

## **Ride App Services**

Ride app services include ridesharing and transportation network companies like Uber or Lyft. These companies provide prearranged ground transportation that is booked on an app or website and connects passengers with drivers who use their own non-commercial vehicles.

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## **MyMobility Plan**

The mobility planning toolpdf icon can guide you to take action today to help keep yourself—or your loved ones—safe, mobile, and independent tomorrow.

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[Centers for Disease Control \(CDC\)](#)

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## **Transportation: What Caregivers Need to Know**

Ways to help your loved one get around when you can't provide a ride.

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## [Older Adults and Transportation](#)

Older adults need convenient, affordable, and accessible transportation options in their local communities.

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[National Aging and Disability Transportation Center](#)

Books & Guides

## [Transportation Options for Older Adults and People with Disabilities](#)

The publication [Transportation Options for Older Adults and People with Disabilities](#) introduces consumers to community transportation services and provides information to consider when making transportation decisions.

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[National Aging and Disability Transportation Center](#)

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## [Uber](#)

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Apps

## [Uber](#)

Uber is a ridesharing app for fast, reliable rides in minutes—day or night. There’s no need to park or wait for a taxi or bus. With Uber, you just tap to request a ride, and it’s easy to pay with credit or cash in select cities.

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