

Transportation Guide

Arranging transportation can be challenging. The following information is meant to be a helpful guide to transportation options available in the Portland metro area.

FAMILY/FRIENDS



Friends, family members, neighbors and faith communities are potential sources for transportation assistance. Often, people want to help with transportation needs.

RIDES FOR HIRE



Many patients schedule transportation through private companies. Here are a few options:

- Cab services
- Uber or Lyft
- GoGoGrandparent.com

TRIMET PUBLIC TRANSPORTATION



- Trimet Bus Service
- TriMet MAX Light Rail
- TriMet's LIFT services is a shared-ride public transportation service for people who are unable to use regular buses or trains due to a medical condition. Regular fares apply. TriMet LIFT requires medical certification. Call for eligibility and application information:

- Multnomah or Washington county: **503-962-8000**
- Clackamas county: **503-655-8640**



Medicaid / Oregon Health Plan

No-cost transportation to and from medical appointments is available for those with Medicaid/Oregon Health Plan insurance.

TO SCHEDULE:

1. Register for this service by calling Ride to Care serving Multnomah/Washington/Clackamas: **1-855-321-4899**
2. Schedule transportation within 47 hours of an appointment.

REIMBURSEMENT:

Medicaid has a transportation reimbursement benefit, talk to your Medicaid case manager for details.