

Below are **potential** transportation options **specific** to **medical appointments** (except as noted). Most transportation providers have limited availability, so call as soon as an appointment is made.

<b>Provider</b>	<b>Service Available For</b>	<b>Cost</b>	<b>Wheelchair Accessible</b>	<b>Hours</b>	<b>Times To Sched.</b>	<b>More Information</b>
American Cancer Society "Road to Recovery"	Patients traveling to a cancer-related medical appointment. Other eligibility requirements may apply	Free	No	Mon-Fri 9am - 4pm some Sat	At least 3 days notice More notice is better	(800) 227-2345 www.cancer.org
DAV	Eligible Disabled American Veterans. Vans serve Federal Way to Everett	Free	No	Mon-Fri 7am-1:30 pm	5 business days advanced notice	(206) 764-2564 www.vets-go.com
Greater Maple Valley Comm. Center Shuttle	Provides rides to and from the Center for those 50 years and older, disabled, and/or with limited income	\$1 each way	Yes	M/W/F 9am-3pm	At least 24 hours in advance	(425) 432-1272 www.maplevalleycc.org
Kaiser Permanente	Seniors 60+, able to get in and out of a car independently	donation suggested	No	Mon-Fri 10am - 3pm	2 weeks advance notice required	(206) 326-2800 1-800-992-2279
Hopelink	<b>Provider One card holders</b> for medical appointments only	Free	Yes	Mon-Fri 8am - 5pm	Call at least 2 days prior to appointment	(800) 923-7433 TTY (800) 246-1646 www.hope-link.org
Veterans Transportation	Eligible Veterans	Free	Yes	7 days/wk	"call ahead" Puget Sound Service	(206) 764-2120(weekday) (206) 764-2810(night/wknd) www.pugetsound.va.gov
Northshore Senior Center Transportation	Provides rides to and from the Center, medical appointments and local shopping	\$1.50 sugg. donation for Access eligible riders	Yes	Mon-Fri 8am-5pm	Contact Center to confirm details and service boundaries	(425) 286-1026 www.northshoresenior center.com
Sound Generations	Volunteer transportation for seniors 60+, King County residents, able to get in and out of a car without help	Free donations sugg. for parking fees	No	Mon-Fri 8am - 5pm	Call by Tues. to sched. for following week	(206) 448-5740 (800) 282-5815 soundgenerations.org
Volunteer Chore Rides	Seniors living in Maple Valley/surrounding areas for medical appointments only	Free	No	Mon-Fri 9am-4pm	Rides must be scheduled one week in advance	(425) 432-1272 www.maplevalleycc.org
WA Parkinsons Organization	Individuals with Parkinsons who are unable to drive (may use for <b>non-medical</b> )	Reimburse- ment for travel costs	depends on service type	Variable	depends on service type	(206) 695-2905 www.apdaparkinson.org

### Need help learning how to use public transportation?

Transit Instruction (MV)	Seniors and persons with disabilities	Free	Yes	Regular Bus Hours	Call to schedule Mon-Fri 8am-5pm	(206) 749-4242 www.metro.kingcounty.gov
Lighthouse for the Blind	Orientation and Mobility Services for individuals who are blind, low vision and/or Deaf-Blind	Free	Yes	Call for appointment	Call to schedule	(206) 322-4200 TTY(206) 324-1388 www.seattlelighthouse.org

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Dial-A-Ride-Transit (DART)	Offers variable routing in some areas within King County	Bus Rates apply	Yes	see schedules or call	daily (hours vary)	(866) 261-3278 TTY (800) 246-1646 <a href="http://www.metro.kingcounty.gov">www.metro.kingcounty.gov</a>
Hyde Shuttles Sound Generations	Seniors 55+/people with disabilities. (Auburn, Beacon Hill/SE Seattle, Burien/Highline, Central Seattle, Des Moines/Normandy Park, Federal Way, Kent, NE and NW Seattle, Queen Anne/Magnolia/Interbay, Renton, Shoreline/Lake Forest Park, West Seattle, Sea Tac/Tukwila and Snoqualmie Valley)	Free donations accepted	Yes	Mon-Fri 8am - 4:30pm	Same day service if space available, may schedule up to 30 days in advance	(206) 727-6262 TTY 711 Snoqualmie Valley call: (425) 333-4009 or (877) 415-3632 <a href="http://www.soundgenerations.org">www.soundgenerations.org</a>
Kent's FREE Circulating Shuttle	General public	Free	Yes	Mon-Sat 9am - 5pm	Arrive each half-hour downtown and each hour East Hill	(866) 261-3278 TTY (800) 246-1646 <a href="https://www.kentwa.gov">https://www.kentwa.gov</a>
Metro Accessible Services (Access)	Individuals with disabilities unable to use a regular bus some or all of the time	\$1.75 each ride	Yes	Regular Bus Hours	Call 1-7 days ahead (must be eligible to use service)	(206) 263-3113 Eligibility (206) 205-5000 Reservation WA Relay: 711 <a href="http://www.metro.kingcounty.gov">www.metro.kingcounty.gov</a>
Metro Taxi Scrip	Individuals with Regional Reduced Fare Permit who meet income criteria	50% off Scrip	See Yellow Cab	24 hours	depends on taxi company	(206) 553-3000 <a href="http://www.metro.kingcounty.gov">www.metro.kingcounty.gov</a>
Reduced Regional Fare Permit (RRFP)	Seniors or Disabled Persons (using Puget Sound Transit agencies- bus ferry or rail)	Free/\$3 replacement	Yes (transit agency vehicles)	depends on agency	depends on agency	(206) 553-3000 <a href="http://metro.kingcounty.gov">http://metro.kingcounty.gov</a>
Snoqualmie Valley Transportation	Monroe, Duvall, Carnation, North Bend, Snoqualmie, Fall City, and Preston with door-to-door service	\$1.00	Yes	Mon-Fri 6am - 8pm	Call or Check website for details	(425) 880-7001 <a href="http://svtbus.org/demand-response">http://svtbus.org/demand-response</a>
Solid Ground Downtown Circulator Bus	Individuals living on low incomes and those accessing health/human services in downtown Seattle	Free	Yes	Mon-Fri 7am - 4pm	2 fixed route buses stop at 7 locations every 30 mins	(206) 753-4801 TTY 711 <a href="http://www.solid-ground.org">www.solid-ground.org</a>
The Valley Shuttle	Connects riders to Metro bus stops between North Bend, Snoqualmie, Fall City, Carnation, and Duvall	\$1.00	Yes	Mon-Fri 5:35am - 9:15pm	Check website for timetable	(425) 888-7001 <a href="http://www.svtbus.org">www.svtbus.org</a>
Volunteer Services	Seniors 60+/people with disabilities (Catholic Comm. Services)	Free	No		Call for details	(206) 328-5787 <a href="http://www.ccsww.org">www.ccsww.org</a>
Wheelchair Accessible Taxi	Request <b>wheelchair accessible taxi</b> at time of reservation	Same as Taxi (may use Taxi Scrip)	Yes	24 hours	Best times are weekdays 9:30-3:00	Yellow Cab (206) 622-6500 <a href="http://www.seattleyellowcab.com">www.seattleyellowcab.com</a>