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Letters

Help elders remain independent

08/25/03

As older adults reach a point in their lives when driving becomes too difficult and dangerous for themselves and others, we must provide services that help them remain independent and safe.

Denied the freedom to drive, older adults can no longer perform errands as basic as getting to the doctor or grocery store. One solution is for able drivers to help -- take your family member, your neighbor or your friend where they need to go.

We can also support independence for older adults by helping them access services provided by nonprofits. We can also volunteer.

Volunteers from Project Linkage, a program of Metropolitan Family Service, provide up to 1,000 rides per month each year in inner city neighborhoods. The program always needs more volunteers. Take a proactive part in supporting safety on the roads and independence for older adults.

KRISTA LARSON Executive director Metropolitan Family Service Southeast Portland

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