Transportation Options Worksheet

Protect routines · explore choices · build a backup plan

A practical caregiver worksheet for finding local ride options, recording the details, and keeping everyday life moving.

A free resource from

The Caregiving Concierge™

by AdVantage Digital LLC

thecaregivingconcierge.com

Transportation Options Worksheet

Trips · priorities · possibilities

Build a ride plan around the life they want to keep.

List the trips that matter, explore local choices, and record what you confirm. This worksheet organizes possibilities; it does not book a ride or confirm eligibility.

THIS WORKSHEET IS FOR (NAME)

PRIMARY CAREGIVER

DATE

CITY / COUNTY / ZIP CODE

1 START WITH THE TRIPS THAT MATTER

Include appointments, errands, social visits, and the routines they value. [1]

TRIP / DESTINATION	HOW OFTEN / WHEN	CURRENT RIDE / GAP

WHAT MAKES A RIDE WORK? (HELP, EQUIPMENT, COMPANY, BUDGET)

2 CHOOSE OPTIONS TO INVESTIGATE [1]

Check the options to explore; availability and requirements vary locally.

- ☐ Family, friends, or neighbors who may be able to drive.
- ☐ Local aging programs, senior centers, or volunteer driver services.
- ☐ Public buses, trains, or community shuttles.
- ☐ Paratransit or other book-ahead services; ask about eligibility.
- ☐ Taxis or rideshare; confirm the help and vehicle needed.
- ☐ Health-plan or non-emergency medical rides; verify coverage and trip limits.

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Transportation Options Worksheet

Local options · contacts · confirmed details

3 BUILD YOUR LOCAL OPTIONS LIST [1]

Record possible drivers or services, then confirm the details directly. Mark anything not yet checked as “pending”—a name on the list is not a confirmed ride.

OPTION A

DRIVER / SERVICE NAME

PHONE / WEBSITE

SERVICE AREA / DAYS / HOURS

HOW TO BOOK / ADVANCE NOTICE

ROUND-TRIP COST / HOW TO PAY

ELIGIBILITY / TRIP RESTRICTIONS

HELP, EQUIPMENT, OR COMPANION ARRANGEMENTS CONFIRMED

CHECKED WITH / DATE

QUESTION STILL TO RESOLVE

OPTION B

DRIVER / SERVICE NAME

PHONE / WEBSITE

SERVICE AREA / DAYS / HOURS

HOW TO BOOK / ADVANCE NOTICE

ROUND-TRIP COST / HOW TO PAY

ELIGIBILITY / TRIP RESTRICTIONS

HELP, EQUIPMENT, OR COMPANION ARRANGEMENTS CONFIRMED

CHECKED WITH / DATE

QUESTION STILL TO RESOLVE

OPTION C

DRIVER / SERVICE NAME

PHONE / WEBSITE

SERVICE AREA / DAYS / HOURS

HOW TO BOOK / ADVANCE NOTICE

ROUND-TRIP COST / HOW TO PAY

ELIGIBILITY / TRIP RESTRICTIONS

HELP, EQUIPMENT, OR COMPANION ARRANGEMENTS CONFIRMED

CHECKED WITH / DATE

QUESTION STILL TO RESOLVE

Need more options? Print this page again for additional drivers or services.

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Transportation Options Worksheet

Match rides · cover gaps · follow through

4 MATCH IMPORTANT TRIPS WITH A BACKUP

Use the names or letters from your options list. Include the ride home; leave a gap visible rather than assuming someone will be available.

TRIP / ROUTINE	FIRST OPTION / CONTACT	BACKUP / UNRESOLVED GAP

5 TURN THE LIST INTO A WORKABLE PLAN

- ☐ Confirm the return ride, full price, and any help needed before relying on a service. [1]
- ☐ Check application and booking steps; record pending tasks below. [1]
- ☐ Share the plan with a backup caregiver and agree on a review date.

NEXT ACTION / QUESTION	WHO WILL HANDLE IT	BY WHEN

REVIEW DATE _____

PLAN SHARED WITH _____

Need local help? The Eldercare Locator connects families with local services: 800-677-1116 or eldercare.acl.gov. Confirm ride details with each provider. [2]

Everything about your loved one's care, organized in one place.

The Caregiving Concierge™ helps families organize appointments, providers, medications, documents, schedules, transportation details, and other important care information in one secure workspace.

Sources informing this resource · Worksheet prompts by TCC
[1] NADTC — Technical Assistance FAQ: identifying local transportation options
[2] Administration for Community Living — Eldercare Locator

Source links checked September 10, 2026. Local services and requirements can change.