

## **Transportation Resources in Tompkins County**

### **1. TCAT (Tompkins Consolidated Area Transit)**

Routes 19 and 21 serve Cayuga Medical Center on a regular basis. Schedules are available on-line at <http://tcat.nextinsight.com/allroutes.php> or by calling 607-277-RIDE.

### **2. TCAT Paratransit Service**

If you cannot use a regular TCAT bus because of a disability, you may qualify for the TCAT Paratransit Service which provides door-to-door service. Contact the Paratransit Coordinator at 277-9388 x450 for information and an eligibility application.

### **3. Friends in Service Helping (FISH)**

FISH provides essential transportation within Tompkins County for elderly, handicapped, or low-income individuals. The service is offered primarily for medical related trips. It is best to call several days in advance. There is no charge, but donations are accepted. (866) 255-6545.

### **4. Gadabout**

Gadabout is a nonprofit, door-to-door service for people aged sixty or older and for disabled residents of Tompkins County. Service runs from 8:30 a.m. until 4:30 p.m., Monday through Friday. Ride reservations must be made no later than 11:00 a.m. the business day prior to the requested trip. For more information, or to request a ride, call Gadabout at 273-1878.

### **5. Road to Recovery (American Cancer Society)**

Road to Recovery is a program that assists ambulatory cancer patients with ground transportation to and from cancer treatment. One week's notice usually required, but rides might be found on shorter notice. This service is primarily for individuals who are traveling outside of Tompkins County for care. Call the American Cancer Society at (800) 227-2345.

### **6. Travel Reimbursement (American Cancer Society)**

The American Cancer Society provides some funds to reimburse travel to medical appointments. It's generally limited to a total of \$100 (17 cents per mile). Contact the American Cancer Society at (800) 227-2345 for more information.