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## Travel Training

If you have a disability and want to use public transportation, travel training is available. Call your local [Center for Independent Living](#) for information.

**Orientation and Mobility** programs assist people who are blind or have vision impairments learn how to use public transportation. Visit the [Department for the Blind and Vision Impaired](#) website to learn more.

**Some of your local agencies may give rides, too.** Contact your local [Area Agency on Aging](#) and ask about transportation services for older adults in your community.

Many places also have private agencies that give rides. Prices will vary. A list of alternative transportation called **GrandTrans** is on the [Virginia GrandDriver](#) website.

**If you are an older adult, and are concerned about your ability to keep driving**, you can take a driving self-assessment. You can take one in the privacy of your own home. Tools like these can help you to decide if something, like a medical condition, may be affecting your driving. Getting professional or medical advice can be a good next step in deciding whether to keep driving.

The Virginia GrandDriver program has driving tips to help you to drive safely, reduce stress, and remain independent. “Car Fit” can also help you have a better “fit” with your vehicle. As you age, your body changes. Your range of abilities, your vision, and reaction time change too. CarFit teaches you how to adjust your car to make up for these changes. Visit the [Virginia GrandDriver](#) website to find a Car Fit event nearest you.

The [AARP](#) website also gives information to help drivers refresh their skills.

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Virginia Department for Aging and Rehabilitative Services

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