

**Birth of the Americans  
with Disabilities Act:  
1990**

Presenter:  
Bruce Oka, former Commissioner,  
San Francisco Municipal  
Transportation Agency (SFMTA)

**Disclosures: None**

**Where it all began.....**

April 5, 1977

**1977 CBS Evening News- 504 Sit In**



## Accessibility: It's the law!

The Americans with Disabilities Act (ADA) provides a legislative framework for the entire USA

Accessible



## The ADA mandates accessibility and specialized transportation for . . .

. . . Persons with disabilities, including sensory and cognitive-related disabilities & other mobility impairments

## The ADA applies to all modes of regulated public transportation

- streets and sidewalks
- bus
- rail
- air, ferries
- vans, minibuses, taxis

In terms of

- universal design ("no barriers")
- trained staff
- fares
- other areas

## Major components of accessible public transportation include

- Accessible sidewalks and crossings
- Accessible bus and rail features including tactile markings & audible announcements
- Paratransit services

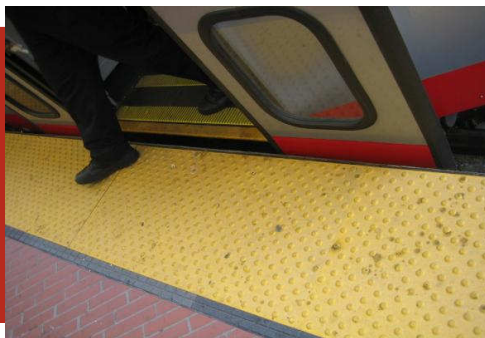
Accessible sidewalks & crossings are required for pedestrians to get to transit stops and stations



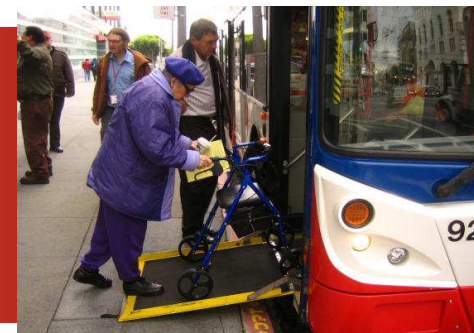
Crossing the street at a Metro stop in San Francisco



Accessible rail services are found in several Bay Area cities and counties (Muni Metro, BART, San Jose's light rail, etc.)



Accessible bus services are found in every Bay Area county (Muni, AC Transit, SamTrans, Golden Gate Transit, and many others)



Unlike accessible “fixed route” trains and buses, paratransit services are more direct, usually curb-to-curb or door-to-door.

**Dedicated sedans and regular taxis (including ramp taxis) usually provide paratransit services**



**... as do vans or mini-buses.**



Paratransit services are available to eligible persons with disabilities when they are unable to use “fixed route” buses or trains, that are otherwise accessible, due to their disability.

**We can encourage persons with developmental disabilities:**

- to be aware of their rights under the ADA
- to be aware of all their options for the use of public transportation

**Health and social service professionals can refer clients to fixed route service and to paratransit services as appropriate.**

- Contact the local transit or paratransit agency and have information and an application form sent to a person who may qualify for paratransit services.

**Parents and friends also have a role:**

- Be aware of local bus, rail, and paratransit options, as well as other resources to promote independent living to the maximum degree possible.
- Encourage travel training for those who will benefit from independently using accessible fixed route public transportation.

## **Dementia**

- Worldwide, 35.6 Million people have dementia and there are 7.7 million new cases each year.
- Dementia is one of the major causes of disability & dependency among older people worldwide
- Dementia has a physical, psychological, social & economical impact on caregivers, families and society.

## Alzheimer's Disease

- An estimated 5.4 million Americans have Alzheimer's disease. This number has doubled since 1980.
- Alzheimer's disease is the 6<sup>th</sup> leading cause of death among American adults, and the 5<sup>th</sup> leading cause of death for adults aged 65 years and older.
- Mortality rates for Alzheimer's disease are on the rise, unlike heart disease and cancer death rates which are continuing to decline.

## Challenges Caregivers Face

- Balancing work and immediate family
- Financial challenges
- Unexpected legal issues
- Care for loved ones
- Emotional and physical fatigue
- Anger (towards self, others)
- Denial
- Not understanding the illness
- Internalized guilt

## Travel Training

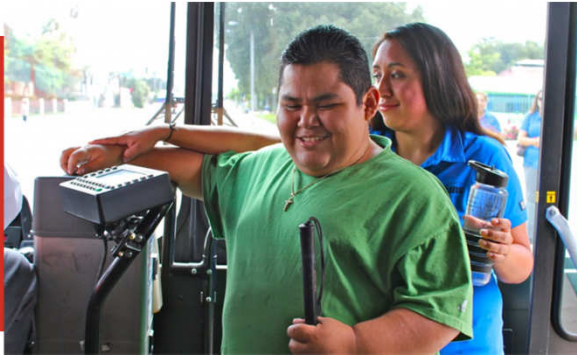
### Travel training can:

- Provide the skills that an individual needs to identify and appropriately solve problems when they travel alone.
- Independent traveling can improve the quality of a person's life - allows travel to employment, school, medical appointments, shopping and social events independently

## Travel Training



## Travel Training



## Travel Training



## Travel Training – One-on-One

An individual mobility lesson plan will be prepared

- This plan should also include a focus on
  - Route details
  - Street Safety
  - Bus Etiquette
  - Proper Preparation for the trip
  - Emergency Back up Plan

## Travel Training – Group Orientation

Group Orientation is scheduled, drop-in information orientation open to all senior and persons with disabilities. At these sessions participants can learn:

- How to obtain Transit information in accessible formats to help plan a trip
- How to route plan and ride
- Practice boarding an accessible bus; talk to a real driver
- Meet other riders, including seniors and persons with disabilities
- Hear about One-on-One Travel Training

Some contact numbers to apply for local paratransit services

- San Francisco: (415) 351-7000
- East Bay: (510) 287-5000
- Marin: (415) 456-9062, x 160
- San Mateo: (650) 366-4856

Some websites of Local paratransit providers

- San Francisco: [www.sfparatransit.com](http://www.sfparatransit.com)
- East Bay: [www.eastbayparatransit.org](http://www.eastbayparatransit.org)
- Marin: [www.marintransit.org](http://www.marintransit.org)
- San Mateo: [www.samtrans.com/Accessibility/Paratransit.html](http://www.samtrans.com/Accessibility/Paratransit.html)

**21 Operators in the Bay Area**





## Other Resources

- Easter Seals Project ACTION
- Independent Living Centers
- Other programs such as Lighthouse for the Blind (O&M Training)
- Individual Transit Agencies
- School-based programs

# Q & A

**For Additional Questions and Comments Please contact:**

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Thank you!