Transportation Options

*For all these options, make sure to get a quote on how expensive the trip will be for the subject, so you're ready to reimburse them. If traveling themselves, we pay $12/hour for their transportation time.

*Try to arrange sessions far enough in advance that you can send printed instructions and maps.

1. Can they drive themselves, or can they get a ride from a friend or family member?
   Pro: This is always the best option!

2. Can they take public transportation*?
   Pro: Cheap
   Con: This can increase their time commitment significantly. Some subjects won't be mobile enough to manage this.
   If getting the subject out to the VA, you may need to arrange a cab to get them from the BART to the VA.

   *If patient is a vet, try calling 1-800-382-VETS for transportation options. The Oakland VA number is 510-267-7812. You leave the pt's SSN, name, date and time they want to go to Martinez. You will only hear back if they cannot accommodate the patient. Shuttles leave Oakland at 8:30, 9:30, 11 and 2; return from Martinez to Oakland at 8:30, 9:30, 12, 12:45 and 3:15. The trip is about 30-45 minutes.

3. Are they willing to take a cab?
   Pro: Can be easier and faster for the subject than public transportation.
   Con: Very expensive!
   Pickup can be unreliable, so you must add in extra time.

   One option: Friendly Cab, 510-536-3000.
   More services found at:

4. Can you meet them at their house or another (quiet) public location closer to where they live?
   Pro: Easy for the subject
   Con: May be uncomfortable or unsafe for the tester. Feel free to ask another lab member to accompany you!

5. Can you or another lab member drive them?
Pro: Cheaper, faster, and more reliable than anything else.
Con: You may feel uncomfortable with this option, but ask around to see if anyone else is willing to do it.

6. Is the subject disabled? If so, they may qualify for East Bay Paratransit.
Pro: Inexpensive ($2.25 for first 8 miles, $4.50 for 8-24 miles)
Con: The rider must have an application on file with them. This process takes ~3 weeks. To qualify they must be disabled or over 70 years old. However, many disabled subjects will already be registered with the service.

http://www.actransit.org/riderinfo/paratransit.wu

For reservations, call (510) 287-5040.

Purchase coupons ahead of time and give them to the person so you don't have to worry about them having enough money. Purchase at BART is possible.

If they live in the Hercules/Pinole area, use WestCat instead. Information is available at 510-724-7993 (be sure to say this is for a DISABLED person to get DIAL-A-RIDE). Reservations should be done between 1-3 days before the appointment by calling 510-724-7433.

www.westcat.org

Seniors (65+) can also use this service; they have both curbside and scheduled routes.