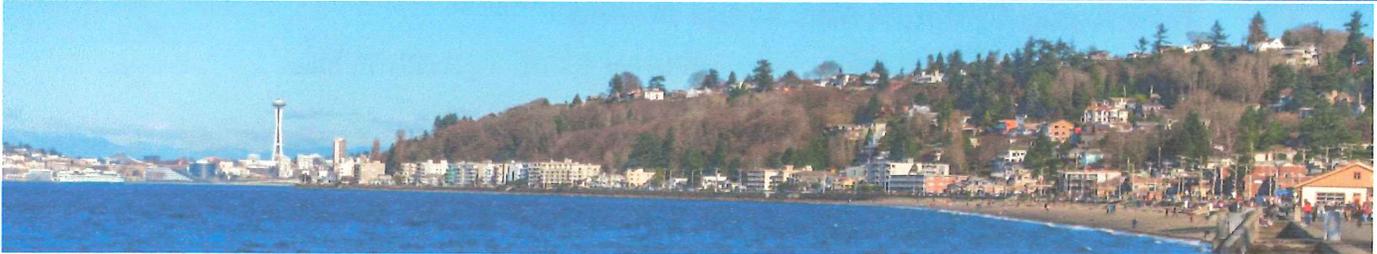


Forum on Transportation Alternatives for Seniors and People with Disabilities

Saturday, May 19th, 2018 from 1:30 PM to 3:30 PM

Sponsored by the Senior Center of West Seattle, 4217 SW Oregon



The West Seattle Transportation Coalition is hosting a public forum on transportation alternatives for seniors and people with disabilities to learn more about the various options available to anyone driving less often because they are apprehensive while doing so.

The questions that will be addressed include:

- Why do seniors seek alternatives to driving their own cars?
- Which transportation resources are available beyond friends and family for seniors and people with disabilities?

Do you (or a loved one) have these ailments that can hinder driving?

Macular degeneration Bad knees
Night vision impairments Neck arthritis
Lost height so you can't see over the wheel

Speakers:

Former Mayor Greg Nickels, Introduction

Transportation Choices Coalition —

Rachel Lobo, Education and Outreach Manager

King County Metro —

Don Okazaki, Transportation Administrator, Accessible Services

Sound Generations —

Walt Washington, Transportation Programs Director

Catholic Communities Services —

Hollianne Monson, Program Manager

Hopelink Travel Programs —

David Lynch, Mobility Management Program Manager

Swedish Optimal Aging —

Jennifer Bergstrom, Outreach Manager

The Future of Mobility —

Jackson Taylor, Uber

Contact: info.SCWS@soundgenerations.org

tentative



How Aging Changes May Affect Driving

Reduced Pupil Size (red ocular transmission)—Inability to adjust to lowered levels of illumination—can't adequately see details/objects.

Focusing Ability (accommodative convergence)—Inability to change accommodation, to see objects clearly at all distances.

Glare Threshold and Recovery—Inability to recover from a strong light source; sensitivity to glare.

Static Visual Acuity—Inability to clearly see and distinguish the details of a stationary object.

Dynamic Visual Acuity—Inability to see fine detail in a moving object; reduces ability to estimate speed and distance.

Central Movement in Depth—Inability to detect a change in image size of an object approaching or moving away.

Peripheral Vision—Inability to see objects or movement outside the central vision fields; diminishes early warning ability to detect potential hazards approaching from the side.

Color Perception (yellowing of the lens)—Inability to discriminate

different colors, especially in blue end of spectrum.

Glaucoma—Gradual loss of vision function beginning in periphery area, associated with increased ocular pressure; reduces night vision, peripheral vision, and ability to see images clearly.

Cataracts—Opacity or clouding of the crystalline lens, reducing contrast sensitivity and clarity of objects seen.

Macular Degeneration—Loss of vision in the central (macular) vision area due to neurological damage.

Increased Auditory Threshold—Loss of hearing.

Organic Heart Disease—Reduced/blurred vision.

Cardiac Arrhythmias—Dizziness or fainting.

Arteriosclerosis—Slowed reactions, nervousness, disorientation, and numbness of extremities.

Arthritis—Severe pain and weakness; limited movement.

Osteoporosis—Limited range of head, arm and foot movement.