ABSTRACT

ALTERNATIVE TRANSPORTATION AND OLDER ADULTS IN LONG BEACH: AWARENESS, PLANNING, AND USE

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August 2013

Isolation increases when older adults stop driving or riding. Los Angeles County residents' greatest fear is the lack of transportation and ensuing social isolation. This is a preventable loss for older adults and for their communities. This study analyzed the awareness, planning, and use of alternative transportation by older adults in the City of Long Beach, California. It evaluated the relationship of destination and driving to the alternative transportation mode. The examination of existing survey data from 329 respondents over 55 years old found that despite their knowledge about transit alternatives, few older adults used or planned to use them. Participants, however, were interested in learning more about their alternative options. The survey findings agreed with existing literature on the need for increased use of alternative transportation by older adults to destinations supporting independence and healthy living. Recommendations include coordinated education and improved community transportation programs to meet the needs of a growing older adult population.