

Subject: Written testimony Middletown Dial a Ride

Date: 2/8/2016

Dial a Ride in Middletown CT provides a vital service to seniors who live in East Hampton but are no longer able to drive independently. Transportation to and from medical appointments insures that seniors have an opportunity to maintain their health and enjoy better quality of life. Transportation to and from sites such as senior centers and grocery stores supports seniors to continue to engage in life beyond the confines of their homes, and avoid the debilitating effects of isolation. Middletown Dial a Ride transportation is the only viable means of transportation for some of our East Hampton seniors who can no longer drive and who do not have family nearby. Even when family members are able to transport seniors, lost time from work for the family member remains a very real but hidden cost to our economy. I urge you to support Middletown Dial a Ride, and to consider establishing a safe and dependable interconnected transportation network throughout Connecticut that enables seniors and people with disabilities to access vital services such as health care. The senior population in East Hampton is expected to increase by 66% over the next 10 years. Middletown Dial a Ride supports access, safety and health and is therefore a fundamental service for an ever growing number of people in our community and state.

Deborah Dillon McDonald, RN, PhD

Associate Professor of Nursing

UConn

Member of the Commission on Aging

East Hampton, CT