



Mission: To facilitate healthy aging by providing leadership and encouraging collaboration in creating age-friendly places (communities) that optimize the ability of all older Manitobans to do the things they feel are important.

Volunteer Ride Programs: It's more than just a ride

Is your Municipality meeting the transportation needs of your residents?

Age-friendly transportation allows residents of all ages, with a focus on older adults to carry out daily activities such as: volunteering, shopping, attending appointments and participating in social, cultural and recreational activities. Affordable and available transportation options are offered and can include: volunteer driver assistance, buses and handi-vans. Parking spots are designated for wheelchair and handi-van access.

Active transportation walkways and trails offer opportunities to walk, use pedestrian seated scooters, and other more active modes such as: cross-country skiing, biking, pole walking, running and hiking.

Do you need a Volunteer Ride Program in your community?

Providing essential transportation services to older adults through volunteer ride programs are a lifeline that enhances lives and breaks down barriers for many.

Volunteer Ride Programs are door-through-door, personalized ride service, no established physical disability criteria, pre-scheduled pick-up and drop off and round-trip service. Is there a group in your community that may be able to provide this service? How can you support that group?

Some communities have accessible van/handi van service which provides door-to-door (outermost door way), shared ride service for those with a physical disability, and they must be pre-booked (48 hours) and they are a round-trip service.

Keep in mind that the transportation support, if it exists is based on mobility needs, destination, the length of the trip, finances and the time of year.

These services play a crucial role in ensuring that individuals with disabilities can maintain their independence and participate in community activities. By providing reliable and convenient transportation options, these programs help bridge the gap between those with mobility challenges and the wider world. They allow individuals to access essential services such as medical appointments, social activities, and shopping, enhancing their quality of life. Moreover, volunteer ride programs can foster a sense of community and support, as they rely on the goodwill of volunteers who are committed to making a difference in the lives of others.

TONS has developed resources to be used in communities to start a volunteer ride program, these resources include [Customizable Tools](#) and [Training Videos!](#)

Serena Bittner, Executive Director
[Transportation Options Network
for Seniors](#)



DID YOU KNOW?

The 2025 Manitoba Seniors Guides are Available!!

About This Guide

Questions about the Guide? Email 211 at info@mb.211.ca

211 Manitoba is pleased to partner with the Department of Seniors and Long-Term Care in the development of the Manitoba Seniors Guide. This guide lists a wide range of community, health, and government programs in place to assist older adults.

This guide is printer friendly. A limited number of printed guides will be available throughout the province including from Senior and Community Resource Coordinators, Senior-Serving agencies and at other local hubs. To print a guide or learn about where to find a printed guide, visit mb.211.ca or call 211.

In addition to the guide, Manitobans looking for help can:

Call 211

Manitobans can dial “2-1-1” from anywhere in the province to access free, confidential service available 24 hours a day, seven days a week in more than 150 languages. A trained and friendly Service Navigator will provide personalized support to help callers connect with the appropriate information and services.

A toll-free number is available for those calling from outside Manitoba or for phone systems that do not support 3-digit numbers:

Toll-free: 1-855-275-1197

Live Chat is available on the website Monday to Friday from 6 a.m. to 8 p.m. and Saturday and Sunday from 8 a.m. to 4 p.m. CST. The chat can also be used for text-based help.

Email: 211mb@findhelp.ca

211 MB makes the pathway to resources a guided and trusted one. Thank you to United Way donors and the Province of Manitoba for making this vital service to Manitobans possible.



Our consultants are ready to work with you!

Connect with Connie Newman at (204) 792-5838 or info@manitobaseniorkommunities.ca and hello@agefriendlymanitoba.com or visit our website: www.agefriendlymanitoba.com



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