

# Adams Brown Counties in Transit

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## From the desk of the Mobility Manager

### Welcome

Welcome to the second monthly newsletter from the Adams Brown Mobility Manager.

Each month we will feature educational articles, safety tips, upcoming events, and activities. If at any time you wish to unsubscribe, please contact the Mobility Manager, by sending an e-mail to [jfrancis@abcap.net](mailto:jfrancis@abcap.net) or by calling (937) 378-6041 EXT. 310.

### FRS Transportation to offer reduced price rides in West Union

FRS Transportation, a non-profit organization that provides transportation for Adams and Highland counties residents to medical/counseling appointments and job/educational training, announced earlier this month the launch of their new program, Adams Reduced

Transportation Services (ARTS).

The reduced fare program will offer transportation within the Village of West Union for basic life needs such as: shopping, pharmacy,

medical appointments, banking, etc. This service is available for those living within 5-10 miles of the center of the Village of West Union. In addition, the service will offer transportation for those living within the Village of West Union to and from the Adams County Regional Medical Center area campus, which includes the hospital, cancer center, dialysis center, Monarch Meadows, and Health Source of Stern Drive.

Melody Elliott, Director of FRS stated, “FRS Transportation is hoping to serve the population who need transportation for medical and basic life needs, but have no other transportation services available to them. Some of those served would be our elderly population who no

longer drive, our disabled population who cannot drive, and those without a driver’s license that still want to have some measure of independence.”

The reduced fare program is available Monday through Friday from 5:00 AM to 8:00 PM. To access the transportation service, one must purchase an ARTS fare card. Prices for the fare card range from 20 to 35 dollars, with the lowest fare costing some riders only 2 dollars. Each card is good for 5 to 10 one way trips within the various mileage parameters.

Transportation services must be scheduled 24 hours or more in advance during FRS Transportation’s business hours of 8:30 AM to 4:00 PM, Monday through Friday. For more information about ARTS or to schedule a ride, contact FRS Transportation at (937) 779-3212.

Funding for the ARTS Program is provided by the Ohio Department of Transportation’s Office of Transit through the 5310 Specialized Transportation Program and by FRS Transportation.

### New rule requires airlines to report mishandling of mobility equipment

Good news for individuals who travel with mobility devices. Starting this year, the U.S. Department of



Transportation will implement a new rule requiring air carriers to disclose publicly how many wheelchairs and motorized scooters they damage, lose or otherwise mishandle each

month.

“I know from personal experience that when an airline damages a wheelchair, it is more than a simple inconvenience — it’s a complete loss of mobility and independence,” Sen. Tammy Duckworth (D-Ill.), a combat veteran and double amputee, said in a statement.

Provided Photo - FRS Transportation

The senator's experience echo thousands heard by the Paralyzed Veterans of America (PVA), an advocacy group that cited these horrors in a lawsuit demanding the rule be implemented as originally planned.

"There are those with disabilities who won't even travel because they hear the stories," said Heather Ansley, PVA's associate executive director of government relations.

With this implementation, everyone can know every time a wheelchair is broken, a scooter is lost or someone's mobility device goes missing for an hour, leaving a passenger stranded on a plane.

According to their website, American Airlines has launched a customer accessibility division last year to address gaps in service and is working with disability groups, wheelchair manufacturers and passenger on ways to improve the customer experience.

"If you get off a flight and your chair is broken, do not let them put you in a corner while the crew boards another flight," Duckworth said. Ask to speak immediately with a complaint resolution officer, or CRO.

Airlines are liable to repair or replace damaged mobility equipment, so file a claim with the CRO or baggage department. If you need a loaner device, ask that one be arranged for you with a local mobility dealer.

One can file a complaint with federal regulators by calling (800) 778-4838 or [check here for other options](#).

Wrong, Y. (2019). New rule requires airlines to report mishandling of mobility equipment. Los Angeles Times.

## **7 Steps to Help Older Adults Prevent Slips, Trips and Falls**

Some of the most serious injuries among older adults, age 65 and older, are caused by falling. More than 1.6 million older Americans end up in the emergency room or hospital because of a fall, according to the National Institutes of Health. Seniors who have broken a hip by falling can have trouble recovering and regaining mobility.

The good news is many falls are preventable. One of the first things you can do if you take prescription medication is have your health care team review your medication.

"Some prescription medicines and over-the-counter drugs, or a combination of them, can make you dizzy or sleepy.

Either can lead to a fall," said Jaza Marina, M.D., a geriatrician at Kaiser Permanente in Atlanta. "If you fall, be sure to let your doctor know, even if you aren't hurt. Sometimes falls are a sign of a new medical problem that needs attention."

Many underlying causes of falls can be treated or corrected. Dr. Marina recommends these 7 proactive steps to reduce the risk of falling.

Make your home safe.

- Remove clutter, throw rugs and electrical cords that might cause you to trip.
- Add grab bars where necessary — in hallways, stairways and bathtubs.
- Add a rubber bath mat in the shower or tub.
- Keep a phone and flashlight by your bed.
- Take care of yourself.
- Wear comfortable shoes with good support.
- Have your vision and hearing checked.
- Use a cane or walker if you feel unsteady.

10 Steps to Help Older Adults Prevent Slips, Trips and Fall, (2019). NewsUSA.

## **Transportation Assistants**

If you're covered by Medicaid and you're having trouble getting to health care services, transportation assistance may be available. Please attached flyer for more information.

## **Don't Crowd the Plow!**

Please see attached flyer for more information on how to stay safe during winter weather.

## **Local Happenings**

The 2019 Adams County Coordinated Public Plan meetings will be held on February 12th, May 14th, August 13th, and October 8th at 2 PM at the Adams County Job and Family Services, located at 482 Rice Dr., West Union, OH 45693.

The 2019 Brown County Coordinated Public Plan meetings will be held on February 13th, May 15th, August 14th, and October 9th at 2 PM at the Adams Brown Community Action Partnership, located at 406 West Plum Street, Georgetown, Ohio, 45121.



# Transportation Assistance

If you're covered by Medicaid and you're having trouble getting to health care services, transportation assistance may be available.

- If you're a member of a managed care plan or MyCare Ohio plan, call the number listed in the table to the right, or contact the Ohio Medicaid Hotline for consumers (1-800-324-8680 or [ohiomh.com](http://ohiomh.com)).
- If you're not a plan member (or you want an option besides what your plan offers), contact the Medicaid Transportation Coordinator at your local county department of job and family services (CDJFS). The main phone number for each CDJFS is included in a list available at [jfs.ohio.gov](http://jfs.ohio.gov); select County Directory.

If you're not a plan member and you need transportation by wheelchair van, you may contact a provider directly. A searchable directory of Medicaid providers is available at [medicaid.ohio.gov](http://medicaid.ohio.gov); select these options:

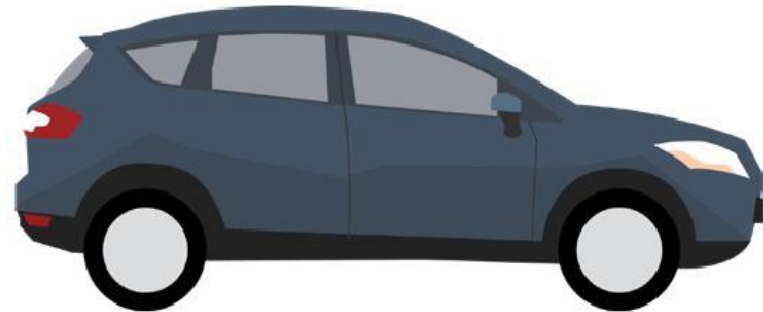
*FOR OHIOANS > Already Covered > Your Benefits > Find a Medical Provider*

**Questions? Contact the Ohio Medicaid Hotline for consumers at 1-800-324-8680 or [ohiomh.com](http://ohiomh.com).**

*ODM Bureau of Health Plan Policy, 11/1/2018*

## Don't cancel. Call!

	Managed Care Plan	MyCare Ohio Plan
<b>Aetna</b>		1-855-364-0974 1-866-799-4395
<b>Buckeye Health Plan</b>	1-866-246-4358 1-866-531-0615	1-866-549-8289 1-866-531-0615
<b>CareSource</b>	1-800-488-0134	1-855-475-3163
<b>Molina Healthcare</b>	1-866-642-9279	1-844-491-4761
<b>Paramount Advantage</b>	1-866-837-9817	
<b>United Healthcare</b>	1-800-895-2017 1-800-269-4190	1-877-542-9236 1-800-269-4190







**Watch Out for  
Blind Spots**

The plow driver's field of vision is limited. If you can't see the plow's side mirrors, the driver can't see you. Stay two to three car lengths behind the plow.

**Ice & Snow...  
Take it Slow**

Snowplows travel well below the posted speed limit. Be patient. Try not to pass the plow. Watch for sudden stops or turns.

**Beware of  
Snow Clouds**

Snow plows often create clouds as they clear the roads. These snow clouds can reduce your ability to see.



The Ohio Department of Transportation