



transportation

CONTINUING CARE SERVICES

Community Services

Non-emergent transportation is not a Kaiser Permanente benefit. This information is compiled from public sources or provided by the resources listed. Unless specifically identified as a Kaiser Permanente resource, there is no legal relationship or financial interest in any listed service. Kaiser Permanente makes no representations or judgments and assumes no responsibility for the quality of care provided by any service included. Members may contact providers and agree upon terms and rates before accepting services. This should not be relied upon as an authorization for payment. Please contact Member Services at 1-800-464-4000 if you have any benefit or coverage questions.

- 511 Traffic and transit information for San Diego County 511
www.511sd.com
- 55 Alive (AARP Driver Safety Program classes) 619-641-7020
- American Cancer Society “Road to Recovery” 800-227-2345
Patients must be able to walk; MD verification & one week advance notice
www.cancer.org
- Carlsbad Senior Center Mini Bus 760-602-4650
- Del Mar Community Connection 858-792-7565
http://DMCC.CC
- Escondido Senior Service Council (taxi voucher) 760-480-0611
- FACT (Facilitating Access to Coordinated Transportation)..... 888-924-3228
www.factsd.org
- Foundation for Senior Care – Care Van transportation 760-723-7570
Serving Fallbrook and northern San Diego County
https://foundationforseniorcare.org
- GoGo Grandparent (on demand transportation service) 855-464-6872
https://gogograndparent.com
- iCommute (formerly Ride Link Program)
Carpool matching; info on transit, van-pooling, bicycling, walking, HOV lanes, Park & Ride lots
www.icommutesd.com
- Metropolitan Transit System (trolley, bus & rail information) 619-233-3004
- Compass Card and Compass Cloud 619-595-5636
- MTS Access (ADA para transit services) certification 844-299-6326
- Schedule a ride 888-517-9627

<http://continuingcare-sandiego.kp.org>

Metropolitan Transit System (continued)

Transit Store (lost & found, passes & tokens).....	619-234-1060
TTY/TDD (<i>hearing impairment</i>).....	619-234-5005
North County	888-722-4889
<i>www.sdmts.com</i>	
North County Transit District (NCTD)	760-966-6500
Breeze – north county bus system	
Coaster – commute train runs north - south, Oceanside to San Diego	
Flex – on-demand ride to nearest transfer point for Breeze, Coaster & Sprinter	
Sprinter – light rail train runs east – west, Escondido to Oceanside	
LIFT Transportation, ADA paratransit, (schedule a ride)	760-726-1111
<i>www.gonctd.com</i>	
On The Go – Rides & Smiles (JFS) become a rider	858-637-3210
Request a ride	858-637-7320
<i>www.jfssd.org/site/PageServer?pagename=programs_older_on_the_go</i>	
Peninsula Shepherd Center (92106, 92107 & part 92110).....	619-223-1640
Rides4Neighbors (<i>La Mesa residents + 92119</i>).....	619-667-1321
<i>www.cityoflamesa.com/DocumentView.asp?DID=619</i>	
San Diego Rural Bus	800-858-0291
<i>Borrego Springs, El Cajon, Julian, Ramona</i>	
SenioRide Program (Travelers Aid San Diego).....ext. 314.....	619-295-8393
Covers central, north and south San Diego County	
Seniors A Go Go (ElderHelp of San Diego).....	619-284-9281
Escorted; San Diego and some East County	
<i>www.elderhelpofsandiego.org/programs-and-services/seniors-go</i>	
Solutions for Seniors on the Go (Oceanside)	760-435-5253
<i>www.ci.oceanside.ca.us/gov/ns/parks/senior/transit.asp</i>	
VA Volunteer Program (for veterans 18+)	858-552-7470
Vista Out & About (92081, 92083, 92084).....	760-639-6161
Wheelchair and Gurney Vans:	
<i>All the van providers below encourage reservations in advance. Service is on a first come, first serve basis. Since transportation is not a Kaiser Permanente benefit, members are strongly encouraged to contact providers and agree upon an acceptable rate before receiving services. Kaiser Permanente does not endorse or recommend any one provider.</i>	
* Can provide Gurney Van transport as well as Wheelchair van	
CARE (gurney only)	858-653-4500
San Diego Medical Transport	619-531-8900
Supreme Medical *	619-508-8560
TLC Transport *	619-284-7433

Helpful Terms

Gurney Van Transport

Private pay non-emergency transportation on a gurney (stretcher).

Wheelchair Van Transport

Private pay non-emergency transportation in a wheelchair.

For corrections or additions to this handout, please call (619) 641-4456