

## **Senior Transportation Options: Lifesprk GO! Helping You Safely Go Where You Want**

Having access to adequate transportation plays an important role in healthy aging. Nearly a quarter of Americans over the age of 65 do not drive and while it may be a safe option, it can contribute to social isolation. When people are unable to connect to their communities or have the freedom to go as they please, they begin to isolate, and their health and wellness takes a downward spiral.

Add to the mix a pandemic making things even more complicated.

But not any transportation will do for our senior clients who need more than a curbside option. Many want a service that will wait with them during their appointments, assist them with prescription pick-up, walk with them into a doctor's office, or bring in their groceries after driving them to the store. Others want a service that allows them to visit friends or family for lunch. And some do not want people to know where they are going and opt for a private option that offers confidentiality. We get that.

Lifesprk partnered with Envoy America to offer its senior clients Lifesprk GO!, a personalized transportation service. Our drivers are trained to understand the varying needs of seniors, including how to transport riders with dementia thanks to a program designed by Jan Dougherty of the Banner Alzheimer's Institute.

As an Education Minnesota member, we are sharing this resource with you because we believe nothing should stand in the way of you living the healthiest life possible. And with COVID-19, Lifesprk GO! drivers follow CDC guidelines, including wearing masks, sanitizing cars in between rides, and following infection control protocols. The hardest part will be deciding where to go.

*Reach out to Senior Care Navigation at 952-345-3317, email at [ShineOn@lifesprk.com](mailto:ShineOn@lifesprk.com), or visit <https://info.lifesprk.com/lifesprk-go> for additional information about Lifesprk GO!*