

Transportation Resources

Revised: March 2017

Granite State Independent Living: 1-800-826-3700

- **Wheelchair Accessible Transportation**
- **Medical Transportation Programs**
- **Veteran Medical Transportation**
- **Veterans: Financial Assistance For Transportation**
- **Transportation Services (by county)**
- **Public Transportation & Para-Transit Services**
- **NH Rideshare and Transit Services**
- **Information and Resources**

WHEELCHAIR ACCESSIBLE TRANSPORTATION

A&C Transportation Non-Emergency Medical

Address: 9 Batchelder Ln, Hampton Falls, NH

Phone: (603) 926-0640 or Toll Free: (866) 331-4544

A&C Transportation has vans based in Manchester/Concord area. A&C transports throughout NH, Southern ME, and Northern MA and we accept Medicaid.

Contact Person: Margaret Strukel Cell: 603-370-8157

CarePlus Ambulance Service, INC

Address: PO Box 2154, Merrimack, NH 03054

Phone: 603-424-8910

Dispatch by Phone: 1-800-899-8331

Website: www.careplus.org and Email: careplusamb@aol.com

CAREPLUS offers a wide range of medical transportation and support services throughout the New Hampshire area.

Granite State Independent Living

Address: 21 Chenell Drive, Concord NH 03301

Phone: (603) 228-9680 or Toll-Free: (800) 826-3700

Website: www.gsil.org/disability-support/transportation-services and Email: info@gsil.org

Granite State Independent Living offers a variety of services geared to helping people with disabilities access their community-based transportation options throughout the State of New Hampshire.

LifeLine Ambulance Service

Address: 11 State Street, Woburn, MA 01801

Phone: (781) 935-2220

Website: www.lifelineamb.com

Lifestar Emergency Medical Services, LLC (formerly: Medstar Emergency Medical Services)

Address: 40 Route 41, Ossipee NH 03864

Phone: (603) 539-9111 or Toll-Free: (844) 937-9783

Website: www.lifestarnh.com/wheelchair_van_services.php and Email: transport@lifestarnh.com

Hours: 24 hours, 7 days a week. Service: Wheelchair accessible for doctor appointments.

Wheelchair Accessible Transportation continued...

Special Transit Services

Address: Easter Seals NH, 555 Auburn Street, Manchester, NH 03103

Phone: (603) 668-8603

Website: www.easterseals.com/nh/our-programs/special-transit-service

Easter Seals: Medicaid wheelchair rehabilitation transportation & STS vehicles available for charter by groups, individuals, and other agencies

MEDICAL TRANSPORTATION PROGRAMS

American Cancer Society

Address: 2 Commerce Drive, Suite 110, Bedford, NH 03110

Phone: 800-227-2345

Website: www.cancer.org

Provides free transportation to cancer patients for medical or treatment related to their diagnosis

Medicaid: Medical Transportation Program

Address: 129 Pleasant Street, Concord, NH 03301-3857

Phone: (603) 271-3770 or (in state only) (800) 852-3345, extension 3770

Website: www.dhhs.nh.gov/ombp/medicaid/transportation/index.htm

The Medical Transportation Program ensures that individuals enrolled in Medicaid have access to necessary medical services. A network of volunteer and recipient drivers provides transportation. The DHHS may reimburse individuals for driving Medicaid recipients to and from Medicaid Covered medical and dental appointments (both service and provider must be Medicaid reimbursable), provided that they have applied and have been accepted as drivers for the Medicaid Program.

NH Medicaid Care Management Companies below:

NH Healthy Families

Address: 2 Executive Park Drive, Bedford NH 03110

Phone: (866) 769-3085 (Toll Free)

Website: www.nhhealthyfamilies.com/for-members/health-management/transportation-services

Non-emergent transportation is covered for members and children to access covered medical services. Certain limits apply. You can schedule your transportation to an appointment by calling New Hampshire Healthy Families at 1-866-769-3085 and selecting the prompt for transportation services.

Well Sense Health Plan

Address: 1155 Elm Street, Suite 600, Manchester, NH 03101

Phone: 855-739-4775 (Toll-Free)

Website: www.wellsense.org/members/whats-covered/rides-to-appointments

Coordinated Transportation Solutions (CTS): When you become a member of Well Sense Health Plan, we want to help ensure you are making every doctor's appointment necessary to stay healthy. If you need a ride to a non-emergency appointment for a Well Sense Health Plan covered healthcare service, we can help arrange it.

Future in Sight (Formerly: NH Association for the Blind)

Address: 25 Walker Street, Concord, NH 03301

Phone: (603) 224-4039 and Toll Free: (800) 464-3075

Website: www.futureinsight.org and Email: services@futureinsight.org

With the help of a crew of dedicated volunteers, NHAB is able to provide transportation to our clients

VETERAN MEDICAL TRANSPORTATION

Disabled American Veterans

Address: VARO-Norris Cotton Fed. Bldg., 275 Chestnut St., Rm. 515, Manchester, NH 03101

Phone: (603) 222-5788

Website: www.dav.org or NH Chapter Website: www.davmembersportal.org/nh/default.aspx

Transportation Network: provides free transportation for Veterans with no way to get to a VA facility for needed treatment. DAV and Auxiliary volunteers drive Veterans to and from VA hospitals and clinics.

Veterans Health Administration Medical Center; Manchester VA Medical Center

Address: 718 Smyth Road, Manchester, NH 03104

Phone: (603) 624-4366 or Toll-Free: (800) 892-8394 ext. 6053 (Transportation Department)

Website: www.manchester.va.gov

Website: www.va.gov/HEALTHBENEFITS/vtp

Veterans Transportation Service (VTS): Provides safe and reliable transportation to Veterans who require assistance traveling to and from VA health care facilities and authorized non-VA health care appointments. The VHA has different types of vehicles to assist Veterans with special needs, including passenger vans and stretcher/wheelchair accessible vans.

VETERANS: FINANCIAL ASSISTANCE FOR TRANSPORTATION

Operation Homefront

Address: 21 Franklin Street, Suite 2, Quincy, MA 02169

Phone: (866) 401-5541

Website: www.operationhomefront.net

Operation Homefront assists military families during difficult financial times by providing food assistance, auto and home repair, vision care, travel and transportation, moving assistance, essential home items, and financial assistance.

TRANSPORTATION SERVICES BY COUNTY

Belknap County

Caring Hands Assisting for Tilton Residents

Phone: 603-286-4521 x100

Senior citizens or people with disabilities in need of transportation

Community Action Program Belknap-Merrimack Counties Inc.

Address: 2 Industrial Park Drive, PO Box 1016, Concord, NH 03302

Phone: (603) 225-3295

Website: www.bm-cap.org/rural.htm

RTS Rural Transportation System: Wheelchair Accessible; Seniors 60+ in Merrimack and Belknap Counties. RTS program is a demand response system offering door-to-door demand response transit services through our senior centers. To make reservation for service please call the Senior Center nearest you at least 24 hours prior to your ride.

Belknap County Area Served: Alton, Barnstead, Belmont, Gilford, Gilmanton, Laconia, Lochmere, Sanbornton, Tilton, Winnisquam

Merrimack County Area Served: Andover, Bradford, Canterbury, Chichester, Contoocook, Epsom, Franklin, Henniker, Hill, Hopkinton, Newbury, New London, Northfield, Pittsfield, Salisbury, Sutton, Warner, Webster, West Franklin

Belmont Senior Center

Address: 14 Mill Street, Belmont NH 03220

Phone: (603) 267-9867

Website:

www.belmontnh.org/aboutbelmontmill.asp

Area Served: Belmont, Canterbury, Gilford, and Gilmanton

Laconia Senior Center

Address: 17 Church Street,

Laconia NH 03246

Phone: (603) 524-5512

Website: www.bm-cap.org/Laconia-sr.htm

Area Served: Belmont, Gilford, Gilmanton and Laconia

Pittsfield Senior Center

Address: 74 Main Street, Pittsfield NH 03263

Phone: (603) 435-8482

Website: www.mypittsfield.com/senior-center/

Area Served: Alton, Barnstead, Chichester, Epsom, and Pittsfield

Tilton Senior Center

Address: 11 Grange Road, Tilton NH

Phone: (603) 279-5631

Area Served: Lochmere, Northfield, Sanbornton, Tilton, Winnisquam

Interlakes Community Caregivers, Inc

Physical Address: 60 Whittier Highway, Harbor Square, Unit 8B, Moultonborough NH 03254

Mailing Address: PO Box 78, Center Harbor NH 03226

Phone: 603-253-9100

Website: www.interlakescommunitycaregivers.org

Area Served: Center Harbor, Meredith (Moultonborough and Sandwich in Carroll County)

Winnepesaukee Transit System – Public Transportation

Address: 121 Belmont Road, Laconia NH 03246

Phone: (603) 528-2496 or Toll-Free: (800) 294-2496

Website: www.bm-cap.org/wts.htm

Administered by: Community Action Program Belknap-Merrimack Counties, Inc.

Belknap County Area Served: Belmont, Gilford, Laconia, Tilton and (**Merrimack County:** Franklin and Northfield)

Transportation Services by County continued...

Carroll County

Blue Loon (Tri-County Community Action Program Transit) – Public Transportation

Address: 31 Pleasant Street, Berlin NH 03570

Phone: 603-752-1542 or Toll-Free: 1-866-752-6890

Website: <http://tricountycaptransit.weebly.com/carroll-county-door-to-door.html>

Carroll County Door to Door: Individual passengers can request a ride within a service area to go from one specific location to another specific location at a requested time.

Area Served: Albany, Bretton Woods, Chocorua, Conway, Madison, Moultonborough, Ossipee, Sandwich, Tamworth, Tuftonboro and Wolfeboro

Gibson Center for Senior Services

Address: 14 Grove Street, PO Box 655, North Conway, NH 03860

Phone: (603) 356-3231

Website: www.gibsoncenter.org and Email: info@gibsoncenter.org

Transportation on Our Bus; provide on-demand door-to-door transportation for seniors and disabled; non-emergency medical, nutritional, employment and daily living needs.

Area Served: Albany, Bartlett, Conway, Eaton, Jackson and Madison

Interlakes Community Caregivers, Inc

Physical Address: 60 Whittier Highway, Harbor Square, Unit 8B, Moultonborough NH 03254

Mailing Address: PO Box 78, Center Harbor NH 03226

Phone: (603) 253-9100

Website: www.interlakescommunitycaregivers.org

Local area transportation is provided for needs such as doctor and dentist appointments, lab tests, pharmacy pick-ups, shopping, and hair appointments. If possible, we will accommodate extended-area trips (e.g., Manchester, Lebanon, etc) for medical appointments. Transportation is provided by volunteers in their personal vehicles.

Area Served: Moultonborough and Sandwich

Belknap County Area Served: Center Harbor and Meredith

Lifestar Emergency Medical Services, LLC (formerly: Medstar Emergency Medical Services)

Address: 40 Route 41, Ossipee NH 03864

Phone: (603) 539-9111 or Toll-Free: (844) 937-9783

Website: www.lifestarnh.com/wheelchair_van_services.php and Email: transport@lifestarnh.com

Hours: 24 hours, 7 days a week. Service: Wheelchair accessible for doctor appointments.

Madison Church

Address: 53 Conway Road, PO Box 119, Madison, NH 03849

Phone: (603) 367-4705 or (603) 986-2130 for Transportation

Website: <http://www.themadisonchurch.org/> and Email: themadisonchurch@gmail.com

Neighbors Helping Neighbors: a volunteer program that provides rides to Madison or Silver Lake residents who have no other means of transportation. Rides can be short or long distance, but advance notice of 48 hours is requested. Call the transportation phone line at (603) 986-2130 to arrange a ride.

Area Served: Madison and Silver Lake

Transportation Services by County continued...

Carroll County

North Conway Ambulance (Division of Careplus Ambulance Service, Inc)

Phone: 603-356-2245 (Business Office) and Toll-Free: 800-619-6911 and Dispatch: 603-356-6911

Website: www.northconwayambulance.com

Area Served: Conway, Eaton, Freedom, Hales Location, Intervale, Kearsarge, Madison, Redstone, Tamworth and Tuftoboro

Retired Senior Volunteer Program of Carroll County (RSVP)

Address: 3631 White Mountain Highway, PO Box 1182, North Conway, NH 03860

Phone: (603) 356-9331

Website: www.carrollcountyrsvp.org and Email: crcsvp1@gmail.com

The Retired & Senior Volunteer Program of Carroll County offers adults age-55 plus an opportunity to share their time and talents on a regular basis in a variety of settings throughout their communities.

RSVP provides volunteer opportunities based on community need and encourages volunteerism where they will impact their community.

Ossipee Concerned Citizens

Address: 3 Dore Street, PO Box 426, Center Ossipee, NH 03814

Phone: 603-539-6851

Website: www.ossipee.org/ossipee-concerned-citizens and Email: occanhlp@verizon.net

Ossipee Concerned Citizens (OCC) is a multi-purpose, intergenerational, human service agency and referral center. Primarily serving older adults.

Cheshire County

Contoocook Valley Transportation Company (CVTC)

Address: 375 Jaffrey Road, Suite 3, Peterborough, NH 03458

Phone: 877-428-2882 x5 (Toll Free)

Website: www.cvtc-nh.org

Our trip purposes include non-emergency medical & social service appointments, as well as trips to the grocery store and the pharmacy.

Cheshire County Area Served: Alstead, Chesterfield, Dublin, Jaffrey, Fitzwilliam, Gilsum, Harrisville, Hinsdale, Keene, Marlborough, Marlow, Nelson, Richmond, Rindge, Roxbury, Stoddard, Sullivan, Surry, Swanzy, Troy and Walpole

Additional County Served: Hillsborough County

Home Healthcare Hospice and Community Services (City Express) – Public Transportation

Address: 312 Marlboro Street, PO Box 564, Keene NH 03431

Phone: (603) 352-2253 (Main Number)

Phone: (603) 352-8494 (The Friendly Bus and Para Express)

Website: www.hcsservices.org/services/transportation and Email: info@hcsservices.org

The Friendly Bus: provides assisted transportation services for senior citizens age 60 and over.

The Para Express: is complimentary paratransit services for individuals with transit disabilities who live within 3/4 mile of the City Express route but who are certified as not able to use the regular City Express service.

Transportation Services by County continued...

Cheshire County

Merit Care Transportation Service LLC (Wheelchair Accessible)

Address: Peterborough, NH

Phone: (603) 924-0266

Website: www.meritcaretrans.com and meritcaretrans@gmail.com

Non-Emergency Medical Transport (NEMT) Service providing safe and courteous wheelchair transportation throughout Southwest New Hampshire area for people with disabilities or recovering from injuries. Merit Care will work with you to schedule and provide door to door wheelchair transport service from your home or nursing facility to get to your appointments at your Dr.'s office, Hospital, Clinic, or Rehabilitation Center.

Area Served: Monadnock Region

Monadnock RSVP Volunteer Center

Keene Address: 64 Main St., Suite 212, Keene, NH 03431

Phone: (603) 357-6893

Jaffrey Address: 22 North Street, Jaffrey, NH 03452

Phone: (603) 924-7350

Website: www.monadnockvolunteercenter.org and Email: rsvp@mfs.org

Neighbors-In-Deed: has been providing individualized, one-to-one volunteer companionship and assistance with non-medical activities of daily living to seniors age 65 and over and adults with disabilities living at home in Cheshire and Western Hillsborough Counties.

Services offered by Neighbors-In-Deed: Friendly visits; Assistance with grocery shopping; Minor household repairs; Weatherization projects; Transportation to: Medical appointments and/or Grocery shopping; Respite for Caregivers; Telephone safety checks; Referrals to resources

Cheshire County Area Served: Alstead, Chesterfield, Dublin, Fitzwilliam, Gilsum, Harrisville, Hinsdale, Jaffrey, Keene, Marlborough, Marlow, Nelson, Richmond, Rindge, Roxbury, Stoddard, Sullivan, Surry, Swanzey, Troy, Walpole, Westmoreland, Winchester

Hillsborough County Area Served: Antrim, Bennington, Frankestown, Greenfield, Greenville, Hancock, New Ipswich, Peterborough, Sharon, Temple

Southern NH HIV/AIDS Task Force

Address: 17 Dunbar Street, Keene, NH 03431

Phone: (603) 354-3241

Website: www.aidstaskforcenh.org and Email: hope@aidstaskforcenh.org

Transportation to and from Medical Appointments. All direct care services are free of charge to New Hampshire community members living with HIV/AIDS. Services include: Case Management; Nutrition Services and a Food Pantry; Transportation to and from Medical Appointments; Assistance in Securing and Maintaining Safe, Affordable Housing; Emergency Rent and Utility Payment Assistance

Additional Counties Served: Cheshire, Hillsborough, Rockingham and Sullivan

RJ Diluzio Ambulance Services

Address: 49 Court St, PO Box 505, Keene, NH 03431

Phone: (603) 357-0341 and Toll Free: (888) 345-8946

Website: www.diluzioambulance.com

Transportation Services by County continued...

Coos County

Caleb Interfaith Caregivers

Address: 38 King's Square, Suite 9, Whitefield, NH 03598

Phone: (603) 837-9179

Website: www.calebcaregivers.org and Email: calebcoordinator@gmail.com

Caleb provides the FREE Transportation to seniors (age 60 and over)

Coos County Area Served: Dalton, Groveton, Jefferson, Lancaster, Twin Mountain and Whitefield

Grafton County Area Served: Bethlehem and Littleton

Tri-County Community Action Program –Public Transportation

Address: 31 Pleasant Street, Berlin NH 03570

Phone: 603-752-1741 or Toll-Free: 888-997-2020

Website: www.tccap.org and Transit Website: <http://tricountycaptransit.weebly.com/>

Tri-County CAP Transit is a public transportation organization in northern New Hampshire that operates in Coos, Carroll and Northern Grafton Counties. We provide elder, disabled, low income and general public transportation

Northern Human Services

Address: 87 Washington Street, Conway NH 03818

Phone: (603) 447-3347

Website: www.northernhs.org

Disability related transportation to those with a developmental disability

Grafton County

Advance Transit (Upper Valley) – Public Transportation

Address; PO Box 1027, Wilder, VT 05088

Phone: (802) 295-1824

Website: www.advancetransit.com and Email: rideAT@advancetransit.com

Access AT: ADA complementary paratransit service is shared ride, curb-to-curb transportation service. Advance Transit's ACCESS AT offers this service to individuals with disabilities who are unable, because of their disability, to use fixed route buses.

Area Served: Hanover and Lebanon

Caleb Interfaith Caregivers

Address: 38 King's Square, Suite 9, Whitefield, NH 03598

Phone: (603) 837-9179

Website: www.calebcaregivers.org and Email: calebcoordinator@gmail.com

Caleb provides the FREE Transportation to seniors (age 60 and over)

Coos County Area Served: Dalton, Groveton, Jefferson, Lancaster, Twin Mountain and Whitefield

Grafton County Area Served: Bethlehem and Littleton

Transportation Services by County continued...

Grafton County

Grafton County Senior Citizen Council

Address: 10 Campbell Street, PO Box 433, Lebanon, NH 03766

Phone: (603) 448-4897

Website: www.gcsc.org

Transportation: On-demand transportation. We drive clients in lift-equipped vans to medical appointments, grocery shopping, the senior centers and more.

Horse Meadow Senior Center

Address: 91 Horse Meadow Road,

North Haverhill, NH 03774

Phone: (603) 787-2539

Website: www.gcsc.org/horsemeadow.html

Wheelchair Accessible

Area Served: Bath, Benton, Haverhill, Monroe, North Haverhill, Pike, Piermont and Woodsville

Linwood Area Senior Center

Address: 195 Pollard Road, PO Box 461,

Lincoln NH 03251

Phone: (603) 745-4705

Website: www.gcsc.org/linwood.html

Area Served: Lincoln and Woodstock

Littleton Area Senior Center

Address: 77 Riverglen Lane, PO Box 98,

Littleton, NH 03561

Phone: 603-444-6050

Website: www.gcsc.org/littleton.html

Wheelchair Accessible

Area Served: Bethlehem, Easton, Franconia, Landaff, Lisbon, Littleton, Lyman, Monroe and Sugar Hill

Mascoma Senior Center

Address: 1166 US Route 4, PO Box 210,

Canaan NH 03741

Phone: (603) 523-4333

Website: www.gcsc.org/mascoma.html

Area Served: Canaan, Dorchester, Enfield, Grafton and Orange

Newfound Area Senior Services:

Bristol United Church of Christ

Address: 15 Church Street, PO Box 266, Bristol, NH 03222

Phone: (603) 744-8395

Website: www.gcsc.org/newfound.html

Area Served: Bristol, Alexandria, Bridgewater, Hebron and Groton

Wheelchair Accessible

Plymouth Regional Senior Center

Address: 8 Depot Street, PO Box 478,

Plymouth, NH 03264

Phone: (603) 536-1204

Website: www.gcsc.org/plymouth.html

Wheelchair Accessible

Area Served: Plymouth, Ashland, Dorchester, Groton, Holderness, Rumney, Campton, Ellsworth, Thornton, Warren, Wentworth, Waterville Valley

Upper Valley Senior Center

Address: 10 Campbell Street, PO Box 433, Lebanon NH 03766

Phone: 603-448-4213

Website: www.gcsc.org/upper-valley.html

Wheelchair Accessible

Area Served: Lebanon, West Lebanon, Hanover, Plainfield, Enfield, Etna and Lyme

Transportation Services by County continued...

Grafton County

PathWays of the River Valley (Lower Grafton County and Sullivan County)

Address: 654 Main Street, Claremont NH 03743

Phone: (603) 542-8706 or 603-448-2077

Website: www.pathwaysnh.org

Services to Adults with Developmental Disabilities and Acquired Brain Disorders

Grafton County: Phone: 603-448-2077

Service Area: Canaan, Dorchester, Enfield, Grafton, Hanover, Lebanon, Lyme, Orange, Orford

Sullivan County: Phone: 603-542-8706

Service Area: Acworth, Charlestown, Claremont, Cornish, Croydon, Goshen, Grantham, Langdon, Lempster, Newport, Plainfield, Springfield, Sunapee, Unity, Washington

Transport Central

Address: 111 Main Street, PO Box 855, Plymouth NH 03264

Phone: (855) 654-3200

Website: www.transportcentral.org

Our immediate goal is to initiate and provide dispatched and coordinated volunteer driver services to our residents who need transportation.

Area Served: Alexandria, Ashland, Bridgewater, Bristol, Campton, Dorchester, Ellsworth, Groton, Hebron, Holderness, Lincoln, New Hampton, Plymouth, Rumney, Thornton, Warren, Waterville Valley, Wentworth, and Woodstock

Tri-County Community Action Program – Public Transportation

Address: 31 Pleasant Street, Berlin NH 03570

Phone: 603-752-1741 or Toll-Free: 888-997-2020

Website: www.tccap.org and Transit Website: <http://tricountycaptransit.weebly.com/>

Tri-County CAP Transit is a public transportation organization in northern New Hampshire that operates in Coos, Carroll and Northern Grafton Counties. We provide elder, disabled, low income and general public transportation

Grafton County Area Served: Bethlehem, Easton, Franconia, Groveton, Lisbon, Littleton, Lyman, Sugar Hill, Twin Mountain, Woodstock

Seniors Helping Seniors

Address: 360 Route 101 Suite 3B, Bedford, NH 03110

Phone: (603) 801-1936

Website: www.seniorshelpingseniorsnh.com

Senior Ride Programs: Transportation for medical and non-medical purposes.

Grafton County Area Served: Ashland

Additional Counties Served: Hillsborough, Merrimack, Rockingham and Strafford

Transportation Services by County continued...

Hillsborough County

AMR Ambulance Service (Formerly Rockingham Regional Ambulance)

Address: 380 West Hollis Street, Nashua, NH 03060

Phone: (603) 882-5330

Website: www.amr.net

Managed Transportation: Non-emergency Medical Transportation. Wheelchair Accessible

Cardinal Care Transportation

Address: 572 Hanover Street, Manchester, NH 03104

Phone: (603) 668-1011

The CareGivers, Inc – Main Office

Address: 19 Harvey Rd., Bedford NH 03110

Phone: 603-622-4948 and Toll Free: 877-278-0237

Website: www.caregiversnh.org

Rides for Healthy Living: Volunteers provide assistance and transportation to physician, dentist, podiatry and therapy appointments among others. Beyond the actual transportation, our trained volunteers wait with the care-receivers during their appointments, offering friendship and support.

Area Served: Greater Manchester and Nashua Areas

Care Ride Wheelchair Transportation

Address: 185 Northeastern Boulevard, Nashua, NH 03062

Phone: (603) 759-3994

Contoocook Valley Transportation Company (CVTC)

Address: 375 Jaffrey Road, Suite 3, Peterborough, NH 03458

Phone: 877-428-2882 x5 (Toll Free)

Website: www.cvtc-nh.org

Our trip purposes include non-emergency medical & social service appointments, as well as trips to the grocery store and the pharmacy.

Hillsborough County Area Served: Antrim, Bennington, Frankestown, Greenfield, Greenville, Hancock, New Ipswich, Peterborough, Sharon and Temple.

Additional County Served: Cheshire County

Elliot Hospital

Address: 1 Elliot Way, Manchester, NH 03103

Phone: (603) 624-2255

Website: www.elliotohospital.org

The Elliot Shuttle is a free transportation service for citizens over age 55 living. Transportation is provided to and from the Elliot Hospital and its outpatient departments or physicians offices, Monday to Friday 7:30 am to 2:30 pm by appointment only.

Hillsborough County Area Served: Bedford and Manchester

Merrimack County Area Served: Hooksett

Rockingham County Area Served: Auburn and Londonderry

Transportation Services by County continued...

Hillsborough County

Fish Volunteers

Address: Milford, NH 03055

Phone: (603) 673-7372

Volunteers provide medical transportation to appointments.

Area Served: Amherst, Bedford, Manchester, Merrimack, Mont Vernon, Nashua, Peterborough and Wilton

Gentle Care Rides (Wheelchair Accessible)

Address: 379 Amherst Street, Nashua NH 03060

Phone: 603-341-1720

Website: www.gentlecarerides.com and Email: manager@gentlecarerides.com

Our team has extensive experience working with seniors, medical patients, and the handicapped. They are committed to your safety, comfort, and satisfaction.

Hillsborough County Area Served: Bedford, Hudson, Litchfield, Merrimack, Milford, Nashua, Pelham

Rockingham County Area Served: Derry, Londonderry

Manchester Transit Authority (MTA) – Public Transportation

Address: 110 Elm Street, Manchester, NH 03101

Phone: (603) 623-8801

Website: www.mtabus.org and info@mtabus.org

StepSaver is a shared-ride transportation service offered by the Manchester Transit Authority. This program provides assistance to individuals with disabilities who are unable to use the regular fixed route bus service sometimes or all of the time.

Area Served: Bedford, Goffstown, Manchester and Connects to Concord and Nashua

Monadnock RSVP Volunteer Center

Address: 64 Main St., Suite 212, Keene, NH 03431

Phone: (603) 357-6893

Address: 22 North Street, Jaffrey, NH 03452

Phone: (603) 924-7350

Website: www.monadnockvolunteercenter.org and Email: rsvp@mfs.org

Neighbors-In-Deed: has been providing individualized, one-to-one volunteer companionship and assistance with non-medical activities of daily living to seniors age 65 and over and adults with disabilities living at home in Cheshire and Western Hillsborough Counties.

Services offered by Neighbors-In-Deed: Friendly visits; Assistance with grocery shopping; Minor household repairs; Weatherization projects; Transportation to: Medical appointments and/or Grocery shopping; Respite for Caregivers; Telephone safety checks; Referrals to resources

Cheshire County Area Served: Alstead, Chesterfield, Dublin, Fitzwilliam, Gilsum, Harrisville, Hinsdale, Jaffrey, Keene, Marlborough, Marlow, Nelson, Richmond, Rindge, Roxbury, Stoddard, Sullivan, Surry, Swanzey, Troy, Walpole, Westmoreland, Winchester

Hillsborough County Area Served: Antrim, Bennington, Frankestown, Greenfield, Greenville, Hancock, New Ipswich, Peterborough, Sharon, Temple

Transportation Services by County continued...

Hillsborough County

Moore Center Services Inc

Address: 195 McGregor Street, Unit 400, Manchester, NH 03102

Phone: (603) 206-2700

Website: www.moorecenter.org and Email: info@moorecenter.org

Moore Options for Seniors: These services include assistance with dressing, light housekeeping, meal preparation, toileting, bathing, transferring, walking, transportation for medical appointments, shopping, errands and companionship.

Nashua Transit System – Public Transportation

Address: 11 Riverside Street, Nashua, NH 03062

Phone: (603) 880-0100

Website: www.nashuanh.gov/680/Nashua-Transit-System

Paratransit & Senior Services: If you're 65 years old or older, or qualify as disabled under the Americans with Disabilities Act (ADA), you can make a reservation with Nashua Transit System's City Lift bus service to be picked up and dropped off anywhere within three quarters of a mile of one of our Citybus fixed-route bus stops.

Area Served: Amherst, Brookline, Hollis, Hudson, Merrimack, Milford, Mont Vernon, Nashua, Wilton

Seniors Helping Seniors

Address: 360 Route 101 Suite 3B, Bedford, NH 03110

Phone: (603) 801-1936

Website: www.seniorshelpingseniorsnh.com

Senior Ride Programs: Transportation for medical and non-medical purposes.

Hillsborough County Area Served: Amherst, Bedford, Brookline, Goffstown, Hollis, Hudson, Litchfield, Manchester, Merrimack, Milford, Mont Vernon, Nashua, New Boston, Pelham,

Additional Counties Area Served: Grafton, Merrimack, Rockingham and Strafford

Souhegan Valley Rides

Address: PO Box 753, Hollis, NH 03049

Phone: 603-673-8482

Website: www.souheganvalleyrides.org and Email: info@souheganvalleyrides.org

Non-emergency medical appointments and other essential activities; wheelchair accessible; Curb-to-curb, shared ride resource.

Area Served: Amherst, Brookline, Hollis, Milford, Mont Vernon and Wilton

Southern NH HIV/AIDS Task Force

Address: 45 High Street, Nashua NH 03060

Phone: (603) 595-8464 or Toll-Free: (800) 942-7437

Website: www.aidstaskforcenh.org and Email: hope@aidstaskforcenh.org

Transportation to and from Medical Appointments. All direct care services are free of charge to New Hampshire community members living with HIV/AIDS. Services include: Case Management; Nutrition Services and a Food Pantry; Transportation to and from Medical Appointments; Assistance in Securing and Maintaining Safe, Affordable Housing; Emergency Rent and Utility Payment Assistance

Hillsborough County Area Served: Amherst, Brookline, Hollis, Hudson, Litchfield, Merrimack, Milford, Mont Vernon, Mason, Manchester, Nashua and Wilton

Additional Counties Area Served: Cheshire, Rockingham and Sullivan

Transportation Services by County continued...

Hillsborough County

Southern NH Services; in Greenville

Address: 56 Main Street, Greenville NH 03048

Phone: (603) 878-3364

Website: www.snhs.org

Wheelchair Accessible. SNHS has provided an accessible van for use in the western area of Hillsborough County (Greenville area) to provide transportation for the area's for low-income, elderly, and handicapped individuals.

Area Served: Amherst, Greenfield, Greenville, Lyndeborough, Mason, New Ipswich, Peterborough, Temple

Senior Care Services by Lisa

Address: 27 Colonial Square, Peterborough, NH 03458

Phone: (603) 924-7454

Email: lisaacher@msn.com

Transportation: Senior Ride Programs

St. Joseph Community Services

Address: 395 Daniel Webster Hwy, PO Box 910, Merrimack, NH - 03054-0190

Phone: (603) 424-9967

Website: www.mealsonwheelsnh.org and Email: meals@sjcsinc.org

Meals on Wheels Transportation: Individuals age 60 and older who are socially isolated due to a lack of transportation. Due to limited funds, transportation services are offered at only a few locations in the county and are primarily directed at bringing eligible individuals to and from our nutrition sites.

Additional transportation needs are met as funding and service hours permit.

Area Served: Hillsborough, Manchester, Merrimack and Milford

Town of Atkinson: Elderly Affairs Department (Atkinson's residents only)

Address: 21 Academy Avenue, Atkinson, NH 03811

Phone: (603) 362-9582

Website: www.town-atkinsonnh.com and Email: elderservices@atkinson-nh.gov

Elder Affairs Department: Medical Appointments Transportation, Medical Appointments Transportation for Wheelchair Users, and Senior Ride Programs. All calls for services, medical equipment and transport requests may be made between the hours of 8:30 am and 12:00 noon Monday through Friday.

Merrimack County

Access Ems, LLC

Address: 2 Whitney Road, # 2, Concord, NH 03301

Phone: (603) 753-0085

Ambulance Services; emergency and non-emergency medical purposes

Transportation Services by County continued...

Merrimack County

Community Action Program Belknap-Merrimack Counties Inc.

Address: 2 Industrial Park Drive, PO Box 1016, Concord, NH 03302

Phone: (603) 225-3295

Website: www.bm-cap.org/rural.htm

RTS Rural Transportation System: Wheelchair Accessible; Seniors 60+ in Merrimack and Belknap Counties. RTS program is a demand response system offering door-to-door demand response transit services through our senior centers. To make reservation for service please call the Senior Center nearest you at least 24 hours prior to your ride.

Belknap County Area Served: Alton, Barnstead, Belmont, Gilford, Gilmanton, Laconia, Lochmere, Sanbornton, Tilton, Winnisquam

Merrimack County Area Served: Andover, Bradford, Canterbury, Chichester, Contoocook, Epsom, Franklin, Henniker, Hill, Hopkinton, Newbury, New London, Northfield, Pittsfield, Salisbury, Sutton, Warner, Webster, West Franklin

Franklin Senior Center, Twin Rivers

Intergenerational Program (TRIP)

Address: 20 Canal Street. PO Box 182,
Franklin, NH 03235

Phone: (603) 934-4151

Area Served: Andover, Franklin, Hill,
Salisbury, and West Franklin

Mountain View Senior Center in Bradford

(Bradford Area Community Center)

Address: 134 East Main Street, PO Box 6,
Bradford NH 03221

Phone: (603) 938-2104

Area Served: Bradford, Contoocook,
Henniker, Hopkinton, Newbury, New
London, Sutton, Warner and Webster

Tilton Senior Center

Address: 11 Grange Road, Tilton NH

Phone: (603) 279-5631

Area Served: Lochmere, Northfield,
Sanbornton, Tilton, and Winnisquam

Pittsfield Senior Center

Address: 74 Main Street, Pittsfield NH 03263

Phone: (603) 435-8482

Website: www.mypittsfield.com/senior-center/

Area Served: Alton, Barnstead, Chichester,
Epsom, and Pittsfield

Concord Area Transit (CAT) – Public Transportation

Address: 2 Industrial Park Drive, PO Box 1016, Concord NH 03302

Phone: (603) 225-1989

Website: www.concordareatransit.org

CAT is one of the programs and transportation systems operated by Community Action Program Belknap-Merrimack Counties, Inc. (CAPBMCI). CAT provides public transportation service in Concord. It operates fixed-route and demand-response service.

ADA Complementary Paratransit: For riders who have a disability that prevents them from making some or all of their trips on fixed-route buses, CAT offers a shared-ride, origin-to-destination service called ADA paratransit service.

Concord Senior Transit (CST) is an origin-to-destination transportation for seniors 60 years and older in the Greater Concord Area (Boscawen, Bow, Concord, Pembroke, Penacook & Salisbury). The vehicles are wheelchair accessible. Seniors riding the CST can easily access downtown Concord, go shopping, and get to medical appointments and recreational activities.

Transportation Services by County continued...

Merrimack County continued...

Elliot Hospital

Address: 1 Elliot Way, Manchester, NH 03103

Phone: (603) 624-2255

Website: www.elliotohospital.org

The Elliot Shuttle is a free transportation service for citizens over age 55 living. Transportation is provided to and from the Elliot Hospital and its outpatient departments or physicians offices, Monday to Friday 7:30 am to 2:30 pm by appointment only.

Hillsborough County Area Served: Bedford and Manchester

Merrimack County Area Served: Hooksett

Rockingham County Area Served: Auburn and Londonderry

Hopkinton Dial-a-Ride

Address: PO Box 83, Hopkinton, NH 03229

Location: Slusser Senior Center at 41 Houston Drive, Contoocook NH

Phone: (603) 746-4357

Website: www.hopkinton-nh.gov/departments/human_services/hopkinton_dial-a-ride.php

This program provides rides to senior citizens for food shopping, errands and appointments and graciously shares their office with Human Services.

Area Served: Concord, Contoocook and Hopkinton

RSVP Caregivers Program (Friends Program)

Address: 202 North State Street, Concord NH 03301

Phone: 603-228-1193

Website: www.friendsprogram.org/programs/retired-and-senior-volunteer-program-rsvp

Caregivers Program provides door-through-door transportation for medical appointments and basic needs, including staying with them to assist them, companionship and telephone reassurance. We use screened volunteer drivers, and rides are free of charge to clients. Clients must be age 60+ and be unable to access other services.

Area Served: Merrimack County

John O Cate Memorial Van

Phone: 603-783-9502

Website: www.loudonnh.org/index.php?t=org&o=joc

Wheelchair Accessible: The John O. Cate Memorial Van is an accessible van owned by the Town of Loudon and operated by the non-profit John O. Cate Memorial Van Association. Our charter is to “transport Loudon residents without charge to medical and other appointments when the citizen is in need of transportation.

Area Served: Loudon

Kearsarge Council on Aging

Address: 37 Pleasant Street, New London, NH 03257

Phone: (603) 526-6368

Website: www.kearsargecoa.com

Area Served: Andover, Elkins, Danbury, Grantham, Newbury, New London, Springfield, Sunapee, Sutton and Wilmot

Transportation Services by County continued...

Merrimack County

Seniors Helping Seniors

Address: 360 Route 101 Suite 3B, Bedford, NH 03110

Phone: (603) 801-1936

Website: www.seniorshelpingseniornh.com

Senior Ride Programs: Transportation for medical and non-medical purposes.

Merrimack County Area Served: Bow, Concord, Hooksett

Additional Counties Served: Grafton, Hillsborough, Rockingham and Strafford

Tri-State Ambulance Service

Address: 34 River Road, Bow, NH 03304

Phone: (603) 224-7363

White Birch Community Center

Address: 51 Hall Avenue, PO Box 2035, Henniker NH 03242

Phone: (603) 428-7860

Website: www.whitebirchcc.org and Email: info@whitebirchcc.org

TRIPS: Whether it's to museums, concerts, community happenings, or restaurants, we travel on a regular basis to places and events of interest in White Birch's own mini-buses.

SHOPPING: Life's not all museums and concerts; sometimes we just want to go shopping, Whether it's a trip to Walmart for groceries and toiletries, or Christmas Tree Shop for the holidays, sit back with friends in our mini-bus and leave the driving to us.

Winnepesaukee Transit System (by CAP Belknap-Merrimack Counties) – Public Transportation

Address: 121 Belmont Road, Laconia NH 03246

Phone: (603) 528-2496 or Toll-Free: (800) 294-2496

Website: www.bm-cap.org/wts.htm

Merrimack County Area Served: Franklin and Northfield (**Belknap County:** Belmont, Gilford, Laconia, Tilton)

Rockingham County

AIDS Response Seacoast

Address: 7 Junkins Avenue, Portsmouth NH 03801

Phone: (603) 433-5377

Website: www.aidsresponse.org and Email: info@aidresponse.org

Support Service for People Living with HIV/AIDS: Transportation for medical appointments

Rockingham County Area Served: Brentwood, East Kingston, Epping, Exeter, Fremont, Greenland, Hampton, Hampton Falls, Kensington, Kingston, New Castle, Newfields, Newington, Newmarket, Newton, North Hampton, Northwood, Nottingham, Portsmouth, Rye, Seabrook, South Hampton, Stratham

Strafford County Area Served: Barrington, Dover, Durham, Farmington, Lee, Madbury, Middleton, Milton, New Durham, Rochester, Rollinsford, Somersworth, Strafford

Care Ride Wheelchair Transportation

Address: 185 Northeastern Boulevard, Nashua, NH 03062

Phone: (603) 759-3994

Transportation Services by County continued...

Rockingham County

Community Caregivers of Greater Derry

Address: 1B Commons Drive #10, Londonderry, NH 03053

Phone: (603) 432-0877

Website: www.comcaregivers.org and Email: office@comcaregivers.org

Those who receive assistance are the frail, elderly, temporarily or permanently disabled and those individuals recuperating from or dealing with chronic illness.

Area Served: Chester, Danville, Derry, Hampstead, Londonderry, Sandown and Windham

Cooperative Alliance for Regional Transportation (CART) – Public Transportation

Address: 33 Geremonty Drive, Salem NH 03079

Phone: (603) 458-6087 and Phone: (603) 434-3569 (Schedule a Ride)

Website: www.cart-rides.org

Cart-Ride: Modification of Transportation Services for Individuals with Disabilities (ADA)

Area Served: Chester, Derry, Hampstead, Londonderry and Salem

Cooperative Alliance for Seacoast Transportation (COAST) in Rockingham & Strafford Counties

Address: 42 Sumner Drive, Dover NH 03820

Phone: (603) 743-5777

Website: www.coastbus.org and Email info@coastbus.org

COAST ADA Paratransit: Reservation-based service within 3/4-mile of the fixed route system. As required by the Americans with Disabilities Act (ADA), COAST provides curb-to-curb paratransit service for passengers whose disability prevents them from independently using the fixed route bus service for at least some of their trips.

Rockingham County Area Served: Exeter, Newington, Newmarket, Portsmouth, Stratham

Strafford County Area Served: Dover, Durham, Farmington, Rochester, Somersworth

Elliot Hospital

Address: 1 Elliot Way, Manchester, NH 03103

Phone: (603) 624-2255

Website: www.elliotohospital.org

The Elliot Shuttle is a free transportation service for citizens over age 55 living. Transportation is provided to and from the Elliot Hospital and its outpatient departments or physicians offices, Monday to Friday 7:30 am to 2:30 pm by appointment only.

Hillsborough County Area Served: Bedford and Manchester

Merrimack County Area Served: Hooksett

Rockingham County Area Served: Auburn and Londonderry

Exeter Hospital

Address: 5 Alumni Drive, Exeter, NH 03833

Phone: (603) 778-7311

Website: www.exeterhospital.com

Families First (Health Care)

Address: 100 Campus Drive, Suite 12, Portsmouth, NH 03801

Phone: (603) 422-8208

Website: www.familiesfirstseacoast.org

Transportation can be provided for Portsmouth residents who call 603-570-7791

Transportation Services by County continued...

Rockingham County

Gentle Care Rides (Wheelchair Accessible)

Address: 379 Amherst Street, Nashua NH 03060

Phone: 603-341-1720

Website: www.gentlecarerides.com and Email: manager@gentlecarerides.com

Our team has extensive experience working with seniors, medical patients, and the handicapped. They are committed to your safety, comfort, and satisfaction.

Hillsborough County Area Served: Bedford, Hudson, Litchfield, Merrimack, Milford, Nashua, Pelham

Rockingham County Area Served: Derry, Londonderry

Greater Salem Caregivers

Address: 44 Millville Street, PO Box 2316, Salem, NH 03079

Phone: (603) 898-2850

Website: www.salemcare.org and Email: salemcaregivers@gmail.com

Greater Salem Caregivers volunteers are at work in the community helping homebound adults and elders maintain independence by providing services such as transportation to medical appointments, grocery shopping and friendly visiting.

Ingram Senior Center in Salem

Address: 1 Sally Sweet's Way, Salem, NH 03079

Phone: (603) 890-2190

Website: www.townofsalemnh.org/senior-services and Email: seniorcenter@ci.salem.nh.us

The vast array of programs offers something for everyone in the way of wellness, socialization, exercise, education, enrichment, nutrition, transportation and support services.

Lamprey Health Care

Address: 207 South Main Street, Newmarket, NH 03857

Phone: (800) 582-7214 (Main Number)

Website: www.lampreyhealth.org (Main Website)

Phone: (603) 659-2424 (Transportation Program)

Website: www.lampreyhealth.org/services/senior-transportation-program (Transportation Page)

Lamprey Health Care's Senior Transportation Program provides transportation services to seniors ages 60+ and adults with disabilities. Weekly shopping/errand trips and monthly day trips

Rockingham County Area Served: Atkinson, Auburn, Brentwood, Candia, Danville, Deerfield, East Kingston, Epping, Exeter, Fremont, Hampstead, Hampton, Hampton Falls, Kingston, Newfields, Newmarket, Newton, North Hampton, Northwood, Nottingham, Plaistow, Raymond, Sandown, Seabrook, Stratham

Strafford County Area Served: Barrington, Durham, Lee

Liberty Livery

Address: 18 Daniel Street, Exeter, NH 03833

Phone: (603) 772-9256 or Toll Free: (866) 662-8747

Website: www.libertylivery.com

Liberty Livery provides accessible and responsibly exceptional transportation and travel adventures for children, families, small groups and solo travelers to destinations near and far. We arrange schedules and itineraries to balance time for exploration, shopping and relaxation with pre-planned activities like concerts, sporting events, theme parks, historical tours, and recreational adventures.

Transportation Services by County continued...

Rockingham County

Mark Wentworth Transportation

Address: 346 Pleasant Street, Portsmouth, NH 03801

Phone: (603) 570-7791

Website: www.markwentworth.org/mark-wentworth-transportation

Email: dpetrin@markwentworth.org

Portsmouth residents who are sixty and older or disabled and do not live on a Coast bus route. Residents of Portsmouth who are unable to get to medical appointments, shop for groceries or medications or attend senior activities because accessible public transportation is not available may qualify to ride.

Portsmouth Senior Center

Address: 100 Campus Drive, Portsmouth, NH 03801

Phone: (603) 610-4433

Website: www.cityofportsmouth.com/recreation/senior.htm

Contact Person: Brinn Chute at Cell: 603-247-9531 or Email: bchute@cityofportsmouth.com

Ready Rides

Address: PO Box 272, Northwood, NH 03261

Phone: (603) 244-8719

Website: www.readyrides.org and Email: info@readyrides.org

Ready Rides provides free transportation to health care and essential services for elderly & disabled. Rides are provided by volunteer drivers using their own vehicles. Accessible rides available.

Area Served: Barrington, Durham, Lee, Madbury, Newmarket, Northwood, Nottingham and Strafford

Rockingham Nutrition and Meals on Wheels

Address: 106 North Road, Brentwood, NH 03833

Phone: (603) 679-2201

Website: www.rockinghammealsonwheels.org and Email: admin@rnmow.org

Website: www.rockinghammealsonwheels.org/participate/transportation-services.html (Transportation)

Transportation for adults 60 and over is available in several locations to the Senior Luncheons, and in noted locations, to other destinations.

Area Served: Derry, Exeter, Londonderry, Plaistow, Portsmouth and Raymond

Seniors Helping Seniors

Address: 360 Route 101 Suite 3B, Bedford, NH 03110

Phone: (603) 801-1936

Website: www.seniorshelpingseniorsnh.com

Senior Ride Programs: Transportation for medical and non-medical purposes.

Rockingham County Area Served: Atkinson, Auburn, Candia, Chester, Danville, Derry, East Hampstead, East Kingston, Epping, Exeter, Fremont, Greenland, Hampstead, Hampton, Hampton Falls, Kingston, Londonderry, North Hampton, Newfields, Newmarket, Newton, Plaistow, Portsmouth, Raymond, Rye, Salem, Sandown, Seabrook, Stratham, Windham

Additional Counties Served: Grafton, Merrimack, Hillsborough and Strafford

Transportation Services by County continued...

Rockingham County

Service Elder Residents through Volunteer Efforts (SERVE)

Address: PO Box 902, Rye NH 03870

Phone: (603) 964-8401

Website: www.town.rye.nh.us/Pages/RyeNH_Seniors

For Seniors in Rye NH: Provided by Town of Rye and Rye Senior Center

Southern NH HIV/AIDS Task Force

Address: 45 High Street, Nashua NH 03060

Phone: (603) 595-8464 or Toll-Free: (800) 942-7437

Website: www.aidstaskforcenh.org and Email: hope@aidstaskforcenh.org

Transportation to and from Medical Appointments. All direct care services are free of charge to New Hampshire community members living with HIV/AIDS. Services include: Case Management; Nutrition Services and a Food Pantry; Transportation to and from Medical Appointments; Assistance in Securing and Maintaining Safe, Affordable Housing; Emergency Rent and Utility Payment Assistance

Counties Served: Cheshire, Hillsborough, Rockingham and Sullivan

Town of Fremont

Address: 295 Main Street, Fremont NH 03044

Phone: (603) 679-4696

Website: www.fremont.nh.gov/Pages/FremontNH_SocServ/trans

Transportation Service for seniors age 60 and over; Doctors Appointments on Tuesday & Thursday 10:00 am to 1:00 pm and Shopping on Wednesday 10:00 am to 1:00 pm; Advance notice and reservations are required.

Transportation Assistance for Seacoast Citizens (TASC)

Address: 200 High Street, Hampton, NH 03842

Phone: (603) 926-9026

Website: www.tasc-rides.org and Email: coordinator@tasc-rides.org

Volunteer Drivers for 55 years old or older, or if you have a disability that prevents you from driving

Area Served: Exeter, Greenland, Hampton, Kensington, Hampton Falls, North Hampton, Rye, Seabrook, and Stratham

Wildcat Transit – Public Transportation

Address: 20 Sage Way, Durham NH 03824

Phone: (603) 862-2328 or Relay NH: 7-1-1 or 1-800 735-2964

Website: www.unh.edu/transportation/wildcat/index.htm

Transportation for University of New Hampshire in Durham and open to the public. Routes 3, 4, 5, & 125 - UNH students, faculty, and staff with a current UNH ID card ride for free. \$ 1.50 for all others. The Campus Connector system that serves students, employees and visitors on campus is free to all riders.

Rockingham County Area Served: Newmarket, Portsmouth

Stafford County Area Served: Dover, Durham, Rochester

Transportation Services by County continued...

Rockingham County

Windham Seniors, Inc.

Address: 2 North Lowell Road, Windham, NH 03087

Phone: (603) 434-2411 (Main number) and Phone: (603) 432-7732 (Transportation)

Website: www.windhamnewhampshire.com/content/windham-seniors

Email: WindhamSeniors@gmail.com

The Town provides resident seniors with van transportation to/from medical or similar appointments.

Also, a weekly grocery trip to Wal-Mart is held each Wednesday, weather permitting.

Contact Kathy Davis at 432-7732 for more information.

Strafford County

AIDS Response Seacoast

Address: 7 Junkins Avenue, Portsmouth NH 03801

Phone: (603) 433-5377

Website: www.aidsresponse.org and Email: info@aidresponse.org

Support Service for People Living with HIV/AIDS: Transportation for medical appointments

Rockingham County Area Served: Brentwood, East Kingston, Epping, Exeter, Fremont, Greenland, Hampton, Hampton Falls, Kensington, Kingston, New Castle, Newfields, Newington, Newmarket, Newton, North Hampton, Northwood, Nottingham, Portsmouth, Rye, Seabrook, South Hampton, Stratham

Strafford County Area Served: Barrington, Dover, Durham, Farmington, Lee, Madbury, Middleton, Milton, New Durham, Rochester, Rollinsford, Somersworth, Strafford

Community Action Partnership of Strafford County

Address: 642 Central Avenue, PO Box 160, Dover NH 03821

Phone: (603) 817-8207

Website: www.straffordcap.org and Email: cap@straffordcap.org

Senior Transportation Services: Our bus provides door-to-door, demand response transportation to anyone age 60 and over, and the suggested fare donation is \$2 per roundtrip. We give rides to grocery stores, shopping malls and discount shops.

Area Served: Barrington, Dover, Durham, Gonic, Newington, Rochester, Somersworth

Community Partners

Address: 113 Crosby Rd, Suite 1, Dover, NH 03820

Phone: (603) 516-9300

Website: www.dssc9.org

Services to Adults with Developmental Disabilities, Acquired Brain Disorders and Elder Services

Area Served: Barrington, Dover, Durham, Farmington, Lee, Madbury, Middleton, Milton, Milton Mills, New Durham, Rochester, Rollinsford, Somersworth, and Strafford

Transportation Services by County continued...

Strafford County

Cooperative Alliance for Seacoast Transportation (COAST) – Public Transportation

Address: 42 Sumner Drive, Dover NH 03820

Phone: (603) 743-5777

Website: www.coastbus.org and Email info@coastbus.org

COAST ADA Paratransit: Reservation-based service within 3/4-mile of the fixed route system

As required by the Americans with Disabilities Act (ADA), COAST provides curb-to-curb paratransit service for passengers whose disability prevents them from independently using the fixed route bus service for at least some of their trips.

Rockingham County Area Served: Exeter, Newington, Newmarket, Portsmouth, Stratham

Strafford County Area Served: Dover, Durham, Farmington, Rochester, Somersworth

Freedom Coach Chair

Location: Exeter NH 03833

Phone: (603) 642-5055

Freedom Coach Chair Transport Ltd is a medical transport service company providing local medical transportation in Exeter, NH.

Great Bay Services

Address: 23 Cataract Avenue, Suite 1, Dover, NH 03820

Phone: (603) 436-2014

Website: www.greatbayservices.org and Email: info@greatbayservices.org

Great Bay Services is a non-profit 501 (C) (3) human services organization providing education, training, and support for adults with intellectual disabilities.

Homemakers Health Services

Address: 215 Rochester Hill Road, Rochester, NH 03867

Phone: (603) 335-1770 or Toll-Free: (800) 660-1770

Website: www.thehomemakers.org and Email: info@thehomemakers.org

Adult Day Out Program: A program that offers daily social activities, meals and medical supervision for adults in a protective setting. Transportation is provided to and from the program.

Lamprey Health Care

Address: 207 South Main Street, Newmarket, NH 03857

Phone: (800) 582-7214 (Main Number)

Website: www.lampreyhealth.org (Main Website)

Phone: (603) 659-2424 (Transportation Program)

Website: www.lampreyhealth.org/services/senior-transportation-program (Transportation Page)

Lamprey Health Care's Senior Transportation Program provides transportation services to seniors ages 60+ and adults with disabilities. Weekly shopping/errand trips and monthly day trips

Rockingham County Area Served: Atkinson, Auburn, Brentwood, Candia, Danville, Deerfield, East Kingston, Epping, Exeter, Fremont, Hampstead, Hampton, Hampton Falls, Kingston, Newfields, Newmarket, Newton, North Hampton, Northwood, Nottingham, Plaistow, Raymond, Sandown, Seabrook, Stratham

Strafford County Area Served: Barrington, Durham, Lee

Transportation Services by County continued...

Strafford County

Seniors Helping Seniors

Address: 360 Route 101 Suite 3B, Bedford, NH 03110

Phone: (603) 801-1936

Website: www.seniorshelpingseniorsnh.com

Senior Ride Programs: Transportation for medical and non-medical purposes.

Strafford County Area Served: Barrington

Additional Counties Served: Grafton, Hillsborough, Merrimack and Rockingham

Wildcat Transit – Public Transportation

Address: 20 Sage Way, Durham NH 03824

Phone: (603) 862-2328 or Relay NH: 7-1-1 or 1-800 735-2964

Website: www.unh.edu/transportation/wildcat/index.htm

Transportation for University of New Hampshire in Durham and open to the public. Routes 3, 4, 5, & 125 - UNH students, faculty, and staff with a current UNH ID card ride for free. \$ 1.50 for all others. The Campus Connector system that serves students, employees and visitors on campus is free to all riders.

Rockingham County Area Served: Newmarket, Portsmouth

Strafford County Area Served: Dover, Durham, Rochester

Sullivan County

Caregivers of Southern Carroll County and Vicinity

Address: 209 North Main Street, Wolfeboro, NH 03894

Phone: (603) 569-6780

Area Served: Alton, Ossipee, Tuftonboro and Wolfeboro

Golden Cross Ambulance

Address: 5 Lincoln Heights Claremont NH 03743

Phone: (603) 542-6660 or Toll-Free: (800) 439-0466

Website: www.goldencrossamb.com

Emergency & Routine Medical Transports; Wheel Chair Vans or Ambulance; Services Available 24-Hours a Day

Newport Senior Center (Sullivan County Nutrition Program)

Address: 76 South Main Street, Newport, NH 03773

Phone: (603) 863-3177

Website www.newportrec.com/index.php?n=newport_senior_center

Transportation Services by County continued...

Sullivan County

PathWays of the River Valley (Lower Grafton County and Sullivan County)

Address: 654 Main Street, Claremont NH 03743

Phone: (603) 542-8706 or (603) 448-2077

Website: www.pathwaysnh.org

Services to Adults with Developmental Disabilities and Acquired Brain Disorders

Grafton County: Phone: 603-448-2077

Area Served: Canaan, Dorchester, Enfield, Grafton, Hanover, Lebanon, Lyme, Orange, Orford

Sullivan County: Phone: 603-542-8706

Area Served: Acworth, Charlestown, Claremont, Cornish, Croydon, Goshen, Grantham, Langdon, Lempster, Newport, Plainfield, Springfield, Sunapee, Unity, Washington

Southern NH HIV/AIDS Task Force

Address: 17 Dunbar Street, Keene, NH 03431

Phone: (603) 354-3241

Website: www.aidstaskforcenh.org and Email: hope@aidstaskforcenh.org

Transportation to and from Medical Appointments. All direct care services are free of charge to New Hampshire community members living with HIV/AIDS. Services include: Case Management; Nutrition Services and a Food Pantry; Transportation to and from Medical Appointments; Assistance in Securing and Maintaining Safe, Affordable Housing; Emergency Rent and Utility Payment Assistance

Counties Served: Cheshire, Hillsborough, Rockingham and Sullivan

Southwestern Community Services

Address: 96-102 Main Street, PO Box 1338, Claremont, NH 03743

Phone: (603) 477-9423 (Transportation Services)

Website: www.scshehelps.org/transportation.htm

Formerly through Community Alliance of Human Services in Newport

Area Served: Charlestown, Claremont and Newport

PUBLIC TRANSPORTATION AND PARA-TRANSIT SERVICES

Advance Transit (Upper Valley) in Grafton County

Address; PO Box 1027, Wilder, VT 05088

Phone: (802) 295-1824

Website: www.advancetransit.com and Email: rideAT@advancetransit.com

Access AT: ADA complementary paratransit service is shared ride, curb-to-curb transportation service. Advance Transit's ACCESS AT offers this service to individuals with disabilities who are unable, because of their disability, to use fixed route buses.

Area Served: Hanover and Lebanon

Blue Loon (Tri-County Community Action Program) in Carroll County

Phone: (603) 752-1542 or Toll-Free: (866) 752-6890

Website: www.tricountycaptransit.weebly.com/carroll-county-d2d.html

Carroll County Door to Door: Individual passengers can request a ride within a service area to go from one specific location to another specific location at a requested time.

Area Served: Albany, Bretton Woods, Chocorua, Conway, Madison, Moultonborough, Ossipee, Sandwich, Tamworth, Tuftonboro and Wolfeboro

Public Transportation and Para-Transit Services continued...

Concord Area Transit (CAT) in Merrimack County

Address: 2 Industrial Park Drive, PO Box 1016, Concord NH 03302

Phone: (603) 225-1989

Website: www.concordareatransit.org

CAT is one of the programs and transportation systems operated by Community Action Program Belknap-Merrimack Counties, Inc. (CAPBMCI). CAT provides public transportation service in Concord. It operates fixed-route and demand-response service.

ADA Complementary Paratransit: For riders who have a disability that prevents them from making some or all of their trips on fixed-route buses, CAT offers a shared-ride, origin-to-destination service called ADA paratransit service.

Concord Senior Transit (CST) is an origin-to-destination transportation for seniors 60 years and older in the Greater Concord Area (Boscawen, Bow, Concord, Pembroke, Penacook & Salisbury). The vehicles are wheelchair accessible. Seniors riding the CST can easily access downtown Concord, go shopping, and get to medical appointments and recreational activities.

Cooperative Alliance for Regional Transportation (CART) in Rockingham County

Address: 33 Geremonty Drive, Salem NH 03079

Phone: (603) 458-6087 and Phone: (603) 434-3569 (Schedule a Ride)

Website: www.cart-rides.org

Cart-Ride: Modification of Transportation Services for Individuals with Disabilities (ADA)

Area Served: Chester, Derry, Hampstead, Londonderry and Salem

Cooperative Alliance for Seacoast Transportation (COAST) in Rockingham & Strafford Counties

Address: 42 Sumner Drive, Dover NH 03820

Phone: (603) 743-5777

Website: www.coastbus.org and Email info@coastbus.org

COAST ADA Paratransit: Reservation-based service within 3/4-mile of the fixed route system. As required by the Americans with Disabilities Act (ADA), COAST provides curb-to-curb paratransit service for passengers whose disability prevents them from independently using the fixed route bus service for at least some of their trips.

Rockingham County Area Served: Exeter, Newington, Newmarket, Portsmouth, Stratham

Strafford County Area Served: Dover, Durham, Farmington, Rochester, Somersworth

Home Healthcare Hospice and Community Services (City Express) in Cheshire County

Address: 312 Marlboro Street, PO Box 564, Keene NH 03431

Phone: (603) 352-2253 (Main Number)

Phone: (603) 352-8494 (The Friendly Bus and Para Express)

Website: www.hcsservices.org/services/transportation and Email: info@hcsservices.org

The Friendly Bus: provides assisted transportation services for senior citizens age 60 and over.

The Para Express: is complimentary paratransit services for individuals with transit disabilities who live within 3/4 mile of the City Express route but who are certified as not able to use the regular City Express service.

Public Transportation and Para-Transit Services continued...

Manchester Transit Authority (MTA) in Hillsborough County

Address: 110 Elm Street, Manchester, NH 03101

Phone: (603) 623-8801

Website: www.mtabus.org and info@mtabus.org

StepSaver is a shared-ride transportation service offered by the Manchester Transit Authority. This program provides assistance to individuals with disabilities who are unable to use the regular fixed route bus service sometimes or all of the time.

Area Served: Bedford, Goffstown, Manchester and Connects to Concord and Nashua

Nashua Transit System in Hillsborough County

Address: 11 Riverside Street, Nashua, NH 03062

Phone: (603) 880-0100

Website: www.nashuanh.gov/680/Nashua-Transit-System

Paratransit & Senior Services: If you're 65 years old or older, or qualify as disabled under the Americans with Disabilities Act (ADA), you can make a reservation with Nashua Transit System's City Lift bus service to be picked up and dropped off anywhere within three quarters of a mile of one of our Citybus fixed-route bus stops.

Area Served: Amherst, Brookline, Hollis, Hudson, Merrimack, Milford, Mont Vernon, Nashua, and Wilton

North Country Transit by Tri-County Community Action Program in Carroll, Coos and Grafton Counties

Address: 31 Pleasant Street, Berlin NH 03570

Phone: (603) 752-1741 or Toll-Free: (888) 997-2020

Website: www.tccap.org and Transit Website: <http://tricountycaptransit.weebly.com/>

Tri-County CAP Transit is a public transportation organization in northern New Hampshire that operates in Coos, Carroll and Northern Grafton Counties. We provide elder, disabled, low income and general public transportation

Southwestern Community Services in Sullivan County

Address: 96-102 Main Street, PO Box 1338, Claremont, NH 03743

Phone: (603) 477-9423 (Transportation Services)

Website: www.scshehelps.org/transportation.htm

Formerly through Community Alliance of Human Services in Newport

Area Served: Charlestown, Claremont and Newport

Wildcat Transit in Rockingham and Strafford Counties

Address: 20 Sage Way, Durham NH 03824

Phone: (603) 862-2328 or Relay NH: 7-1-1 or 1-800 735-2964

Website: www.unh.edu/transportation/wildcat/index.htm

Transportation for University of New Hampshire in Durham and open to the public. Routes 3, 4, 5, & 125 - UNH students, faculty, and staff with a current UNH ID card ride for free. \$ 1.50 for all others. The Campus Connector system that serves students, employees and visitors on campus is free to all riders.

Rockingham County Area Served: Newmarket, Portsmouth

Strafford County Area Served: Dover, Durham, Rochester

Public Transportation and Para-Transit Services continued...

Winnepesaukee Transit System in Belknap and Merrimack Counties

Address: 121 Belmont Road, Laconia NH 03246

Phone: (603) 528-2496 or Toll-Free: (800) 294-2496

Website: www.bm-cap.org/wts.htm

Administered by: Community Action Program Belknap-Merrimack Counties, Inc.

Belknap County Area Served: Belmont, Gilford, Laconia, Tilton

Merrimack County Area Served: Franklin, Northfield

NH RIDESHARE AND TRANSIT SERVICES

NH Ride Share through Department of Transportation

Address: Bureau of Rail and Transit, 7 Hazen Drive, Concord, NH03301

Website: www.nh.gov/dot/nhrideshare and Email: coordinator@dot.state.nh.us

Transit Services: local providers; long distance bus service; train service; and other related websites

NH Rideshare is a FREE ride matching service provided by the NH Department of Transportation that helps to reduce transportation costs as well as traffic congestion and air pollution. NH Rideshare provides information and assistance about ridesharing including carpools, vanpools, buses, and trains.

INFORMATION AND RESOURCES

2-1-1 New Hampshire

Phone: 211 (in NH only) or Toll-Free: (866) 444-4211 (out of state)

Address: PO Box 211, Manchester, NH 03105

Website: www.211nh.org and Email: 211nh@211nh.org

2-1-1 is an easy to remember telephone number that connects callers, at no cost, to information about critical health and human services available in their community.

Granite State Independent Living

Address: 21 Chenell Drive, Concord NH 03301

Phone: (603) 228-9680 or Toll-Free: (800) 826-3700

Website: www.gsil.org and Email: info@gsil.org

Promoting life with independence for people with disabilities and those experiencing the natural process of aging through advocacy, information, education, support and transition services.

ServiceLink Resource Center

Toll-Free in NH: (866) 634-9412 (See website to search for contact information for the nearest office)

Website: www.nh.gov/serviceLink

ServiceLink promotes awareness of the various options that are available in the community, including options among under-served, hard-to-reach and private paying populations, as well as options individuals can use to plan ahead for their long-term needs.