



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
511sd.com	
AARP Smart Driver online course	
https://www.aarpdriversafety.org	
American Cancer Society "Road to Recovery"	800-227-2345
<i>Patients must be able to walk; MD verification & one-week advance notice</i>	
https://www.cancer.org/treatment/support-programs-and-services/road-to-recovery.html	
Center For Senior Wellbeing.....	760-723-7570
Serving Fallbrook and Bonsall residents	
https://centerforseniorwellbeing.org/services/transportation	
Del Mar Community Connection	858-792-7565
http://DMCC.CC	
Escondido Senior Service Council (taxi voucher)	760-480-0611
https://escondido-senior-services.org/services/taxi-vouchers/	
FACT (Facilitating Access to Coordinated Transportation).....	888-924-3228
www.factsd.org	
GoGo Grandparent (on demand transportation service)	855-464-6872
https://gogograndparent.com	
Metropolitan Transit System (trolley, bus & rail information)	619-233-3004
Pronto.....	619-595-5636
MTS Access (ADA para transit services) certification	844-299-6326
Schedule a ride	888-517-9627
Transit Store (lost & found, passes & tokens).....	619-234-1060
TTY/TDD (hearing impairment).....	619-234-5005
North County (information and trip planning)	888-722-4889
www.sdmts.com	

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



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
<https://www.gonctd.com/services/lift-paratransit/#>

Peninsula Shepherd Center (92106, 92107 & part 92110)..... 619-223-1640

SenioRide Program (Travelers Aid San Diego).....ext. 312 or 314.....619-295-8393
 Covers central, north, and south San Diego County
www.travelersaidsandiego.org

Seniors A Go Go (ElderHelp of San Diego).....619-284-9281
 Escorted; San Diego and some East County
<https://www.elderhelpofsandiego.org/solutions-for-living/seniors-a-go-go/>

Solutions for Seniors on the Go (Oceanside) 760-435-5155
www.ci.oceanside.ca.us/gov/ns/parks/senior/transit.asp

Sustainable Transportation Services (formerly iCommute)
 Carpool matching; info on transit, van-pooling, bicycling, walking, HOV lanes,
 Park & Ride lots www.sandag.org

VA Volunteer Program (for veterans 18+) 858-552-7470

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.

Wheelchair and Gurney Vans:

**Can provide Gurney Van transport as well as Wheelchair van*

Black Tiger Transportation * 619-457-0577
factssd.org

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