

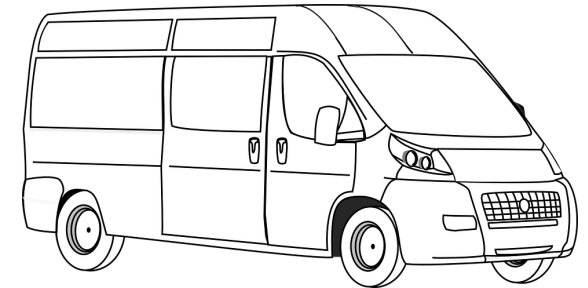
# Weekly Wellness Rides

Each Wednesday, the van is available for weekly wellness rides, which includes but not limited to rides uptown for grocery shopping, lunch, running errands or retail shopping. The rides are available between 1pm to 3pm.

**The Weekly Wellness Rides are available for people with mobility restrictions that make the client unable to get in and out of a regular vehicle.**

For more information or to book a ride call one of our coordinators at (807) 826-3251 ext 130

# myRide Program



(807) 826-3251 ext 130

Manitouwadge Family Health Team

1 Health Care Crescent

# Availability

Clients utilizing the myRide transportation service must meet all or some of the following criteria:

- 65 years of age or greater
- Wheelchair bound
- Use of assistive devices or have a mobility restriction that impairs their ability to get into and out of a regular vehicle
- Have the ability to mobilize into the vehicle or mobilize onto ramp with minimal assistance
- Have a caregiver to assist with loading and unloading (should it be needed) at pick up and drop off points
- Be able to be left unaccompanied at their destination
- Be able to arrange for a companion to accompany them if they are required to have supervision

# Pricing

Rides are \$2.50 each way

Clients are required to purchase rides at the Family Health Team and the coordinators will keep track of your current number of rides you have left.

On demand service will be provided when available. Please note that some flexibility on timing may be needed. Clients are encouraged to book all myRide appointments in advance no later than **4pm** to ensure a driver is available. To reserve a ride please call **(807)826-3251 ext. 130** or visit The Family Health Team. The volunteer drivers cannot accept reservations.

# Volunteers

The myRide program relies on our amazing volunteer drivers, and as a result after hour rides (rides after 4pm Monday-Friday and rides occurring on Saturday or Sunday or stat holidays) are not guaran-

# Requirements

Volunteers of the program must complete an application form and **MUST** complete and provide proof of the following; (all required training associated with the program will be covered by Santé Mani-touwadge Health (SMH)).

- Vulnerable Sector Check
- Ministry of Transportation (MTO) drivers abstract
- First-aid and CPR training.
- Workplace Hazardous Materials Information System (WHMIS).
- The Accessibility for Ontarians with Disabilities Act (AODA) training.
- Hold a valid class 'G' Driver's License.