Dear Stan,
I am a senior citizen and do not own a car. I cannot afford Uber or Lyft. Are there any transportation programs that can take me to the doctor or the grocery store?
Thanks,
Carlos
Los Lunas

Report Medicare Related Fraud by calling the New Mexico Senior Medicare Patrol (SMP) at
1-800-432-2080
The SMP will provide you with the information you need to PREVENT, DETECT and REPORT Medicare fraud, errors, and abuse.

Dear Carlos,
Thank you for your very important transportation question. Many senior centers throughout New Mexico offer transportation for older adults in their communities. Transportation can vary by senior center or by your local community. I would encourage you to call your senior center and ask them what kind of transportation they might offer you. Here are two links to senior centers and senior programs throughout the state: http://www.nmaging.state.nm.us/transportation.aspx

In addition to senior centers, most communities offer public transportation which requires a rider to get to a bus stop to get on the bus. This service is called fixed-route transportation. Many seniors, especially those with disabilities, cannot get to a bus stop. Some public transportation programs offer to pick you up at your door. This service is called dial-a-ride. Some transit programs charge a reduced

(Continued on page 2)
rate or a small charge for such rides. In Los Lunas, Rio Metro Valencia offers free or reduced rate, dial-a-ride transportation to seniors who need to go to the doctor or wherever they need to go in Valencia County. You must call by noon the day ahead for a ride. This service is also offered to all Valencia County citizens.

The NM Department of Veterans Services has launched the Rural Veterans Transportation Program to service medical transportation needs for veterans. The program provides free round-trip service for veterans to and from their home and any VA or VA-approved medical appointment. Read more about this VA transportation program here: http://www.nmdvs.org/rural-veterans-transportation-program/

If you have a Medicare Advantage plan or are on Medicaid managed care, you should contact your insurer to see if they offer rides in your community. If they do, ask for details about how to use the service.

You can also get help by calling the New Mexico Aging and Disability Resource Center at 1-800-432-2080. One of the options counselors can check their data bases to see if other transportation options are available in your area.

Stan,
Volunteer Counselor, SHIP and SMP

State Health Insurance Assistance Programs (SHIPs) offer free and unbiased insurance counseling and assistance to Medicare-eligible individuals, their families, and caregivers.

To speak with a SHIP Counselor call 1-800-432-2080

SHIP & SMP Program Volunteering: Learn more about Medicare and ways to better serve the public by contacting us about available SHIP SMP volunteer opportunities at 1-800-432-2080. We provide training on Medicare content, and can work with your schedule. We can serve more people together!