



A PROGRAM PROVIDED BY
HEALTHY GENERATIONS



Transportation Resource Guide

Published by

Healthy Generations Area Agency on Aging

Mobility Options

Serving the City of Fredericksburg, Caroline, King
George, Spotsylvania, and Stafford Counties



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ABOUT THIS DIRECTORY

Healthy Generations Area Agency on Aging (HGAAA)

Created as a not-for-profit corporation in July of 1976, Healthy Generations, formerly Rappahannock Area Agency on Aging, serves Virginia Planning District Sixteen (PD16), which includes the City of Fredericksburg and the surrounding counties of Caroline, King George, Spotsylvania, and Stafford. The Older Americans Act, as amended, stipulates that each state establish Area Agencies on Aging to be responsible for the development of services for senior citizens. Area Agencies on Aging have the responsibility for developing such services so that available programs remain responsive to the needs of the elderly.

The mission of Healthy Generations Area Agency on Aging is to enhance the quality of life for all older citizens. The vision: To promote and assure the highest level of service attainable for every older person in our community, which will provide the opportunity to live a more dignified and meaningful life.

Mobility Options, a community-based program, is made possible in part through a federally funded, state-administered grant known as Section 5310, Enhanced Mobility for Seniors & Individuals with Disabilities. The purpose of the program is to improve mobility for seniors and individuals with disabilities by removing barriers to transportation service and expanding transportation mobility options. We do this by offering education and outreach, informational and referral services through our call center, the publication of this resource guide, complimentary travel training services, and limited low-cost door-to-door transportation, if available. Still considered a small urban area by the Federal Transit Administration, our planning district is one of the fastest growing regions in Virginia. FTA Section 5310 funding is highly competitive in small urban and rural areas and requests for funding often exceed funding availability.

This directory of transportation providers was prepared for the use of older citizens, people with disabilities, their friends, families, caregivers, and the individuals, agencies and businesses who work with them. The information provided in this directory was gathered from many sources. Every effort has been made to ensure accuracy. While the information herein is believed to be reliable and up-to-date, Healthy Generations does not guarantee the accuracy of information or claim it to be free from errors, omissions, or unintentional inclusions, nor does it provide any endorsements for the providers listed herein. Healthy Generations welcomes your comments. Please feel free to contact Healthy Generations Mobility Options office: Healthy Generations Area Agency on Aging, Attn: Mobility Options, 460 Lendall Lane, Fredericksburg, Virginia 22405, by phone 540-371-3375 or 540-656-2985, or through email at info@healthygenerations.org.

NON-PROFITS



HEALTHY GENERATIONS AREA AGENCY ON AGING, MOBILITY OPTIONS

Healthy Generations Area Agency on aging formerly Rappahannock Area Agency on Aging provides home and community-based services to support the continued independence, safety, and health and wellness of our senior population and serves City of Fredericksburg and Counties of Caroline, King George, Spotsylvania, and Stafford Counties.

Information and Referral Services

Travel Training: Travel Training is a free educational program that promotes and teaches independence through travel utilizing the area's public transit system.

Local Service: Door-to-Door service available in Fredericksburg City, Caroline, King George, Spotsylvania, and Stafford Counties. Capacity is limited based on driver availability.

Fee for Service: Currently Fare Free

Hours of Operation: Service Hours Monday-Friday, 5:00 AM - 5:00 PM, **Office Hours:** Monday-Friday, 8:00-4:30.

Notes: Advanced Transportation Assessment necessary. Seating is limited. Requests for direct service are taken first come, first served up to 30 days in advance. Call direct 540-656-2985. If direct service is unavailable, callers will be referred to alternative service dates or providers. Please visit www.healthygenerations.org and review the Mobility Options Information Guide for more details.

Rappahannock Area Agency on Aging d/b/a Healthy Generations hereby gives public notice that it is Healthy Generations' policy to assure full compliance with Title VI of the Civil Rights Act of 1964, Federal Transit Administration (FTA) Circular 4702.1A, and related statutes and regulations in all programs and activities. Title VI requires that no person shall, on the grounds of race, color, sex, or national origin be excluded from participation in, be denied the benefits of or otherwise subjected to discrimination under any FTA program or other activity for which Healthy Generations receives Federal financial assistance.

In accordance with the requirements of Title II of the Americans with Disabilities Act of 1990 (ADA), the Agency will not discriminate against qualified individuals with disabilities on the basis of disability in its services, programs, or activities.

For full Title VI and ADA notices and details please visit our website www.healthygenerations.org and look for Title VI Documents at the bottom of the page or call 540-371-3375 to request more information.

RAPPAHANNOCK UNITED WAY, RIDE UNITED TRANSPORTATION ASSISTANCE

The ride united program seeks to reduce transportation barriers that prevent individuals from



accessing healthcare, getting quality jobs, completing education programs, and more. Transportation has proven to be a key issue for many individuals seeking services to support pandemic recovery.

Ride united now offers round-trip, on-demand Lyft rides to connect community members to services that are critical to pandemic recovery, including education, employment, health care, and more. Riders fill out a request form and, if eligible, are contacted via text message with the next steps.

Rappahannock United Way is committed to reducing transportation barriers that prevent individuals and families from accessing healthcare, getting quality jobs, completing education programs, and more. Transportation has proven to be a key issue for many individuals seeking services to support pandemic recovery. Ride United now offers round-trip, on-demand Lyft rides to connect community members to services that are critical to pandemic recovery, including education, employment, health care, and more.

We can provide free rides (up to \$25) each way. Multiple requests can be made.

IMPORTANT NOTE:

You must download and install the Lyft app BEFORE YOU GET YOUR FREE RIDE.

For more information, please visit their website at:

<https://www.rappahannockunitedway.org/get-help/transportation/> or call 540-373-0041

PUBLIC TRANSPORTATION

**FXBGO! Fredericksburg Regional Transit****540-372-1222 www.ridefred.com**

FXBGO! Fredericksburg Regional Transit provides service to the City of Fredericksburg, Spotsylvania, and Stafford Counties. FXBGO! operates year-round Monday through Friday and offers special, limited late night service Thursday and Friday and all-day Saturday and Sunday during the University of Mary Washington school year. Route deviations are available (pre-approved, up to $\frac{3}{4}$ of a mile from the nearest stop, if feasible, 24-48 hours advanced notice).

Fees for Service: ~~\$1.25 per boarding, no free transfers~~ Currently FARE FREE!!!

Service Level: Ambulatory, Wheelchair Accessible

Discounts Available: ~~$\frac{1}{2}$ price fares for Seniors (over 65) and Persons with Disabilities with the completion of the FRED Half Fare Card Application. Monthly and yearly passes available for purchase.~~ Currently FARE FREE!

Not sure how to use Public Transportation? **We can help! Call** Healthy Generations Area Agency on Aging at **540-371-3375** and ask about Travel Training Services for more information!

MEDICAID TRANSPORTATION BROKERS

For clients who have Medicaid, call the phone number on the back of your Medicaid card to set up transportation. To see if you qualify for Medicaid, visit coverva.org or contact your local Department of Social Services.



ModivCare (formally Logisticare)

1-866-386-8331

modivcare.com

Must be a Medicaid recipient. ModivCare provides members with transportation to and from medical appointments. Must call with a minimum of five business days' notice to schedule transportation. Statewide program

Medicaid Providers in Virginia:

Aetna

aetnabetterhealth.com/virginia

- Medallion/FAMIS: 1-800-279-1878

- CCC Plus: 1-855-652-8249

Anthem HealthKeepers Plus

mss.anthem.com/va/virginia-home.html

- Medallion/Famis: 1-800-901-0020

- CCC Plus: 1-855-323-4687

Magellan Complete Care

mccofva.com

1-800-424-4518

Optima Health

optimahealth.com/plans/family-care

1-800-643-2273

UnitedHealthcare

uhcommunityplan.com/va

1-844-752-9434

Virginia Premier

virginiapremier.com

804-968-1529



NON-EMERGENCY MEDICAL TRANSPORTATION (NEMT)

Most NEMT companies require advanced notice. To ensure availability, call multiple days in advance when scheduling your NEMT ride.



Advanced Life Support Transportation (ALS)

540-207-9284

Local service provided: Yes **Out-of-town service provided:** Yes (Charlottesville, Richmond, Northern Virginia)

Fees for Service: Fees vary. Please call for rate quotes.

Service Level: Ambulatory, No Wheelchair/ Stretcher Accessibility

Additional Information: Requests should be made 24 hours in advance.



Angel Rides Inc.

540-373-5540 **www.angelridesfxbg.com**

Local service provided: Yes **Out-of-town service provided:** Yes

Fees for Service: Fees vary. Please call for rate quotes.

Service Level: Ambulatory, Wheelchair, Stretcher Accessible

Additional Information: Requests should be made 2-3 day in advance.



ATK Transportation

(540) 898-8438

Local service provided: Yes **Out-of-town service provided:** Please call for details. May go as far as North Carolina.

Fees for Service: Local ambulatory service, \$50.00. Local wheelchair service, \$80.00. Rates may vary based on situation. Please call for details.

Service Level: Ambulatory, Wheelchair, Stretcher Accessible

Additional Information: Requests should be made at least 48 hours in advance.



Better and Best Home Care LLC

(540) 373-3955

Local service provided: Yes **Out-of-town service provided:** Orange County, Prince William County

Fees for Service: Fees are charged per mile/ please call for details

Service Level: Ambulatory, curb-to-curb, door-to-door, hand-to-hand

Additional Information: Operates 7 days a week, 6:00 AM – 6:00 PM



Bright Day Transit Services

(540) 907-9676/ (540) 656-6325

www.brightdaytransitservices.com

A Veteran Owned Company providing wheelchair transportation service in the community.

Service Areas: Fredericksburg, Fauquier, Stafford, Spotsylvania, Prince William

Out-of-town service provided: Please call for details/rates.

Fees for Service: Fees vary. Please call for rate quotes.

Service Level: Ambulatory, Wheelchair Accessible

Additional Information: Requests should be made at least 48 hours in advance.



Carter's Transportation

1-877-743-3804

www.carterstransportation.net

Service Areas: Eastern Caroline County, Northern Neck

Out-of-town service provided: Please call for details/rates.

Fees for Service: Base right plus mileage, fees vary. Call for details.

Service Level: Ambulatory, Wheelchair Accessible

Additional Information: Non-emergency medical transportation, medical/ prescription delivery services, social, and personal transportation





EL Divine Home Healthcare

703-987-5052/ 540-689-0333

www.eldivinehomehealthcare.com

Local Service Provided: Yes **Out-of-town service Provided:** Call for details

Fees for Service: Rates are charged by mileage. Please call for details.

Service Level: Ambulatory, Wheelchair Accessible

Discounts Available? 5% for seniors and military



H & M Transportation

703-304-7889 **www.hmtransportllc.com**

Serving Northern Virginia.

Local service provided: Yes **Out-of-town service provided:** Yes, call for details

Fees for Service: Please call for details

Service Level: Ambulatory, Wheelchair, Stretcher, Bariatric Assistance Available 24 hours a day/ 7 days a week.

Additional Information: Requests should be made at least 24 hours in advance.



Ideal Ride Transportation Services

804-380-9071 **www.idealridetrans.com**

Serving the Greater Richmond, Fredericksburg, Tappahannock and surrounding areas

Local service provided: Yes **Out-of-town service provided:** Yes, call for details

Fees for Service: Varies per trips/ please call for details.

Service Level: Ambulatory, Wheelchair Available 4:30 AM – 11:00 PM/ 7 days a week



JDS Transportation

540-273-0444



Local service provided: Yes **Out-of-town service provided:** Yes, call for details

Fees for Service: Please call for details

Service Level: Ambulatory, Wheelchair, Stretcher Accessible

Additional Information: Requests should be made at least 24 hours in advance.



LifeCare Medical Transport

National 1-800-772-1907/ Local 540-752-5883 www.lifecare94.com

Eligibility: Medicaid, private pay, and private insurance transportation provider

Local service provided: Yes **Out-of-town service provided:** Hampton Roads, Northern VA, Roanoke, Richmond

Fees for Service: Varies per trip. They will submit billing to insurance. They accept major credit cards. Please call for details.

Service Level: Ambulatory, Wheelchair*, Stretcher Accessible (There is a limited amount of wheelchair accessible vehicles in the Greater Fredericksburg region Wheelchair transport only available within the Fredericksburg region)

Additional Information: Requests should be made at least 24 hours in advance.



MTS Transportation Inc.

1-866-644-2195 www.mtstransportationinc.com

Eligibility: Medicaid, private pay, and private insurance transportation provider

Local and Long-distance service available. Available 24 hours a day, 7 days a week

Fees for Service: Varies per trip. They will submit billing to insurance. They accept major credit cards. Please call for details.

Service Level: Ambulatory, Wheelchair, Stretcher Accessible

Additional Information: Local requests should be made at least 24 hours in advance. Out of State transports and Insurance pre-authorizations require 48 hours' notice. Discounts may be available for multiple trips, long distance trips, and for Veterans.

MVP Transports

1-800-687-4891



A Veteran Owned Company providing dependent transportation service in the community.

Local Service Provider: Yes, within a pre-set area around the City of Fredericksburg

Out-of-town service provider: Limited, call for details

Fees for Service: Rates: \$15.00 one-way trip within the pre-set coverage area.

Service Level: Ambulatory and Collapsible Wheelchair Only



VIP Medical Transportation

540-300-6126 **www.vipmedtransportva.net**

VIP Medical Transportation LLC provides accessible transport for individuals with specialized needs in Stafford VA and surrounding area for non-emergency medical, business, or leisure events that may include special events or weddings.

Local service provided: Yes, Caroline, Culpeper, Fairfax, Fredericksburg, King George, Spotsylvania, and Stafford within a 50-mile radius.

Out-of-town service provided: Yes, please call for details

Fees for Service: Varied, please call for details/rates

Service Level: Ambulatory, Wheelchair Accessible



TAXI SERVICE

Taxicab information for the region is minimal. The only jurisdiction in Planning District 16 that monitors and provides some regulation on taxicabs is the City of Fredericksburg. For those taxicab companies doing business within the City of Fredericksburg, the city is divided into three zones. There are specific charges to travel either within one city zone or from one zone to another. In addition, there's a fuel surcharge (currently a flat rate of \$2.00) added to each trip. For those trips originating within the City but whose destination is beyond the City of Fredericksburg limits, the rate/charge for the trip is completely negotiable between the passenger and a taxicab company's dispatch (or with the driver him/herself). There are added charges for additional passengers and/or waiting time. All information specific to a ride request should be clear and a cost agreed upon prior to any passenger entering a taxicab. There are no regulations at all for any taxicab company located in and doing business within the Counties of Caroline, King George, Spotsylvania, and Stafford.

Aero Cab

540-845-5533 www.callaerocab.com

Serving Fredericksburg and Spotsylvania. Transportation to Charlottesville, Northern Virginia, and Richmond may be available,

Fees for Service: Please call for rates.

Service Level: Ambulatory and fold-up wheelchairs only

Additional Information: Requests should be made at least 24 hours in advance.

Gary's Taxi

540-891-6555 www.taxicabfredericksburg.com

Serving Fredericksburg and surrounding areas. 24-hour service available

Fees for Service: Please call for rates.

Service Level: Ambulatory and fold-up wheelchairs only

Global Cab Inc.



540-657-2227 www.global-cab.com

Serving Stafford, MCB Quantico, Fredericksburg, Spotsylvania, and King George. Passenger pick-up, and product pick-up available. Pick-up and drop off at Dulles, Reagan National, BWI and Richmond International Airports.

Fees for Service: \$5.00 for daytime loading fee and \$6.00 for PM loading fee then mileage is on a meter \$1.00 per mile. Rates starting at \$5 locally \$55 airports. Prepaid and preordered groceries \$2.50 minimum. \$1.25 per mile charged from the pickup location to destination.

Service Level: Ambulatory and fold-up wheelchairs only

Henrico Express Cab

804-517-4000 www.henricocab.com

Operating out of Henrico County, Henrico Express Cab does offer limited service to Caroline County residents seeking transportation to Ashland, Hanover, Henrico, and Richmond.

Fees for Service: Please call for a price estimate

Service Level: Ambulatory and fold-up wheelchairs only

Additional Information: Requests should be made at least 48 hours in advance.

Virginia Hilldrup Taxi Services

540-373-8294 www.hilldrupvacab.net

Virginia Hilldrup is oldest and largest cab company in the area with a fleet of 34 cabs. Each cab is individually owned and operated. Virginia Hilldrup dispatches to their cabs using a state-of-the-art computer dispatching system.

Local service provided: Yes **Out-of-town service provided:** Yes. Call for details

Fees for Service: Regular rates within the city of Fredericksburg are based on the three zones and pricing set down by city council. See zone map and related pricing online. Service is available to all nearby major airports: Richmond \$130, Reagan National \$110, Dulles \$130 and B.W.I.\$200. A meter-based pricing system is used, \$3.00 to hail the cab and \$2.00 per mile. Additional service charges may apply. Vouchers from establishments such as MediCorp, Spotsylvania Regional Medical Center, RACSB and Micah Ecumenical are accepted. Each of our cabs are equipped with Square readers for customers who wish to use their debit or credit cards.

Service Level: Ambulatory and fold-up wheelchairs only



Discounts Available: Please call for details.

Additional Information: Open 24 hours. Accepts all major credit cards. Non-smoking cabs available upon request.

Yellow Cab of Fredericksburg

540-371-8294 www.fredericksburgtaxicab.com

Yellow Cab of Fredericksburg serves Fredericksburg, Spotsylvania, Stafford and all surrounding areas with non-smoking cabs. Drivers must pass background check conducted by Fredericksburg City Police and vehicles are covered by commercial auto insurance.

Local Service provided: Yes

Out-of-town Service: Yes

Fees for Service: \$3.00 load fee, \$2.00 per mile, \$1.00 per additional passenger. Surcharge (Snow and gasoline) and additional charges may apply. Parcel pick-up also available. Call for details.



TRANSPORTATION NETWORK COMPANIES (TNCs)

Transportation Network Companies (or TNCs, such as Uber and Lyft) are companies that use on-line (smartphone) technology and computers to connect private vehicles with individuals who seek transportation options. In the Commonwealth of Virginia, TNCs are defined as companies ‘that provide pre-arranged rides for compensation using a digital platform that connects passengers with drivers using a personal vehicle.

TNCs offer the following advantages to passengers including the ability to:

- Request service via a mobile application (app) or website, which is not always available from taxicab companies.
- Service can often be requested in less populated (small urban and rural) regions that are not regularly served by taxicabs.
- A passenger can track the location of a requested TNC driver with a smartphone.
- The TNC chosen for a trip can also monitor the progress of a trip.
- TNC drivers (with some variations per the jurisdiction and the company) are subject to background checks, training, drug and alcohol policies and insurance mandates.
- TNCs can be less expensive, given the time of day when a trip is requested.
- TNCs, to some extent, reduce traffic congestion because their drivers can’t accept ‘street hails’ as is the case with taxicabs.

The two largest TNC organizations are found below; however, this is a growing industry with scores of smaller companies providing the same service. Please call Mobility Options at 540-656-2985 for clarification or further questions.

LYFT **www.lyft.com**

Download app on your phone. Request a ride and go. After the ride, simply pay through your phone. Lyft is available 24 hour a day, 7 days a week.

Estimate Trip Cost: Enter a pickup and drop-off location to estimate the price of your trip. You can make multiple stops per ride.

UBER **www.uber.com**

Sign up online, download and use app on a smartphone. Trip fares start with a base amount, then increase with time and distance.



Request: Tap each ride option to see wait time, size of vehicle, and price. Then enter your pickup location and tap request. Your driver will arrive in minutes.

Ride: Your ride comes to you. You'll see your driver's contact information and vehicle details in the app, so you know you're getting in the right car.

Pay and Go: Hop out and rate your driver when you reach your destination. Uber automatically charges the credit card on file, so you never need cash.

Fare Estimate: Check the price before you go. Enter a destination to get an estimate for the cost of your ride. Fare estimate is also available by tapping each ride option.

Split Fare: Share the cost of your ride with any contact who uses Uber. Tap your driver's photo to use Split Fare. You can split the cost with everyone in the car.

GoGo Grandparent

1-855-464-6872 www.gogograndparent.com

GoGo Grandparent or GoGo is a TNC concierge service that allows users to request an Uber or Lyft without the use of a smartphone. GoGo is not a transportation service, nor can it assist in emergencies, but it's call center is open 24 hours a day, 7 days a week. The service can request ride sharing, food deliver, and medication drop-off and pick-up services.

Monthly fee: \$9.99, Additional fees will apply as charged by the vendor (Uber/Lyft) plus a per-minute concierge fee.



VOLUNTEER SERVICES

Volunteer rides and services are always dependent on availability of volunteers.

American Cancer Society

1-888-227-6333 www.cancer.org

Road to Recovery: This program attempts to provide transportation for those individuals who don't have a ride or are unable to drive themselves to cancer-related medical appointments. Volunteer drivers donate their time and the use of their vehicles so that patients can receive the life-sustaining medical treatments. Call the national office for further information. Please allow a minimum of four days' notice before requesting assistance.

Local service provided: Yes **Fees for Service:** No charge

Service Level: Ambulatory only. No Wheelchair/ No Stretcher Transport

VETERANS RESOURCES

Department of Veterans Affairs Van

804-675-5313 www.dav.org/veterans/i-need-a-ride

Volunteer service that drives veterans to and from McGuire Hospital in Richmond. The van leaves from the Fredericksburg McGuire Community Based Outpatient Clinic at 130 Executive Center Parkway, Fredericksburg, VA 22401. Veterans must be ambulatory and be able to enter van on their own.

Veterans Transportation Program (VTP): Beneficiary Travel (BT)

804-675-5803 <https://www.va.gov/health-care/get-reimbursed-for-travel-pay/>

VA travel pay reimbursement through the Beneficiary Travel program pays Veterans back for mileage and other travel expenses to and from approved health care appointments. Find out if you're eligible, and how to request reimbursement.



RAIL SERVICE



AMTRAK

1-800-872-7245

www.amtrak.com

AMTRAK is provided through the National Railroad Passenger Corporation and is wholly owned and managed through the Federal Government. It's designed to provide inter-city passenger service throughout much of the United States. A substantial number of passenger trains arrive and depart the Fredericksburg rail station (200 Lafayette Blvd, Fredericksburg, VA 22401); however, there is no station manager, ticket counter or baggage assistance available at this station. Discounts may be available for children, active military, students, and older adults. Weekly specials and promotions are also available. Please call for details Call for details.



Virginia Railway Express (VRE)

1-800-743-3873

www.vre.org

VRE connects Northern Virginia and Washington D. C. with commuter rail service on two lines, one from Fredericksburg and one from Manassas. The service operates Monday through Friday with stops in Spotsylvania, Fredericksburg City, and Stafford. VRE is equipped with wheelchair lifts, accessible parking, access ramps, audio/visual public address systems, and talking ticket vending machines.

INTERCITY BUS SERVICE



Greyhound

1-800-752-4841

www.greyhound.com

Greyhound is an intercity bus common carrier serving over 3,800 destinations across North America. Please indicate if you will need assistance or are traveling with a mobility device when purchasing tickets.



CAR RENTAL SERVICE

Avis Rent-A-Car

540-710-0867

avis.com

Budget Car Rental

540-898-2264

budget.com

Enterprise Rent-A-Car

540-891-1800

enterprise.com

Hertz Rent-A-Car

540-710-8914

hertz.com/rentacar

ACCESSIBLE VEHICLE SALES, RENTAL, ADAPTIVE EQUIPMENT, & REPAIR



Mobility Works

Sales: 1-888-798-3386 Rental: 1-877-275-4915 www.mobilityworks.com

Alexandria, Virginia: 571-421-2647 North Chesterfield, Virginia: 804-220-0611

Mobility Works is a national chain of wheelchair accessible van providers serving the disabled community with wheelchair accessible minivans, full size vans with lifts, and commercial fleet vehicles with over 31 locations nationwide including two in close proximity to the Fredericksburg region.

Mobility Works also provides information regarding grant assistance that may be available to help with the purchase of a wheelchair accessible vehicle.



RIDESHARE & CARPOOL

GWRideConnect

540-373-7665 **www.gwrideconnect.org**

GWRideConnect is the free ridesharing service in the Fredericksburg, VA region that connects you to information on carpooling, vanpooling and transit options that will make your commute easier, faster and less expensive.

Park and Ride Lots

1-800-367-7623 **viriniadot.org/travel/parkride/home.asp**

Park and Ride Lots allow commuters to park their vehicles or bikes at a convenient location then finish their commute using alternative transportation modes – carpool, vanpool, bus, train, bike or walk.

ADDITIONAL RESOURCES

Drive-To-Work

804-358-6727 **www.drivetowork.org**

Drive-To-Work assists low income or previously incarcerated persons to restore their driving privileges so they can drive to work and keep a job. Recognizing how important a driver's license is to many jobs, Drive-To-Work provides legal and other services and is the only organization in Virginia directly addressing this issue. Online application and processing fees may apply. Please contact for more information.

Virginia GrandDriver

1-800-552-3402 **www.granddriver.net**

An initiative of the Virginia Department for Aging and Rehabilitative Services, Virginia GrandDriver is an educational resource designed to provide Virginians with information and resources about staying safe and mobile on the road as they age. The program, funded by the Virginia Department of Motor Vehicles, gives older Virginians and their families suggestions to improve driving skills and keep everyone on the road safe.

LOCAL TRANSPORTATION PLANNING BOARDS AND COMMISSIONS



In an effort to increase public involvement in creating a more equitable transportation system this resource guide includes information on local transportation planning offices, boards, committees, and commissions. Residents with transportation challenges are encouraged to get involved with these planning bodies to share challenges, learn how programs, processes, and improvements are made, and work toward solutions. Most Boards or Committee allow time for public comment. If interested, contact the respective boards, committees, or commissions and request information on how to get involved and/ or submit public comment.

The Fredericksburg Area Metropolitan Planning Organization (FAMPO)/ George Washington Regional Commission (GWRC)

540-373-2890 www.fampo.gwregion.org www.gwregion.org

The Fredericksburg Area Metropolitan Planning Organization's (FAMPO) mission is to assist with the development of regional transportation plans for the Fredericksburg area, which includes the City of Fredericksburg, Spotsylvania County, and Stafford County.

FAMPO staff provide a forum where local leaders, transportation professionals, and the public come together to address regional transportation needs. Staff also create federally required transportation planning documents and, at the direction of the FAMPO Policy Committee, study transportation deficiencies and recommend solutions.

FAMPO/GWRC encourages public involvement. Please visit the FAMPO website for more information.

City of Fredericksburg- Transportation Division

MISSION: The Transportation Division provides the planning and administrative services that ensure Fredericksburg has a cohesive transportation network of roads/highways, rail facilities, trails, and sidewalks.

RESPONSIBILITIES

Long Range Planning- Provide professional transportation analysis and planning pertaining to maintaining and enhancing a multi-modal transportation network throughout the City of Fredericksburg.

Regional Planning- Serve as City representative on the Technical Committee of the Fredericksburg Area Metropolitan Planning Organization (FAMPO).



Contract Administration- Administer transportation projects through the Locally Administered Projects program. Represent the City's interests in all transportation projects undertaken within the city limits by the Virginia Department of Transportation (VDOT) and the Virginia Railway Express (VRE).

Land Use Planning- Act as lead staff for evaluating proposed transportation network improvements during the land development process.

Bicycle and Pedestrian Engineering- Act as lead staff for bicycle/pedestrian network improvements and way-finding signs.

Contact: Director of Public Transit and Transportation, Jamie Jackson, 540-372-1222, P.O. Box 7447, Fredericksburg, VA 22404

Caroline County Planning Department

The Planning Department serves as the technical staff to the Board of Supervisors, Board of Zoning Appeals and the Planning Commission and assists these bodies in establishing and implementing land use and development policies for the County. Staff assist developers and other members of the public in understanding and complying with the County's land use and development policies. They review development proposals and applications for consistency with adopted County plans and policies and develop recommendations for action by approving authorities. They will conduct public outreach efforts when appropriate to obtain public input on development proposals. The County's Comprehensive Plan (which includes a chapter regarding Transportation) is updated and maintained in this office in compliance with State law and planning studies of specific areas of the County or particular planning issues are prepared where necessary or directed by the Board of Supervisors. Department staff also assist the County's economic development effort in a variety of ways to attract and appropriately site prospective businesses in conformance with County plans.

Contact: Director of Planning & Community Development, 540-804-633-4303, P.O. Box. 447, Bowling Green, VA 22427

King George County

The Planning Commission is a 10-member Commission, appointed by the King George Board of Supervisors, whose charge it is to review and make recommendations to the Board of



Supervisors regarding Ordinance Amendments, Special Exception Permits, Rezoning, and the Comprehensive and Capital Improvement Plans. In addition, the Planning Commission reviews and approves or disapproves major subdivision plats. Transportation Goals and Policies for the County are presented in the King George County Comprehensive Plan document.

Contact: County Administrators office, 540-775-9181

Spotsylvania County

The Planning and Zoning Department provides customer service while educating citizens and developers on land use and development regulations, policies, and procedures. The department reviews development proposals for compliance with the Comprehensive Plan, Subdivision Ordinance, Zoning Ordinance, and Design Standards Manual. The department is responsible for: the development of plans and ordinances addressing land use, environmental protection, historic preservation, housing, public facilities, transportation, and zoning code enforcement. Planning and Zoning staff members provide guidance to the Board of Supervisors and several appointed commissions and committees in order to accomplish these duties.

Contact: Director of Planning & Zoning, 540-507-7434, planning@spotsylvania.va.us

Stafford County

The Planning and Zoning Department provides direct administrative and technical support to the Board of Supervisors and its appointed commissions and committees for the governance of the county and is the lead agency in the administration of the Comprehensive Plan and its detailed elements, including transportation improvements. The Comprehensive Plan is the guiding document that shapes the future direction of the county as it relates to the physical development of its land, assisting local leaders, citizens, and staff in the decision-making process for capital investment and economic development.

Contact: Director of Planning & Zoning, 540-658-8668, P.O. Box 339, Stafford, VA 22555-0339



ADDITIONAL INFORMATION/ DEFINITIONS OF SERVICE

Ambulatory: Able to walk without assistance

Bed-to-Bed: Service that assists in transferring an individual to and from bed

Curb to Curb Service: A service that helps passengers with pick-up and drop-off at the curb, location, or roadside

Door to Door Service: A service that meets passengers at the door and delivers them to the door of their destination.

Door through Door or Hand to Hand Service: A service that helps passengers with personal, hands-on service from their home through the door of their destination.

Clients Only: Describes a service that is only available to individuals enrolled in a specific program.

Escort Provided: Indicates that an individual will accompany and/or assist a recipient throughout the transportation and appointment.

Intercity Bus: long-distance bus service which carries passengers significant distances

Stair-Chair: pieces of equipment designed to safely transport alert patients up or down stairs typically requiring at least two operators who carry the weight of the individual in the chair.

Stretcher Transport: allows the patient to lay flat or sit up on a comfortable mattress

Companion Aide/ Personal Care Attendant: Most transportation providers, including public transit, often allow a companion aides or personal care attendants to ride for free with disabled passengers. This could be especially helpful when using curb-to-curb, or door-to-door transportation services if an individual requires more assistance than those services provide. Healthy Generations maintains a listing of companion aides, available on the website at www.healthygenerations.org.

FEEDBACK



*Help keep this resource guide up to date by advising us of any corrections or additions. If you are a transportation provider and would like to be added to this resource guide, please request a **Transportation Provider Profile Form** from Healthy Generations.*

Comments on this resource guide:

Corrections or additions:

Other feedback:

Please send all feedback, requests, comments, or corrections to:

Email: info@healthygenerations.org
subject: Transportation Resource Guide

Phone: 540-371-3375 ext. 121

Mail: Attn: Mobility Manager
460 Lendall Ln.
Fredericksburg, VA 22401