing closet to all residents of west Polk County.

Yellow Cab

Phone Number: 243-1111

Fee: \$1.70 initial minimum; \$1.60/mile; \$0.50 for each passenger 12 years and older; \$0.25 per minute for wait time

Region of Service: Des Moines, West Des Moines, Ames, Ankeny, Altoona and Indianola

Other: Provides service to those who use wheelchairs.

Polk County Coalition on Aging mission statement:

"To improve the well-being of Polk County's senior population through education, advocacy and action."

The Coalition on Aging is comprised of:

AARP

Aging Resources of Central Iowa

Behavior Health Resources

Department of Community Family and Youth Services

Des Moines Metropolitan Transit Authority - Paratransit

Des Moines Police Department

Des Moines University - Geriatric Education Center

Generations, Incorporated

Home Instead Senior Care

Iowa Health - Des Moines

Lutheran Services of Iowa

Polk County Health Department

Senior Services of Polk County

Shepherd's Center of Des Moines

Retired Senior Volunteer Program (RSVP)

Victim Services

The Coalition on Aging is a work group of Healthy Polk 2010 addressing the issue of access to health care. Transportation is one of the biggest barriers to receiving adequate health care. As a result, this transportation resource book has been produced as a guide to help seniors of Polk County meet their transportation needs. This booklet is intended for informational use only. For more information, call (515) 286-3679 or, for the most current information, visit www.healthypolk.org.