



HOW DO OLDER ADULTS GET AROUND THE REGION?

The Puget Sound Regional Council **household travel surveys** collect day-to-day information from households in the central Puget Sound region about how and where we travel. The goal of the surveys is to obtain a complete picture of travel patterns in the region.

The 2017 survey asked about how people of all ages travel, including older adults. Want to know more? The survey data is available on psrc.org.

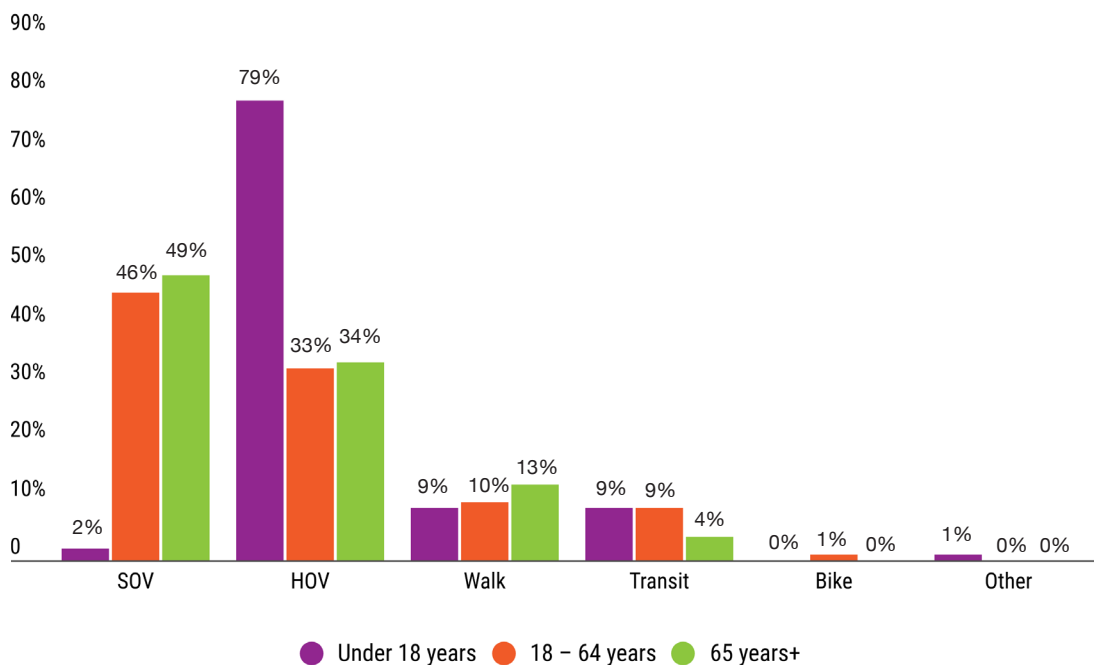
Findings about how older people travel from the survey include:

- Trends since 2006 show that more older adults continue to have a driver’s license as they age. Older people drive or are driven for most of their trips.
- Older adults are more likely to frequently take walks compared to younger adults, but not bike rides.
- People age 65 and older are less likely to use transit and ride-hailing services (Uber/Lyft) than younger adults.

Older People Are in Cars On About 85% of Their Trips

Older people are driving or being driven on about 85% of their trips. People age 65 and older drive alone just as much as people age 18 to 64 — with about 50% of their trips being single-occupancy vehicle trips. Furthermore, people age 65 and older are much less likely to use transit. Adults age 65 and older ride transit on about 5% of their trips, whereas adults age 18 to 64 ride transit on about 10% of their trips.

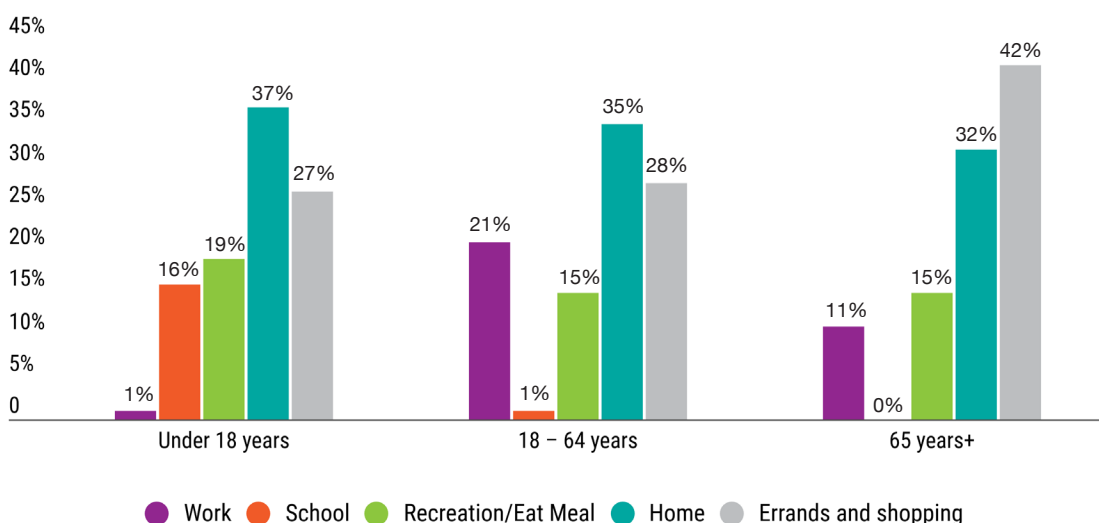
Mode choice and age





One reason that adults age 65 and older may use transit less is that they take fewer work trips. Regional transit systems are designed around providing people a way to travel to work and school, more so than conducting other daily activities. Older adults who are not going to work may find it difficult to take transit to non-work activities as compared to work activities. About 10% of trips for people age 65 and older are for work purposes, as compared to 20% of trips being for work purposes for people age 18 to 64.

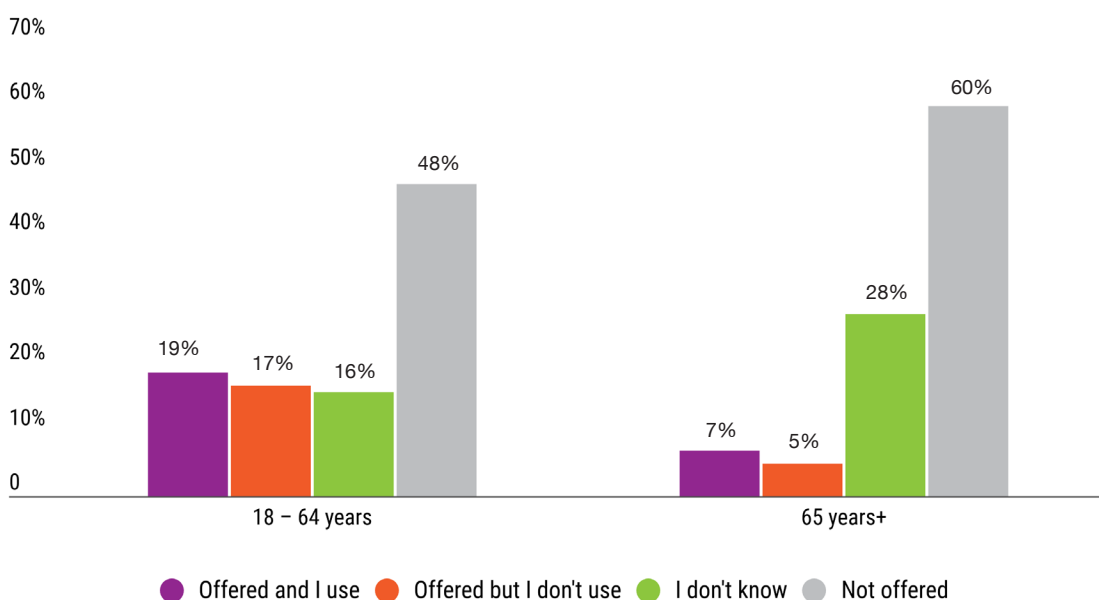
Trip purpose by age



Older Workers Are Less Likely to To Have Employer Subsidized Transit

Another reason that people age 65 and older may not be taking transit is that their workplaces are less likely to offer free or subsidized transit than the workplaces of younger adults. Around 10% of workers age 65 and older are offered free or subsidized transit through their workplace. In comparison, 35% of workers age 18–64 are offered free or subsidized transit.

Employer offers free or partially subsidized transit

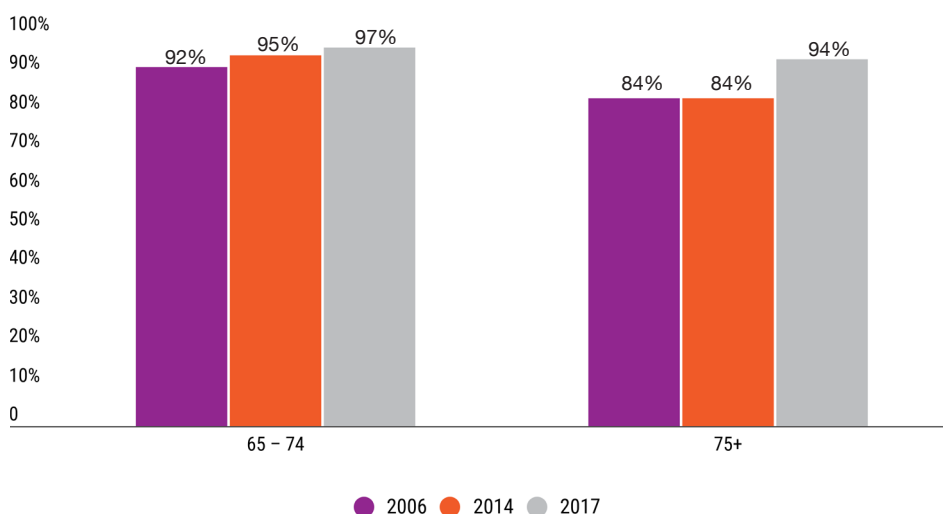




Trends Show An Increase in Older People With Driver's License

Another reason that older adults may be driving as much as younger adults is that they still have driver's licenses. Long-term trends from the household surveys show a consistent increase in older adults who continue to have driver's licenses.

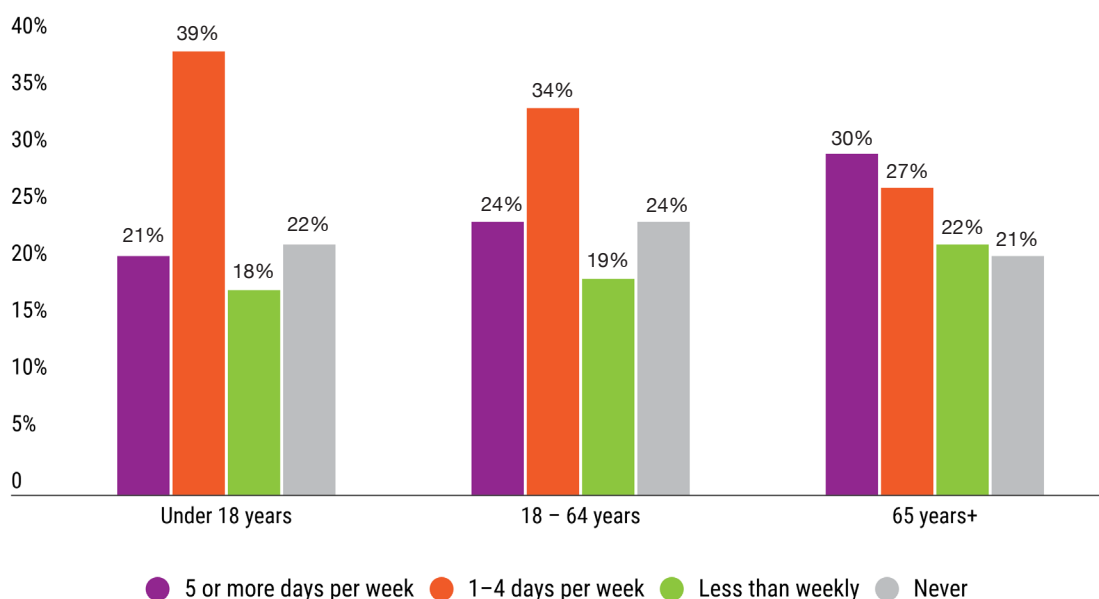
Percent of older adults with driver's licenses



Older People Take Frequent Walks, Few Bike Rides

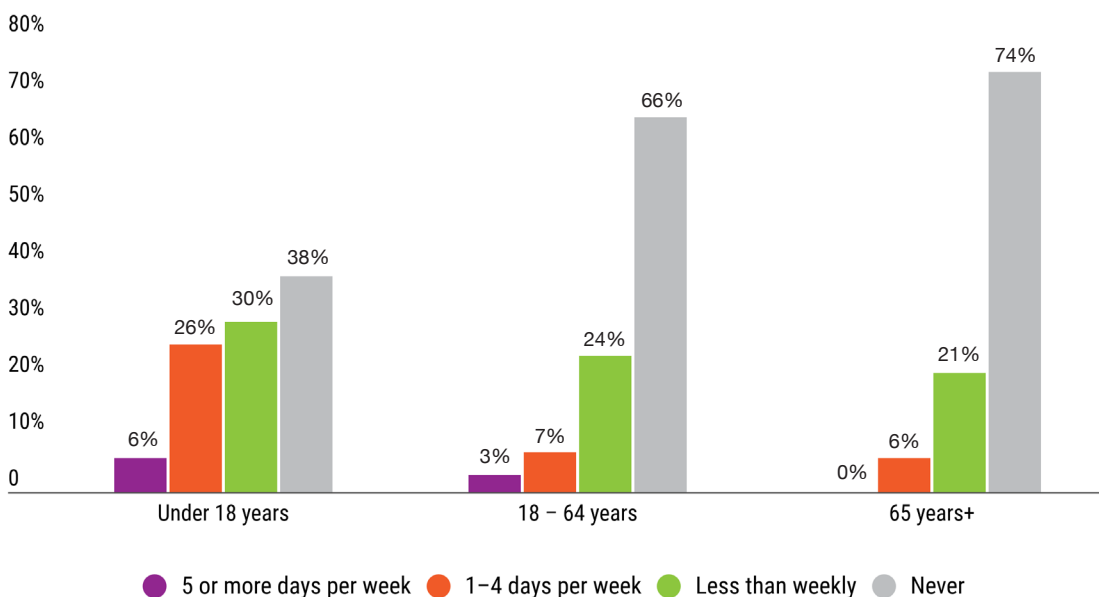
Although people age 65+ are using transit less than younger adults, they are walking more frequently than younger adults. A third of people age 65+ went for a walk five days or more a week. Few older people are taking bike rides. Nearly 75% of people age 65+ reported never going for a bike ride, as compared to 65% of people age 18 to 64.

How often went for walk longer than 15 minutes





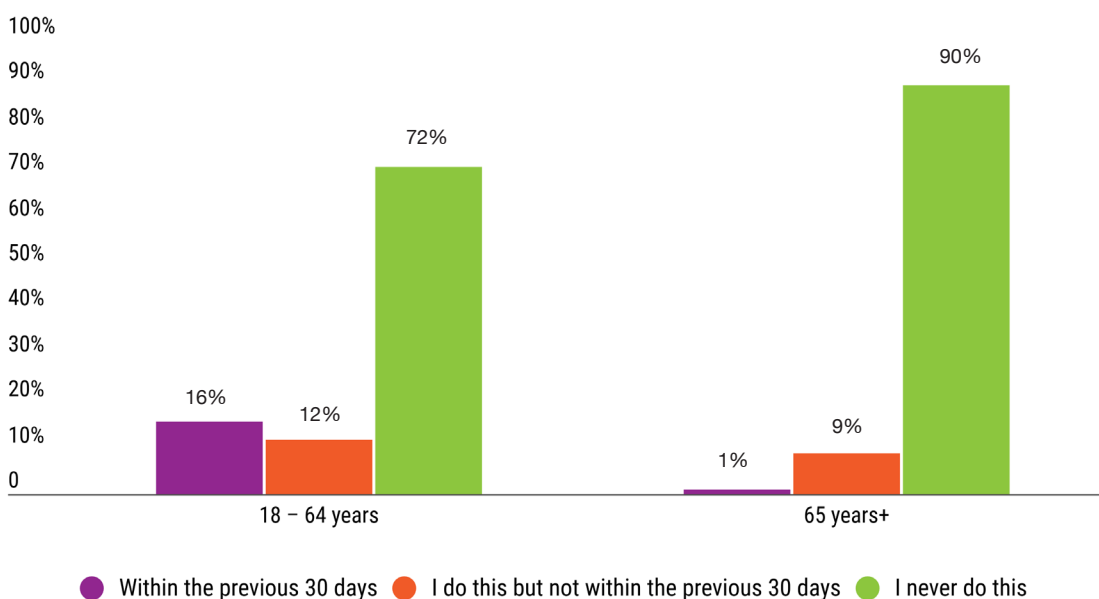
How often went for bike ride longer than 15 minutes



Older Adults Are Less Likely to Use Uber and Lyft And Less Interested in Owning Autonomous Vehicles

The survey asked people about how frequently they used ride-hailing services like Uber and Lyft. People age 65 and older were substantially less likely to have used a ride-hailing service than younger adults. Only around 10% of adults age 65 and older had used ride-hailing services, as compared to around 30% of adults ages 18 to 64.

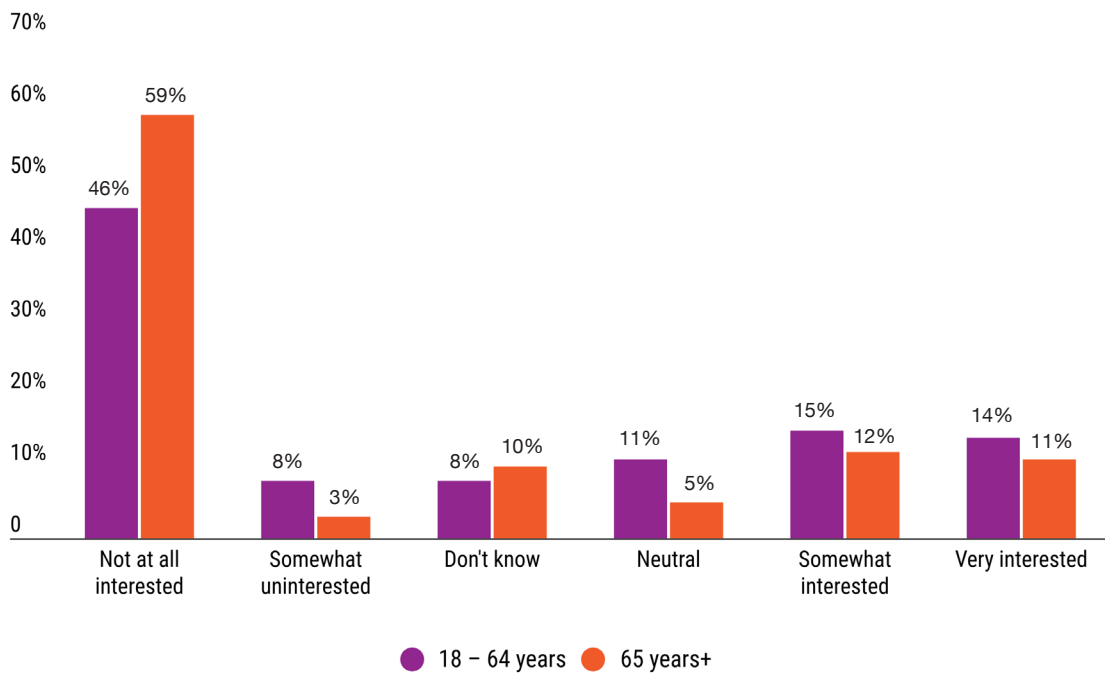
How often do you use ride-hailing (Uber/Lyft)?





Older adults are less interested in using new transportation technologies. When asked about their interest in owning an autonomous car, people age 65+ were less interested than younger groups.

Interest in owning autonomous cars by age



Conclusions

People over the age of 65 are driving for most of their transportation and show an increased trend in holding on to their driver's licenses. They are walking frequently, but they are less likely to bike, use transit and use ride-hailing services than younger people. The survey indicates that older adults could potentially use help in scheduling and navigating transportation options like transit and new transportation technologies like ride-hailing.