



**King County Mobility Coalition**

# Life in Motion

Out and About in  
King County, Washington





# Chris & Debbie

Renton

**Chris:** I used to ride the bus before the Light Rail came.

**Debbie:** Where did the bus have to let you off?

**Chris:** On the top of the hill and watch me zoom down the hill.

**Debbie:** And he was getting to where he didn't want to come to work anymore because of the difficulties of where the bus dropped him off, he was loading and unloading on a steep hill. It was becoming too nerve racking for him. He was ready to give up on the job; he didn't want to come in very much.

So when Link Light Rail came, it made it so that he could work since he can get off in the tunnel downtown and ride the elevator up to his building. And this is his first paying job so it was a good thing. And besides just the enjoyment of it, he really, really likes it. It's one more step of independence for him.

**Chris:** And we ride it to go see a baseball game.

**Debbie:** And would you tell people to give it a try because it is easy?

**Chris:** Yes.

*"I love trains. I ride the Link Light Rail a lot."*





# Grace

Magnolia

I would cancel an appointment before I would take a cab. Because to go by cab would probably cost me \$80 round-trip from where I live. With Volunteer Transportation, I don't have to worry how to get there or bother my family because they all work full-time. And I can't be asking friends, they don't live close to me. I don't know what I would do without the service, I really appreciate it.



*"I have a lot less stress, not having to worry how I'm going to get to the doctor."*



# Clyde

Federal Way

*"Ever since I had to give up driving, I've been bus-riding."*



I used to be an accordionist in the circus, then when I got married I switched over to piano and electric organ. I played professionally all my life. That was when we lived in Phoenix. We moved here to live with my daughter—but with my wife's Alzheimer's, we eventually had to move her into an institution. So I take the bus every day to go see her. For years and years I drove my own car and then I got this macular degeneration in my eyes so I had to give that up. Public transportation is great, I don't have any problems with it at all.





*“I am the  
bus queen.”*

# Alyshia & Sharee

North Bend

Everyone here at the shelter uses the shuttle. We have to, the nearest bus stop is eight miles away. I was really lucky to get into the shelter. My daughter’s dad, he went to jail for breaking my jaw and I just packed whatever I could pack and left. I stayed with a friend at first, but it got to be too much so I started sleeping under a bridge. I did get into a single women’s shelter for awhile, but they asked me to leave when I was six months pregnant because it was a liability if I had the baby. Finally I got into this place.

I take the bus everywhere. If I have appointments in Seattle or wherever it may be, the shuttle drops me off at the local bus stop and I take the bus from there. I’m pretty good at the buses. I know the buses all the way from Bellingham to Port Angeles.

My case manager had me put together a little packet of things for the other women on what you need to do to schedule a shuttle ride, how the shuttle works, what you need to do to catch the buses, and so on. And the drivers are wonderful, they are so patient with me. Sometimes when they come and pick me up on a Friday, I will leave for the weekend, so I will have my daughter’s stroller, the diaper bag, my purse, just everything and it takes like two or three trips to get onto the shuttle.

I think if I didn’t have the shuttle, in all honesty, I would probably go crazy. I would be completely lost without them, I would. I have appointments to go to every Tuesday and I have to be at the bus at 9 o’clock in the morning. If it wasn’t for the shuttle I don’t know how I would get there. It’s a lot easier having the shuttle and somebody there to pick you up and take you where you need to go.







*“We are no longer housebound.”*



## Gerry & Betty

Greenwood

**Gerry:** My dad was a saw mill man. When I was 17, I quit the saw mill business and joined the Navy. I was in the Navy from 1941 to 1944. I got out and I went to work at the paper mills there in Oregon City, then I got tired of that and I went into the Coast Guard until I retired. We ended up here, and two of our daughters live with us. We don't get out much anymore, but we don't mind much because we traveled all our lives.

**Betty:** We have been to every state in the union. Including Hawaii.

**Gerry:** Drove all over with our motor home, but I hung up my keys three years ago. My oldest daughter, she has a car, but she works every day. So we use Volunteer Transportation to go to the doctor.

**Betty:** I have frequent appointments. It is a really nice service to be able to fall back on when you can't drive anymore.

**Gerry:** We use Hyde Shuttle if we want to go shopping or down to the bank, any place we want to go they will take us. Senior Services is a fabulous organization.



## Annette

West Seattle

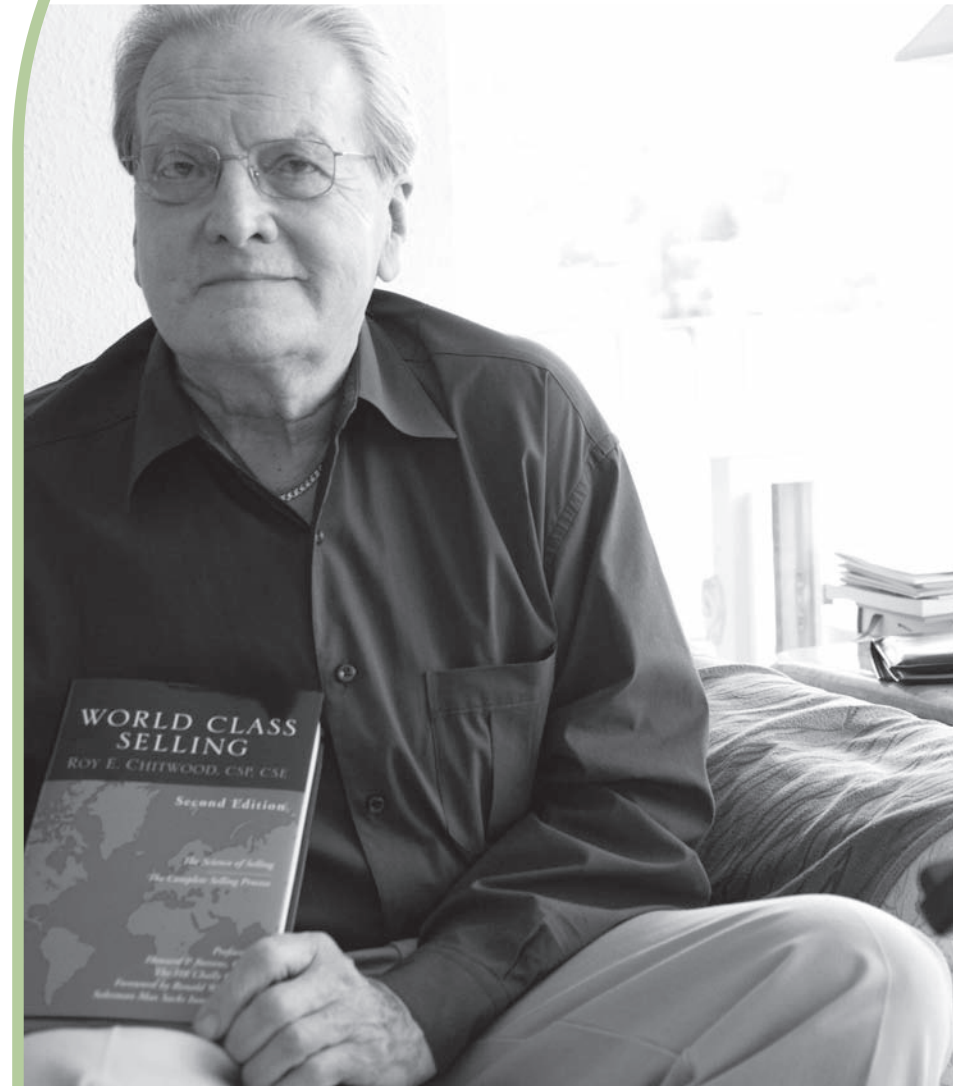
I'm a Vietnam Air Veteran. I enlisted in the Air Force when I was 18, did four years, then I went to school under the GI Bill. I was one of the very few Women in the Air Force in my squadron. A person at King County Vets referred me to the Hopelink Transportation service. A lady there, she told me about it and I called. I had Medicaid so it was available to me. At first I received bus tokens and then later as time went on I wasn't able to catch the bus as much. I talked to some people at Hopelink who were very nice. They gave me an opportunity to get some information from my doctor so I could get transportation provided to me door to door. I thought: Wow, this is great. It was like Christmas. Going to the doctor is not as much of a hardship now.

*"It's just a blessing.  
A true blessing."*

## Roy Ballard

I've got a business to run, I acquired a company back in 1976 and we provide sales training in 21 different countries and have an office in China. But for the past couple of years I've also spent a lot of time in hospitals, so I started using Volunteer Transportation. You can wear out your friends pretty quickly with hospital and doctor visits and things of that nature, and I don't like to ask people for too many personal favors. I've been extremely pleased with the service. I've never missed an appointment.

*"The best thing is the  
service is dependable  
I can count on it."*







# Moselle

Queen Anne

Before cabs, I used the buses, but frankly, it's very difficult when you are handicapped. I could never get my equilibrium right on the lift machinery. Now there are wheelchair-accessible and step-up taxicabs, and they are just wonderful. It allows me to be social—I can accept invitations, I can participate in community workshops. I'm trying to write my memoirs right now, about the days when I was in showbiz in New York, and so taxi cabs get me to my writing classes.

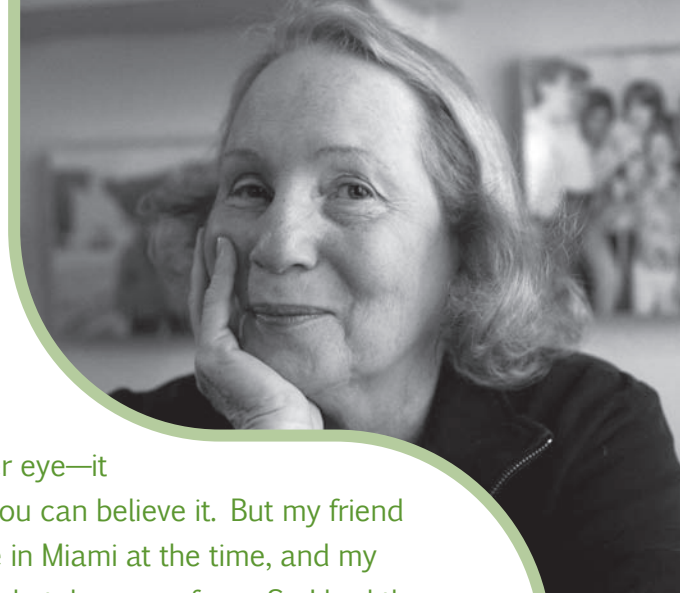
For much of my life I've taken the role of caring and helping the handicapped. My adopted daughter is deaf and diabetic. And I have my own health issues with advanced osteoporosis, I wound up over all the years dealing with six total hip and two knee replacements. I'm a bit of a basket case. But without cabs and transportation, I wouldn't have been able to get around at all. You feel like you are a citizen again when you have options.

Many people are tempted to give up because planning what you are going to do and how you are going to do it gets to be such an effort in itself. You start to think: I'm not going to bother, it's too complicated. But we can't let that get to us. When you're by yourself, and family is gone, and you can't depend on friends all the time, transportation options are pretty important or you are not going to get anywhere. There are a lot of things to be done in life, tremendous works of art, and all of the museums. You've got to depend on public transportation. If it doesn't fit your needs, then let somebody know.

*“Sometimes the angst of figuring out how to get somewhere can really get you down.”*



## Claire Ballard



It was just a few years ago when I first became blind. First I had a stroke and lost the sight in one eye. A year later, I lost the sight in the other eye—it happened while I was driving on the freeway if you can believe it. But my friend was with me, and we survived. I was living alone in Miami at the time, and my son asked me to move to Seattle so he could help take care of me. So I had the experience of acclimating to a new city while being blind. Then I got my guide dog, so I have gone through a lot of transition. I stay active and that is my goal is to have a wonderful life until it is plop face down in the oatmeal and then it is over.

I use the bus service when I can. And I use Volunteer Transportation which is a wonderful service where a driver will come to your house, take you to the doctor, and when it is over bring you home. That's the best thing in my life. I actually heard about it from one of my doctors. I was saying, you know, it is so hard to get here and she said, there is a service that drives you here. And I thought: There is? That's fabulous.

I would say transportation is the most difficult issue for a person who is blind. I am able to read and write and everything but when it comes to getting someplace, it's not easy. You see there is a convention coming up, a blind convention in a couple of weeks in Lynnwood. But immediately I think, how am I going to get to Lynnwood? I can't figure it out. And so it goes. Everyone has their challenges. But with my doctor appointments, it is just wonderful. I go to a lot of doctors and Senior Services' Volunteer Transportation just makes one whole area of my life easy. Just easy.

*“Makes one whole area of my life easy.”*





# Kitty & Francie

North Bend

**Francie:** I go to my sports and fitness job.

**Kitty:** She goes to three separate locations during the week for her jobs. She uses Snoqualmie Valley Transportation, they come and pick her up promptly and they always fit her in.

**Francie:** I meet Terry at Monroe.

**Kitty:** Terry is our sister. When Francie goes to spend the weekend with her, they take her all the way up to Monroe and then pick her up and bring her all the way back.

**Francie:** AJ was on my bus.

**Kitty:** That's a friend of hers. We have a Special Olympics group here in the Valley, and a lot of Francie's friends ride the bus. Or the bus will take her to dentist appointments, anywhere she needs to go they come and pick her up. Everybody in the Valley uses them. They're dependable, friendly people.



*“They always fit her in.  
They are the best.”*



**Char**  
North Bend

It's very nice to have the SVT service because it gives me a sense of independence that I didn't have before. I can go anywhere in Snoqualmie Valley on the bus.



**Don**  
Tukwila

It is just amazing all of the places you can go. I never get tired of taking the Light Rail downtown, I just love the mass transportation system we have.



**Jerry**  
Auburn

After I stopped driving, I needed a way to get to work. I pretty much need to be there at the same time every day, and my family had scheduling conflicts. So I ride the DART bus, it's convenient.



**Lavinia**  
North Seattle

Hyde Shuttle will take me to get my hair done in the University District, or I take Volunteer Transportation to pick up prescriptions. They are very good, I really appreciate them.

# King County **MOBILITY**COALITION

Getting you there.

A partnership of 28+ agencies working together to make it easier for all people to get around King County and the Puget Sound.

## Transportation options in King County include:

- Catholic Community Services
- Hopelink's Medicaid Transportation Brokerage
- King County Metro DART
- King County Metro Transit
- King County Water Taxi
- Senior Services' Volunteer Transportation & Hyde Shuttle
- Snoqualmie Valley Transportation
- Sound Transit Link Light Rail
- Washington State Ferries
- Wheelchair Accessible Taxicabs

To learn more about transportation options in King County, please contact us.

Phone: (425) 943-6737

TTY: 711

Web: [www.kingcounty.gov/mobilitycoalition](http://www.kingcounty.gov/mobilitycoalition)