



Transportation Solutions for Older Adults

Transportation Resource Guide

The San Diego County Senior Transportation Program will be closing on March 31, 2026, due to the conclusion of grant funding. Below, please find information on other area transportation programs. Many of the programs have waitlists, so please contact them early. Thank you for participating in the San Diego County Senior Transportation Program.

Organization	Service Area
City of Oceanside: Go Oceanside (760) 435-5155	92003, 93049, 92051, 92052 92054, 92056, 92057, 92058
City of Vista: Out and About (760) 643-5284	92081, 92083, 92084, 92085
ElderHelp: Seniors a Go Go (619) 284-9281	<p style="text-align: center;"><i>*Waitlist</i></p> Mid-Central San Diego: 92101, 92102, 92103, 92104, 92105, 92108, 92110, 92111, 92113, 92115, 92116, 92117, 92122, 92123, 92124, 92126 Peninsula/Beaches 92110, 92037, 92106, 92107, 92109, 92114, 92118 East County: 92019, 92020, 92021, 92071, 91941, 91942, 91943, 91944, 91945, 91977, 91978, 92119, 92120 North County: 92127, 92128, 92129, 92131



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Shepherd Senior Center: Out & About Peninsula (619) 223-1640	92106 92107 92110
Del Mar Community Connections: Seniors on the Go (858) 792-7565	92014
Facilitating Access to Coordinated Transportation (FACT): (888) 924-3228 RideFactNow -Wheelchair, disabled & 60+ -\$10-\$20 one-way fee -On Demand (1h Notice) RideFACT -Curb to Curb -3-7days' notice -\$5-\$20 one-way fee	San Diego County
Travelers Aid Society of San Diego: Senior Solutions (619) 295-8393 x314	San Diego County
Metropolitan Transit System Accessibility: MTS-A (844) 299-6326	San Diego County
North County Transit District: LIFT Paratransit (760) 966-6645	North County
City of Chula Vista: Chula Vista Community Shuttle For Info: (619) 409-5977 Request a Ride: (619) 650-6386 and press option 7 -55+ Free -Under 55 is \$2 per ride	Northwest Chula Vista: 91902, 91910, 91911, 91950
Mid-City GO Dispatch Center: (619) 413-9986 -Free On Demand Rides within Mid-City -M-F 9a-5p -All Ages -Shuttle/ Electric Cars -Wheelchair accessible van available	North Park & City Heights: 92104 & 92105

<p>Insurance-Specific Programs:</p> <p>Sharp Transportation https://www.sharp.com/medical-groups/sharp-rees-stealy/transportation-services</p> <p>VA Transportation https://www.va.gov/san-diego-health-care/dav-vans-transportation-for-veterans/</p> <p>Medi-Cal Transportation https://www.dhcs.ca.gov/services/medi-cal/Pages/Transportation.aspx</p> <ul style="list-style-type: none">• Phone Numbers by County and Plan: https://www.dhcs.ca.gov/individuals/Pages/MMCDHealthPlanDir.aspx#sandiego• Contact Email: DHCSNMT@dhcs.ca.gov• Non-Emergency Medical Transportation (NEMT) is transportation by ambulance, wheelchair van, or litter van for those who cannot use public or private transportation.• Non-Medical Transportation (NMT) is transportation by private or public vehicle for people who do not have another way to get to their appointment.	San Diego County
<p>Self-Pay Options:</p> <ul style="list-style-type: none">• Yellow Cab: (619) 444-4444<ul style="list-style-type: none">○ 10% Senior Discount• Uber (without the app): (833) 873-8237• GoGo Grandparent: (855) 464-6872 ext. 77450• Private For Hire<ul style="list-style-type: none">○ Care7: 619-795-2163<ul style="list-style-type: none">▪ Not cheaper than Uber/Lyft▪ Any service level (ex. Wheelchair)▪ 1-3 days' notice; same day if available○ SDMED: 619-464-9645<ul style="list-style-type: none">▪ Not cheaper than Uber/Lyft▪ Any service level (ex. Wheelchair)▪ 1-3 days' notice; same day if available	San Diego County