

## GETTING BACK ON TRANSIT: STAYING HEALTHY AND MOBILE IN 2021

Presented by NJTIP @ Rutgers – Travel Training

## **NJTIP @ Rutgers**

Expanding Mobility for People with Disabilities and Seniors

A Program of the Alan M. Voorhees Transportation Center (VTC)

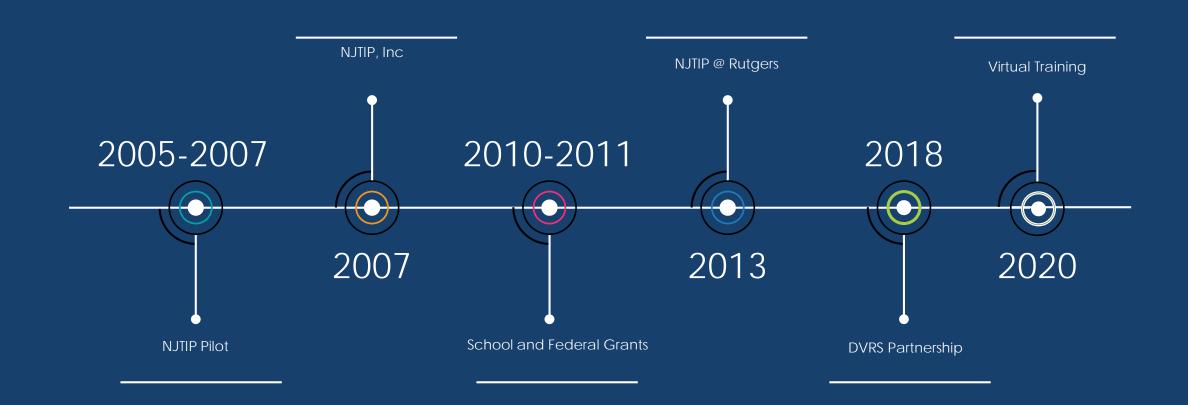
## THE MISSION OF NJTIP @ RUTGERS

**NJTIP (a) Rutgers** increases the independence and self-sufficiency of people with disabilities, older adults and others by empowering them to use the public transit system safely and independently.

Over 13,682 people have been trained by NJTIP, so far! - April 2021



## NJTIP TIMELINE





## WHAT DOES NJTIP @ RUTGERS OFFER?

- One to One Instruction
- Small Group Instruction
- Seminars for Professionals (Connect to Transit)







#### TRAVEL TRAINING BENEFITS

- Improved Quality of Life
- Increased Access
- Empowerment and Independence
- More Options
- "Chauffeur Retirement"
- Cost Savings





#### ONE ON ONE TRAVEL INSTRUCTION

#### 468 One on One Graduates through April 30, 2021

#### Key Steps:

- Introduction
- Intake
- Route Check
- On-Board Training
- Fade & Retrain





#### 30 INDEPENDENT TRAVEL SKILLS

#### Examples Include:

- •Interacting appropriately with strangers
- Boarding, signaling and exiting the vehicle
- Appropriate social skills
- Safe street crossing
- Handling fares





# NJ TRANSIT REDUCED FARE PROGRAM

For information on the Reduced
Fare Program
Call (973) 491-7112
Email reducedfare@njtransit.com





#### REDUCED FARE APPLICATION

## Who is Eligible?

- People with disabilities
- Seniors age 62 and older
- Military



REDUCED FARE PROGRAM
APPLICATION FOR
A PERSON WITH A DISABILITY

To be certified by a licensed physician or nurse practitioner only.



## MOBILITY OPTIONS IN NEW JERSEY



LOCAL BUS







INTERSTATE BUS

LIGHT RAIL





## NJ TRANSIT BUS







## NJ TRANSIT BUS LIFT







# POLL



## HAILING THE BUS

You must wave or hail the bus when it is approaching to let the bus operator know that you want the bus to stop





#### PLAN HOW TO PAY THE FARE

- Exact change
- Tickets and passes
- ■NJTRANSIT App













## PAYING WITH THE NJ TRANSIT APP





## MOBILITY OPTIONS IN NEW JERSEY



LOCAL BUS

TRAIN/RAIL





INTERSTATE BUS

LIGHT RAIL





## NJ TRANSIT RAIL



About half of NJTRANSIT stations are accessible







## MOBILITY OPTIONS IN NEW JERSEY



LOCAL BUS

TRAIN/RAIL





INTERSTATE BUS

LIGHT RAIL





#### NJ TRANSIT LIGHT RAIL

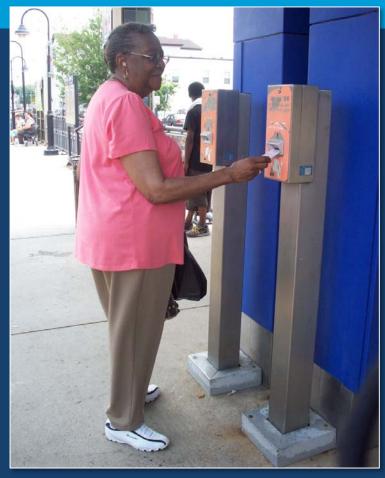
- NJTRANSIT operates 3 Light Rail Systems (most of the stations are accessible)
  - Hudson-Bergen Light Rail (100% accessible)
  - Newark Light Rail
     (most of the stations are accessible)
  - The River Line (100% accessible)

of Planning and Public Policy





## VALIDATE YOUR TICKET







# POLL

## MOBILITY OPTIONS IN NEW JERSEY

- Subway
- Shuttles
- Paratransit
- Ferries
- Taxis/UBER/LYFT/
  - GoGoGrandparent/Ryde4Life











Photo credit: NJTRANSIT

#### ACCESS LINK **ADA COMPLEMENTARY PARATRANSIT**

#### For Access Link Information

Call: 973-491-4224

Email: adaservices@njtransit.com









## COUNTY PARATRANSIT IN NEW JERSEY

- 21 systems, one in each county
- Service to people with disabilities, older adults & other transportation disadvantaged people







#### THE THREE W'S OF COVID-19

- Wear a mask
- Watch your distance
- Wash your hands





#### SAFE NJ TRANSIT TIPS DURING PANDEMIC











#### HOW FULL IS MY RIDE: BUS



#### HOW TO COMMUNICATE WITH TRANSIT STAFF



BE POLITE:
"PLEASE KNEEL
THE BUS."



BE SPECIFIC:
"PLEASE LOWER
THE LIFT."



BE FIRM:

"PLEASE GET THE BRIDGE
PLATE NOW SO THAT I
CAN BOARD THIS TRAIN."



#### NJ TRANSIT VAXRIDE

- Free ride to vaccines
- List of vaccination sites with transit access



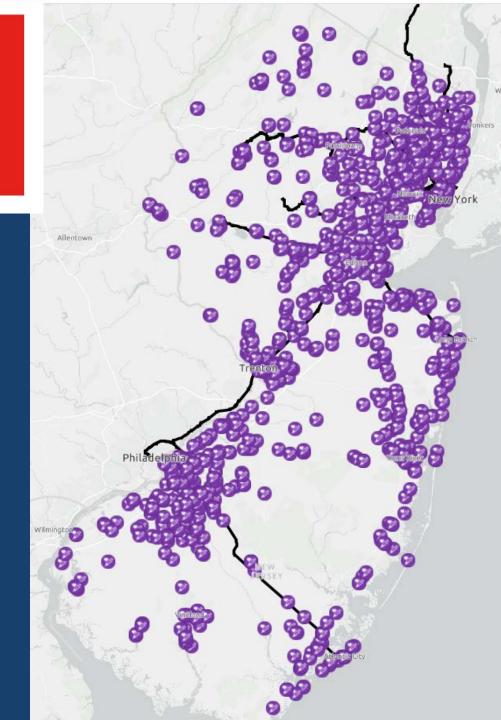


# WAXRIDEN

Set location	
Set location	
-	
50	
current location.	
act info, and their w	
	ent location.

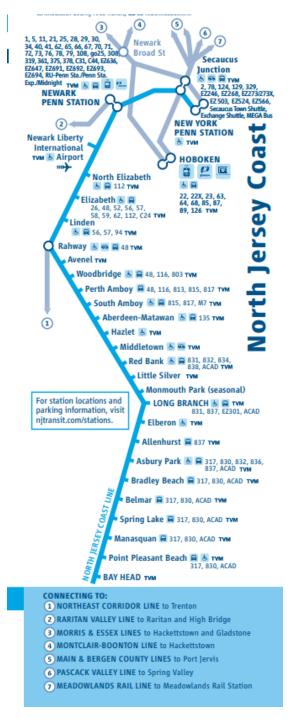
https://www.njtransit.com/vaxride







# POLL







## Point Pleasant Virtual Tour

#815 NJ Transit bus







## **Check Departure Screen**

DEPARTS TO	partures - TIDCR1  TRK LINE  10 Northeast Corrdr	TRAIN 3889	STATUS BOARDING
9:35 Trenton-SEC → 9:38 Long Branch-SEC →	2 No. Jersey Coast	3289	BOARDING
9:51 Dover-SEC	Morristown	6675	
9:54 Jersey AveSEC +	Northeast Corrdr	3737	
10:11 Trenton-SEC +	Northeast Corrdr	3891	
10:13 Dover-SEC	Morristown	6677	
10:20 Long Branch-BH-SEC		3293	
10:38 Trenton-SEC →	Northeast Corrdr	3893	
10:41 MSU-SEC	MontclairBoonton	6297	
10:56 Dover-SEC	Morristown	6679	-

#### How to ride the train



- Check the schedule
- 2. Purchase our ticket
- 3. Get a receipt
- 4. Take our change
- 5. Check the departure screen (if available)
- 6. Listen for announcements
- 7. Wait for our train
- 8. Have our ticket ready
- 9. Listen for our stop
- 10. Watch our step as we get off



## Point Pleasant Virtual Tour

NJ Transit Rail Map



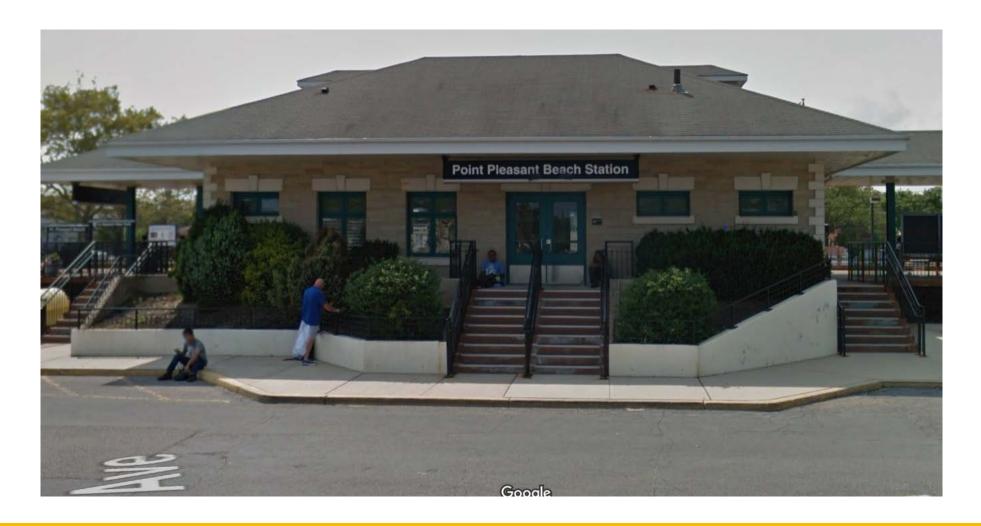




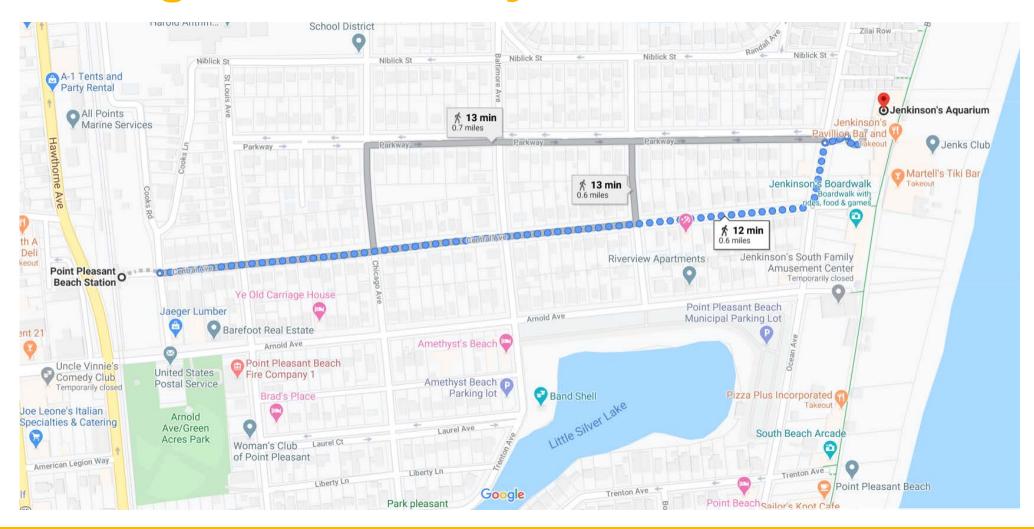




## **Point Pleasant Beach Station**



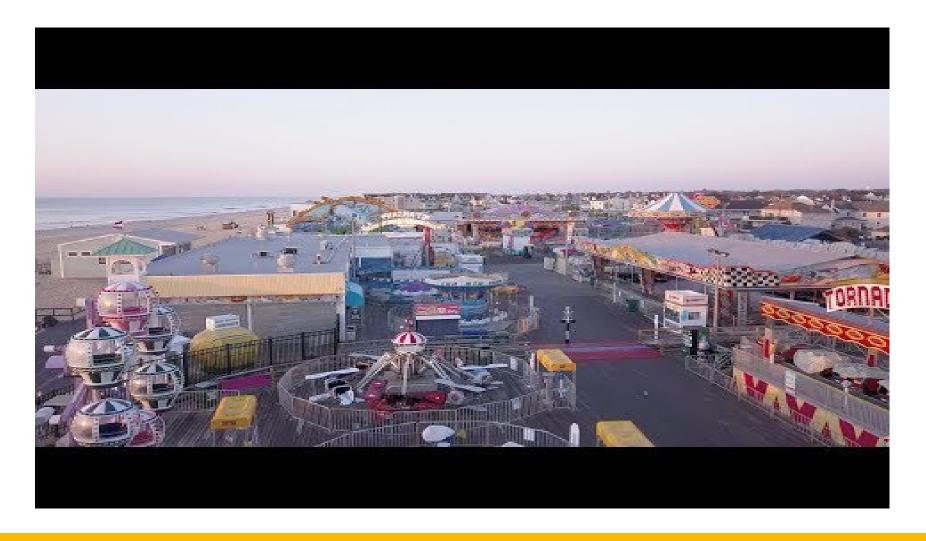
### Walking directions to Jenkinson's Boardwalk



## Salt Water Taffy at Jersey Shore



## Jenkinson's Boardwalk



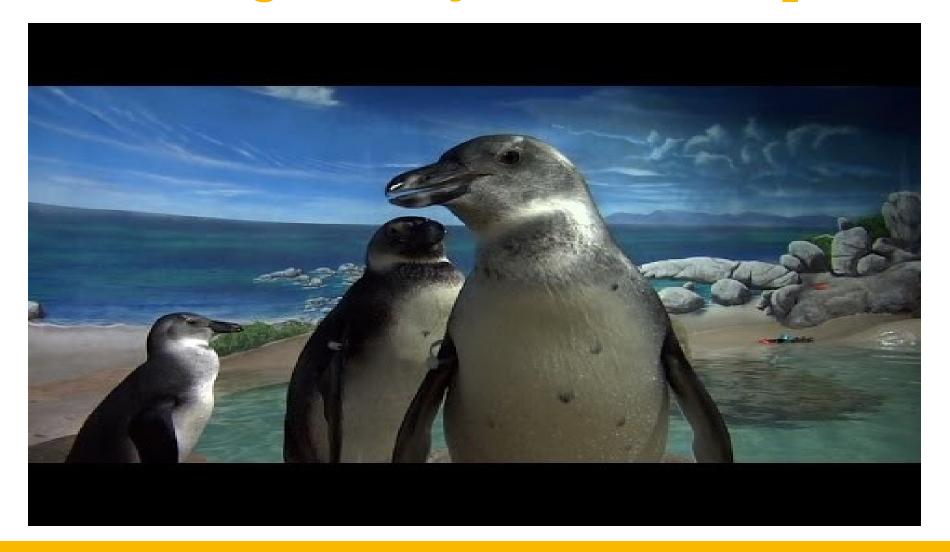
## Point Pleasant Virtual Tour

Jenkinson's Aquarium





## African Penguins at Jenkinson's Aquarium



## Exciting birds at Jenkinson's Aquarium



## What happens if we miss our bus or train?

Troubleshooting mistakes, cancellations and weather issues.



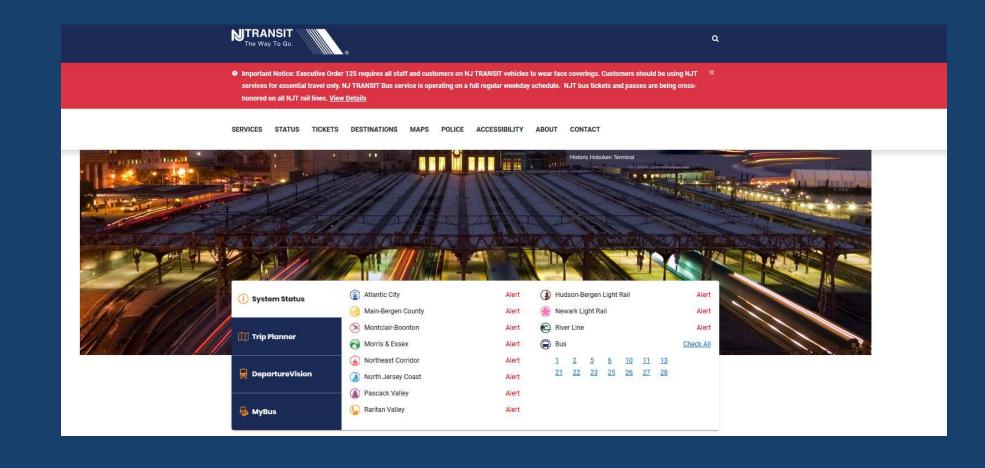




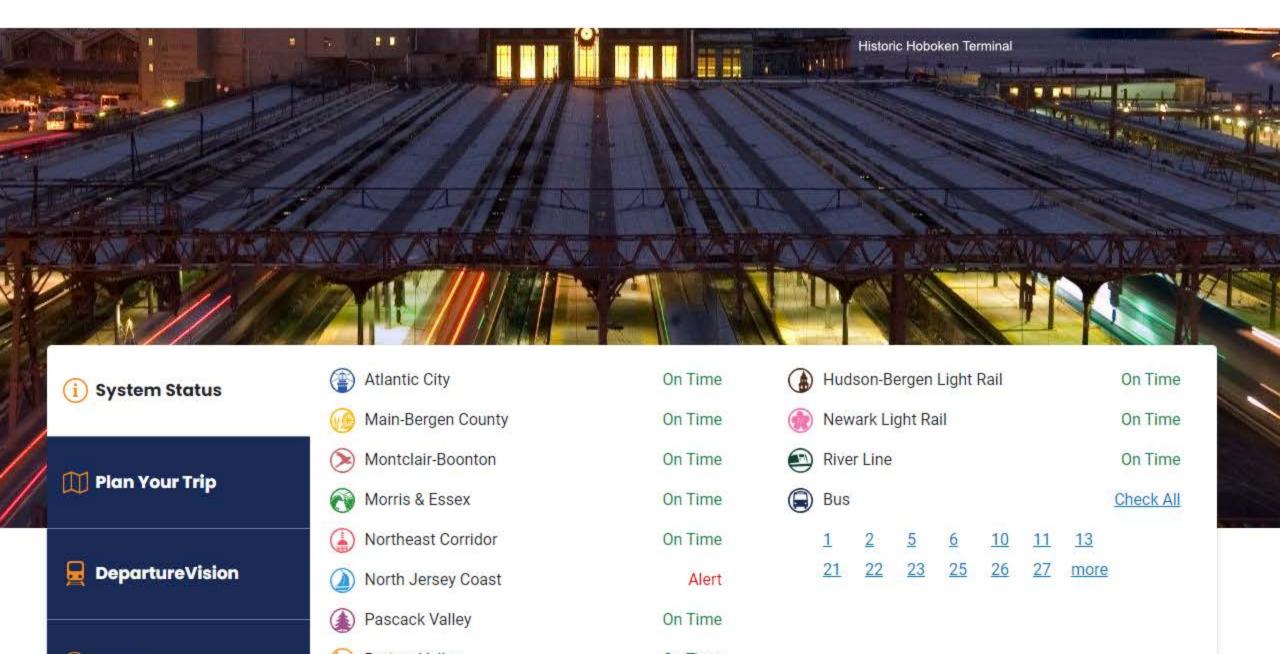


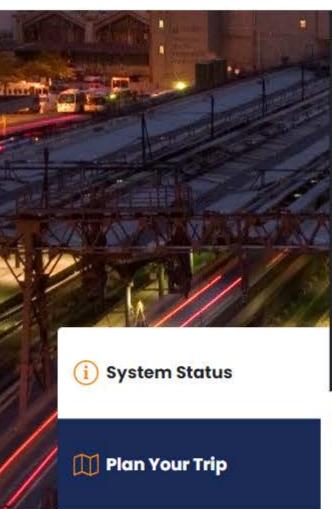
#### TRIP PLANNING TOOLS

- njtransit.com
- mybus
- ■Google maps
- ■Transit app



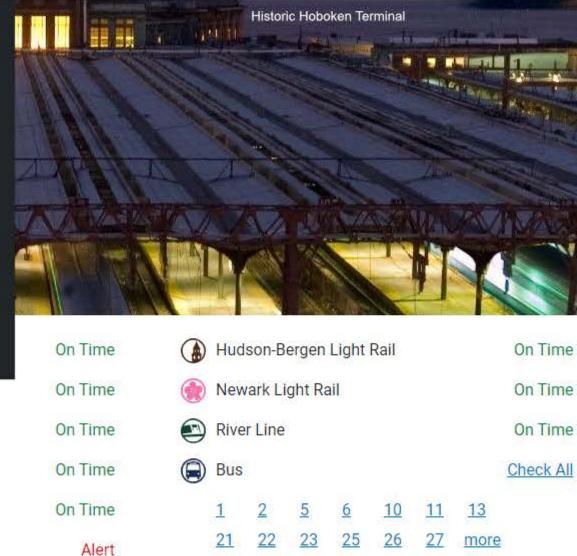






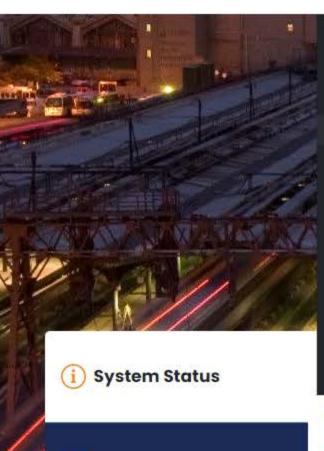
**Atlantic City** Camden Jersey Shore Meadowlands Monmouth Park **New York** Newark Philadelphia **Princeton Dinky** Six Flags **DepartureVision** 

American Dream **Newark Liberty International Airport** Main-Bergen County Montclair-Boonton Morris & Essex Northeast Corridor North Jersey Coast Pascack Valley Raritan Valley MyBus



On Time

On Time



Plan Your Trip

DepartureVision

**American Dream** 

**Atlantic City** 

Camden

#### Jersey Shore

Meadowlands

Monmouth Park

**New York** 

Newark

**Newark Liberty International Airport** 

Philadelphia

**Princeton Dinky** 

Six Flags



Main-Bergen County



Montclair-Boonton



Morris & Essex



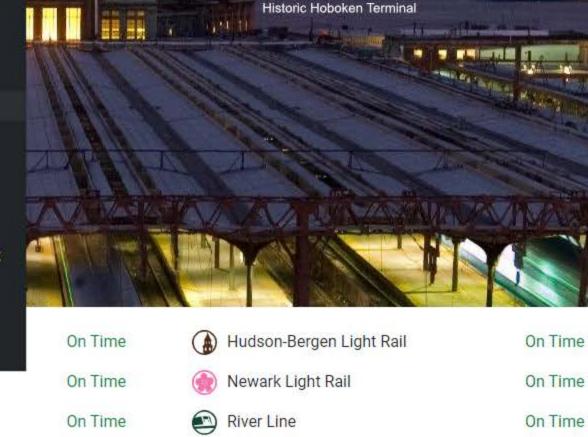
Northeast Corridor



North Jersey Coast



Pascack Valley



Bus

Check All

13

more

25

26

On Time

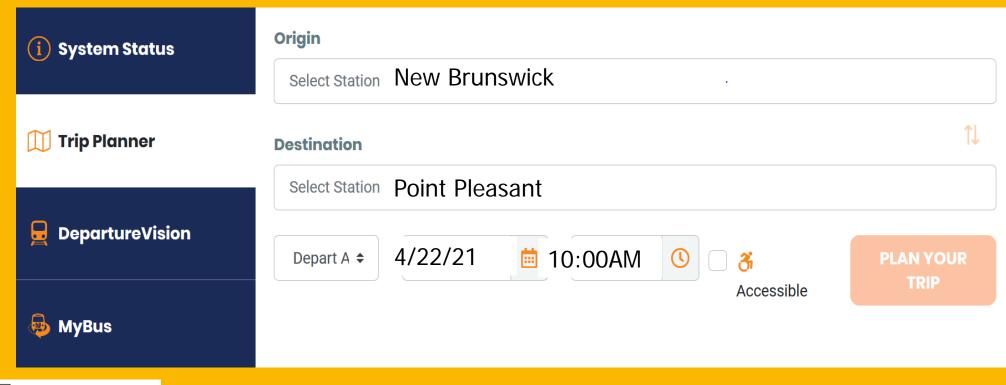
On Time

On Time

Alert

## Let's Plan Our Trip!

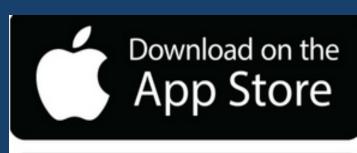
<u>Using NJ Transit's Trip Planner</u>





## DOWNLOADING THE TRANSIT APP

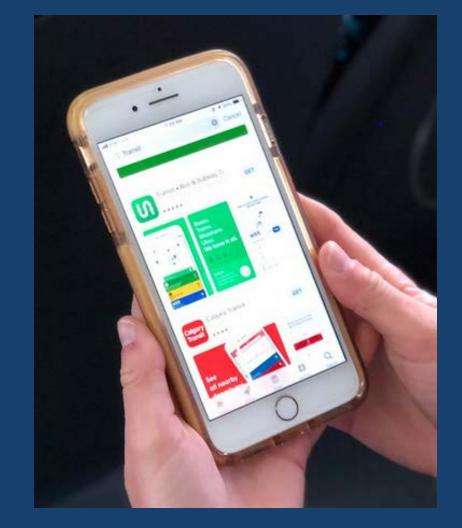
Go to the Apple APP Store or Google Play store













# TRANSPORTATION NETWORK COMPANIES "RIDESHARING"

UBER









# NJTIP @ RUTGERS PROVIDES TRAVEL INSTRUCTION

## NJTIP @ RUTGERS TEAM





Larry Lindstrom



Louis Hoffman



Karen Alexander





## IN-FIELD TRAVEL TRAINING FOR ESSENTIAL TRIPS

## For example:

- Related to a recurring significant life activity, e.g. medical trip, job, school, etc.
- Time-sensitive component, e.g. school is starting, job has a start date, etc.





#### VIRTUAL TRAVEL TRAINING

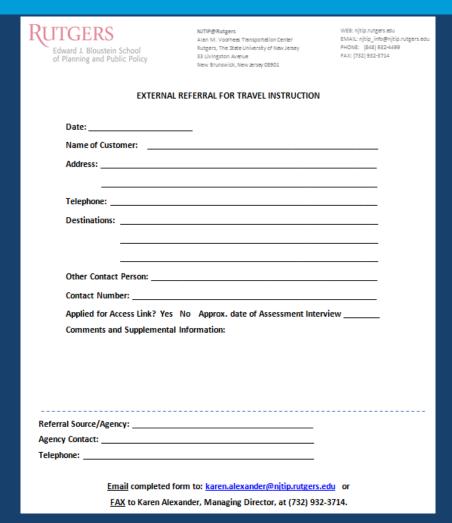
- Various platforms
- Essential trips
- Prepare to go where you need to go





#### NJTIP @ RUTGERS REFERRALS WELCOMED!

- Community Partners and Colleagues
- Program Graduates
- NJTRANSIT and Other Providers
- Funders and DVRS Staff
- ■You!





# RESOURCE SHEET





NJTIP @ Rutgers

New Brunswick, NJ 08901

Alan M. Voorhhees Transportation Center Edward J. Bloustein School of Planning and Public Policy Rutgers University—New Brunswick 33 Livingston Avenue njtip.rutgers.edu p. 848-932-4499

p. 848-932-4499 f. 732-932-3714

#### Online and Mobile Transit Resources

Title/Icon	Functionality	Platforms
NJ TRANSIT Information	NJ TRANSIT's website gives you access to the most up to date transit information and other services:	Desktop/Laptop     Mobile     App     Twitter
WEB: njtransit.com PHONE: (973) 275-5555	Trip Planner Service Near a Location System, Station & Route Maps Live Station Boards Using DepartureVision	Facebook
Reduced Fare: PHONE: (973) 491-7112 Access Link:	PDF's of Printed Schedules     How To Ride Videos     Accessible Services	
PHONE: (800) 955-2321	Reduced Fare Applications     County Paratransit Contacts     Private Carrier Bus Information	
THANSIT	With the NJ TRANSIT App riders can purchase tickets, plan trips, see schedules, get alerts, view Departure Vision & mybus, contact customer service and NJT Police.	
mybus.	Find out when the next bus is arriving at bus stops all over New Jersey.  Simply call 973-275-5555 or text the bus stop ID number to mybus (69287) and you'll be sent the next buses to arrive at your stop.	Desktop/Laptop     Mobile     Text Message     Phone
NJTIP @ Rutgers WEB: njtip.rutgers.edu	"Expanding mobility for people with disabilities and seniors" for over a decade by teaching people how to travel in NJ using public transit.	Desktop     Twitter
,,,	Call 848-932-4499 for information.	
The Transit App	Open this app to find a list of transit available near you and a countdown clock. This app also has route maps and a trip planner with timelines.	- App
maps.google.com Google	Use the google maps transit trip planner for up-to-date transit information on a variety of platforms. Walking and biking directions, too.	Desktop/Laptop     Mobile     App





#### NJTIP @ Rutgers Alan M. Voorhhees Transportation Center

Edward J. Bloustein School of Planning and Public Policy Rutgers University–New Brunswick 33 Livingston Avenue New Brunswick, NJ 08901 WEB: njtip.rutgers.edu

EMAIL: njtip\_info@njtip.rutgers.edu

PHONE: (848) 932-4499 FAX: (732) 932-3714 TWITTER: @njtip\_rutgers

#### Online and Mobile Transit Resources

Title/Icon	nd Mobile Transit Resour	Platforms
NJ TRANSIT Information	NJ TRANSIT's website offers access to	<ul><li>Website</li></ul>
PHONE: (973) 275-5555	current transit information and other	<ul> <li>Mobile Website</li> </ul>
WEB: njtransit.com	services:	<ul><li>Telephone</li></ul>
APP: NJ TRANSIT Mobile App	■ Trin Planner	■ App
Reduced Fare Program PHONE: (973) 491-7112  Access Link PHONE: (973) 491-4224 WEB: accesslink.njtransit.com APP: NJT Access Link	<ul> <li>Trip Planner</li> <li>Service Near a Location</li> <li>System, Station &amp; Route         Maps</li> <li>Live Train Status Using         "DepartureVision"</li> <li>PDF's of Printed Schedules</li> <li>How to-Ride Videos</li> <li>Accessible Services</li> <li>Reduced Fare Applications</li> <li>County Paratransit Contacts</li> <li>Private Carrier Bus         Information</li> <li>With the NJ TRANSIT App riders can         purchase tickets, plan trips, see         schedules, get alerts, view         DepartureVision &amp; mybus, contact         customer service and NJT Police.</li> </ul>	<ul> <li>Toitter</li> <li>Facebook</li> <li>YouTube</li> </ul>
NJ TRANSIT mybus	Find out when the next bus is arriving	■ Website
mybus.	at bus stops all over NJ. Simply call 973-275-5555 or text the bus stop ID number to mybus (69287) to see the next buses to arrive at your stop.	<ul><li>Mobile Website</li><li>Text Message</li><li>Telephone</li></ul>
<b>NJTIP</b> @ Rutgers	"Expanding mobility for people with disabilities and seniors" for over a	<ul><li>Desktop/Laptop</li><li>Twitter</li></ul>
A Program of the Alan M.	decade by teaching people how to	
Voorhees Transportation Center	travel in NJ using public transit.	
WEB njtip.rutgers.edu	Call 848-932-4499 for information.	
The Transit App	Open this app to find a list of transit	■ App
	stops near you and a countdown clock to the next arrival. Transit also has maps and a trip planner.	
maps.google.com	Use the google maps transit trip	<ul><li>Desktop/Laptop</li></ul>
Google	planner for current transit information. Walking and biking directions are available too.	<ul><li>Mobile</li><li>App</li></ul>

#### Statewide Transportation Alternatives

ezride° Ryde4Life	EZ Ride offers transportation for seniors in partnership with Transportation Network Companies (TNC) like Uber and Lyft. Rides can be requested in real time or scheduled in advance. The program offers rides to individuals age 18+ throughout New Jersey and is offered Mon – Fri from 8 AM to 8 PM & Sat/Sun from 8 AM to 5 PM. PHONE: 201-939-4242 Option 4
	WEB: ryde4life.org
GO GO  GRANDPARENT	Use on demand transportation (Lyft/Uber) with a phone call. Go Go Grandparent is tailored for older adults. They use a variety of safety tools to keep families informed. No smartphones required.  PHONE: (855) 464-6872
	WEB: gogograndparent.com  Lyft is an easy way to get around with a smartphone. Lyft is a
lyA	Transportation Network Company (TNC). Riders can "e-hail" local drivers similar to a taxi. To sign up, users must have a smartphone and a debit or credit card. To use lyft without a smartphone see EZRIDE Ryde4Life or Go Go Grandparent above.
	WEB: lyft.com
TMA COUNCIL of New Jersey	Transportation Management Associations (TMAs) are non-profit organizations that work with businesses, commuters, county and local governments, and state agencies to implement programs that reduce traffic congestion and improve air quality. For contact information on TMAs in NJ see the website below:  WEB: tmacouncilnj.com
Uber	Uber is an easy way to get around with a smartphone. Uber is a Transportation Network Company (TNC). Riders can "e-hail" local drivers similar to a taxi. To sign up, users must have a smartphone and a debit or credit card. To use Uber without a smartphone see EZRIDE Ryde4Life or Go Go Grandparent above.
	WEB: uber.com

Notes:	Current as 01 3/13/202



#### NJTIP@Rutgers

Alan M. Voorhees Transportation Center Rutgers, The State University of New Jersey 33 Livingston Avenue New Brunswick, New Jersey 08901 WEB: njtip.rutgers.edu

 $EMAIL: njtip\_info@njtip.rutgers.edu$ 

PHONE: (848) 932-4499 FAX: (732) 932-3714

#### **EXTERNAL REFERRAL FOR TRAVEL INSTRUCTION**

Name of Customer:			
Telephone:			
Destinations:			
· <del></del>			
Other Contact Person:			
Contact Number:			
Applied for Access Link?	Yes No Approx. date	of Assessment Interview	
Comments and Suppleme	ntal Information:		
Referral Source/Agency:			
Agency Contact:			
Telephone:			
<u>Email</u> complet	ed form to: <u>karen.alex</u>	ander@njtip.rutgers.edu or	
<u>FAX</u> to Karen	Alexander, Managing I	Director, at (732) 932-3714.	
For NJTIP @ Rutgers use only:		Date Contacted	



# REDUCED FARE PROGRAM APPLICATION FOR A PERSON WITH A DISABILITY

To be certified by a licensed physician or nurse practitioner only.

NJ TRANSIT REDUCED FARE PROGRAM
One Penn Plaza East, 5th Floor, Newark, New Jersey 07105

Phone (973) 491-7112 Fax (973)609-1753 Email Reducedfare@NJTransit.com

#### INSTRUCTIONS

#### **APPLICANT**

Fill out the information in the "To be completed by Applicant" section and submit to a licensed physician or nurse practitioner for certification.

Eligible applicants will receive a Reduced Fare ID Card through the mail approximately four weeks after the physician has mailed in the application. A booklet of Reduced Fare Tickets may be obtained at participating banks, savings and loan associations, and authorized state and county agencies.

#### **PHYSICIAN**

Please complete all items (Items 1-7) in section marked "Physician Certification" and mail directly to:

NJ TRANSIT

Reduced Fare Program

1 Penn Plaza East, 5<sup>th</sup> Floor

Newark, NJ 07105

Under "Ambulatory Disabled" (Item 6), check the subcategory that makes your client eligible and describe in detail the nature of the impairment or disability in the space provided.

Unless a category is specifically checked off and, in the case of "Ambulatory Disabled" more specifically categorized, we cannot accept this application. If there is no category that your patient fits into, he or she is not eligible for the program. These criteria have been set and are mandated by the law.

You are assured that you are not liable to NJ TRANSIT in any way as the result of furnishing your certification.

#### **ELIGIBILITY CRITERIA**

General Provisions:

- **1.** The Eligibility Criteria listed on page 2 of the application are the sole basis for the determination of a disability for the NJ TRANSIT Reduced Fare Program.
  - **A.** An applicant 62 years of age or older who is not enrolled, may enroll in the Reduced Fare Program through the Senior Citizen Program. Senior Citizens applications are available at most banks, savings and loan associations and authorized state and county agencies.
- 2. Reduced Fare Identification Cards for persons with permanent disabilities are valid until expiration date shown on card.
- 3. NJ TRANSIT reserves the right to verify Certification Forms by contacting persons completing the forms.
- 4. Any fees charged for the completion of Certification Forms are not the responsibility of NJ TRANSIT.
- 5. Certification Forms will be confidential records and kept on file at NJ TRANSIT during the period of eligibility.
- **6.** The criteria for eligibility on the application are in accordance with the following definition: "A person with a disability means any individual who, by reason of illness, injury, age, congenital malfunction, or other permanent or temporary incapacity or disability, is unable without special facilities or special planning or design to utilize mass transportation facilities and services as effectively as persons who are not so affected."

#### **Exclusions**

Persons whose sole incapacity is:

- 1. Pregnancy
- 2. Obesity
- 3. Acute or chronic alcoholism or drug addiction
- 4. Contagious diseases are specifically excluded from discount fare eligibility



One Penn Plaza East, 5<sup>TH</sup> Floor, Newark, N.J. 07105 Phone (973) 491-7112 Fax (973)609-1753 Reducedfare@NJTransit.com

NO.	

#### REDUCED FARE PROGRAM APPLICATION FOR A PERSON WITH A DISABILITY

#### **Disability Information Release Authorization:**

As a part of my NJ Transit Reduced Fare Application Assessment, I realize that a licensed health professional, holding physician-level credentials in the area of my disability must verify my present medical condition. Therefore, by signing this form, I give my consent to release to NJ Transit's Reduced Fare Program and its authorized designee of any records or information maintained by the licensed health care professional relevant to a determination that I am eligible to receive NJ Transit Reduced Fare. This authorization is effective for so long as NJ Transit Reduced Fare Program is reviewing my application; and/or to determine my continued eligibility for the NJ Transit Reduced Fare Program. This authorization to release medical information is subject to written revocation by me at any time. In the absence of my revocation, this authorization will only be valid for four (4) years. I understand that any fees associated with the completion of this request are my responsibility.

Applicant Name (PRINT)	Applicant Date of Birth
Applicant Signature	Today's Date
Parent/ Legal Guardian Signature	Todav's Date



One Penn Plaza East, 5<sup>TH</sup> Floor, Newark, N.J. 07105 Phone (973) 491-7112 Fax (973)609-1753 Reducedfare@NJTransit.com

NO
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#### REDUCED FARE PROGRAM APPLICATION FOR A PERSON WITH A DISABILITY

(Last)		(First)	(Middle)	
(Stree	et)		(Ap	t.)
(City)		(County)	(State)	(Zip code)
Sex: ( ) Male ( ) Female		4. Heigh	nt	
Date of Birth		6. Telephone Number		
Signature of Appli	cant			
Check here if you ar ner than the person		rsonal representative and completened above.	e below. This <u>ONL</u>	<b>⊈</b> applies if someone
int Name of Persor	nal Representati	ve	Phone Nur	nber
gnature of Persona	al Representative	9	Date	
		9		
elationship to Appli	icant		ensed physicia	n/ practitioner o
elationship to Appli	RTIFICATIO	ON (to be completed by lice	ensed physicia	n/ practitioner o
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elationship to Appli HYSICIAN CE  Name  Office Address	(Street)	ON (to be completed by lice	ensed physicia (Su	n/ practitioner o
elationship to Appli HYSICIAN CE  Name  Office Address	(Street) (City)	ON (to be completed by lice (State)	ensed physicia (Su	n/ practitioner o

For Internal Use Only: \_\_\_\_\_Staff initials \_\_\_\_\_Date \_\_\_Approved \_\_\_\_Denied \_\_\_Incomplete

#### **PHYSICIAN CERTIFICATION (continued)**

#### **ELIGIBILITY CRITERIA**

The impairment or disability is considered:	
5. Permanent ( )	Temporary ( )
	Estimated Period of Disability
	From to (Date) (Date)
6. ( ) Non-Ambulatory Disabled	
Any person whose incapacity or disability will not allow that persor without the assistance of a personal care attendant (PCA), ha that use of appropriate public transportation services is a reason	s the personal mobility and independence in a wheelchair
( ) Semi-Ambulatory Disabled	
Any person whose incapacity or disability will not allow that personnes, braces, artificial legs, or other such adaptive device, and services is a reasonable expectation.	
( ) Ambulatory Disabled	
Any person whose disability relates to a degree of visual, audio, impairment as specified below, and for whom private personal transfer.	
() Cerebrovascular accident (stroke)	
() Pulmonary disability - (obstructions/ restrictions) that affect values (FEV1; FVC; %FEV1; FEF25%-75%). Dyspnea occ stairs or walking 100 yards; with the slightest exertion; or even a () Cardiac disability () Sight disability - those persons whose vision in the better ey whose visual field is contracted (commonly known as tunnel vision widest diameter subtends an angle no greater than 20 degrees. () Hearing - loss is 90 dba or greater in the 500, 1000, 2000 Hz () Faulty coordination from brain, spinal, peripheral nerve injury condition. () Epilepsy - petit and grand mal () Autism () Cerebral palsy () Intellectual Disability - Those with I.Q.more than two standar () Psychiatric Disabilities -This section applies to those individes includes a substantial disorder of thought, memory, per or grossly impairs judgment, behavior, capacity to recognize or greatly impacts ability to meet ordinary/independent life in the section applies to the section applies to the section applies to the section applies to those individes a grossly impairs judgment, behavior, capacity to recognize the greatly impacts ability to meet ordinary/independent life the section applies to the section applies	urs during usual activities of daily living; climbing a flight of t rest.  e after correction is 20/200 or less; and those persons on) to 10 degrees or less from a point of fixation, or the ranges.  y or arthritic  rd deviations below the norm.  luals who suffer from a serious, long term mental illness that seption, or orientation
finances, and health care.  () Other - please specify the disability that impairs mobility.	
7. Does this person's disability require that he or she use a transportation?	a personal care attendant (PCA) in order to use public
() yes () no	

8. Physician/ Practitioner Signature \_\_\_\_\_