

## Getting to Your Appointments

### Transportation Help in Palm Beach and Broward Counties

If you cannot drive for a while, there are safe ways to get to your doctor visits, tests, and errands. Here are easy options you can use.


### Find a Ride Florida - Search Engine for Transportation Options for Specific Needs

<https://findarideflorida.org/>

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### Medical Ride Services (Best if you need help transferring)

#### Boca Medical Transport

 (561) 827-8877


- Helps people get to medical visits
- Can help you in and out of the car
- Wheelchair rides available
- Call ahead to schedule

#### JA Care Transport

 (954) 519-8979

- 24/7 non-emergency medical transport
- Wheelchair + stretcher available
- Door-to-door with assistance


#### Palm Beach County Senior Services

 (561) 355-4746

- Rides for seniors and adults with disabilities
- Trips to doctor visits, shopping, and more


Call to ask if you qualify

#### Broward County Transit Paratransit (TOPS)

 (954) 357-8400

- Door-to-door service for people who cannot use regular buses
- **Much cheaper than private transport**
- Requires application + approval
- Best for longer-term (like your 6-month restriction)


#### Palm Tran Connection (Door-to-Door Service)

 (561) 649-9848

- Picks you up at your home
  - Takes you to medical visits and other places
  - For people who cannot use regular buses
  - Must apply first (call to get started)
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### Simple Options (If you can ride alone)

#### GoGoGrandparent

 (855) 464-6872

- Call to book a ride (no smartphone needed)
- Uses Uber or Lyft for you
- Can send updates to family

#### Uber or Lyft

- Use a smartphone app to request a ride
  - Best if you can walk and do not need help
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### **Helpful Tips**

- Call **1–3 days before** your appointment to book a ride
- Ask your doctor's office if they can help arrange transportation
- For procedures, ask if you need someone to stay with you

### **Important**

Choose a service that matches your needs:

- Need help getting in/out → medical transport
- Can ride alone → Uber, Lyft, or GoGoGrandparent
- Need long-term help → Palm Tran or county services