

Transit 101:

An age-friendly approach to increase confidence, access and independence

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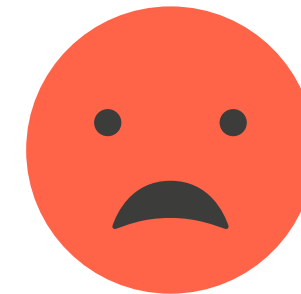
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Fast-Track Session #216





HOW CONFIDENT WOULD YOU FEEL
riding a bus in a community you've never visited?



Transportation Access DOES NOT EQUAL Transportation Confidence

What we heard:

- Transportation access is a top priority
- Many had never used public transit in Howard County
- Misconceptions were common
- Anxiety about using the system was high
- Public transit is a key to maintaining independence

Transportation Access $\neq$ Transportation Confidence



WHAT WE DID: **TRANSIT 101**



Transit Presentations



Resource Tables



“Meet the Bus”



Incentivized Engagement

Priorities:

- Highly interactive, engaging program
- Close the knowledge gap
- Boost participants' confidence in the transit system
- Lecture as little as possible

TRANSIT 101 BOOSTS CONFIDENCE & WILLINGNESS TO RIDE.



88% had a better understanding of available resources.

75% felt more confident in their ability to plan and use transit.

94% would recommend Transit 101 to others.

Root Cause

When people in your community do not use transit, is it because...

- Lack of service?
- Lack of awareness?
- Feeling anxious/unsure about using it?
- Another reason?



THREE LESSONS FROM **TRANSIT 101**

1. Start with active listening
2. Focus on confidence, not just awareness
3. Create opportunities for hands-on practice



Transit 101 teaches us that transportation isn't really about buses or schedules. It's about helping people feel confident enough to use the options already available.

Building Transit Confidence in [your community]

Session Action Planning Blueprint

If you could create one low-cost activity to increase transportation confidence among older adults, what would it be?

Think about:

- What would participants do or takeaway?
- Who would be involved in planning?
- What barrier would be addressed?



Thank You

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