

## Provider List - Transportation Services - Cumberland County

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### Advanced Modifications

**Contact:** [Business]\*  
**Last Updated:** 01/22/2020 12:40:15PM  
**Last Reviewed:** 01/22/2020

**Phones:** (207) 848-8226 [Business]\*,  
 (855) 848-8226 [Alternate]

**Address:** [Business]\*  
 174 Rand Rd., Unit 5  
 Portland, ME 04102 (Cumberland county)

**Web Site:** <http://advancedmodifications.com/>

#### Eligibility:

**Notes:** Advanced Modifications offers speciality vehicle sales and service. This includes wheelchair parts, services and accessories. Residential and commercial lifes are also available.

Services include:

- Adaptive Equipment Sales and Service & Rentals
- 24 Hour Emergency Service
- Road Service and Scheduled Maintenance
- Free Vehicle Demonstrations •Free Vehicle Assessments •Full Service Auto Repair

Financing options - VA benefits, grants, dealer rebates and other solutions may be available. Please call FMI.

### American Cancer Society

**Contact:** [Business]  
**Last Updated:** 02/04/2020 1:44:22PM  
**Last Reviewed:** 02/04/2020

**Phones:** (800) 227-2345 [Toll-Free]\*,  
 (207) 373-3700 [Business],  
 (207) 729-0635 [Fax]

**Address:** [Business]  
 Kennebunk, ME 04043 (York county),  
 [Business]

**Web Site:** [www.cancer.org](http://www.cancer.org)

Portland, ME (Cumberland county),  
 [Business]\*  
 1 Bowdoin Mill Island, Suite 300  
 Topsham, ME 04086 (Sagadahoc county)

[Business]

#### Eligibility:

**Notes:** NOTE: The office to contact is located in Topsham but service is provided in York and Cumberland county as well. The New England Division of the American Cancer Society offers information and support for persons affected with cancer. Find support groups, programs, and services in your area. Programs include transportation to appointments, peer support from cancer survivors, and a variety of wellness, support, and informational programs. Please call FMI about programs in your area.

Road to Recovery is an American Cancer Society service that provides free transportation for cancer patients to their treatments and home again. Transportation is provided according to the needs and available resources in the community, and is available for cancer patients that cannot drive themselves to treatment, that do not have insurance to cover transportation services or that do not have family members or friends that can help with a ride. Some exceptions can be made in special situations. Road to Recovery transportation is provided by trained volunteers who use their own vehicles to give this service. Patients must be ambulatory.

Please call at least a week before ride is needed (the more advance notice the better)

**Provider List - Transportation Services - Cumberland County**

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**American Cancer Society: Discount Train Fare**

**Contact:** **Phones:** (800) 227-2345 [Toll-Free]\*

**Last Updated:** 02/04/2020 1:51:28PM

**Last Reviewed:** 02/04/2020

**Address:** [Business] **Web Site:** [www.cancer.org/treatment/supportprogramsservices/road-to-recovery](http://www.cancer.org/treatment/supportprogramsservices/road-to-recovery)

Portland, ME (Cumberland county),  
[Business]

Kennebunk, ME 04043 (York county),  
[Business]\*  
1 Bowdoin Mill Island, Suite 300  
Topsham, ME 04086 (Sagadahoc county)

**Eligibility:**

**Notes:** 02/04/2020 - I couldn't find reference to this on either the Amtrak or Cancer Society website but called Cancer Society and confirmed the program still exists. Cancer Society would give them a discount coupon and they would need to take that to the Portland station to buy a ticket.

NOTE: The office to contact is located in Topsham but service is provided in York and Cumberland county as well. The Amtrak Downeaster has partnered with the American Cancer Society to offer a significant discount to cancer patients for medical travel to Boston. The offer is valid on all trains Monday-Friday. Travel must originate in Maine and terminate in Woburn or Boston ONLY. To access this service patients or medical providers MUST contact the American Cancer Society. Patient (and one companion if desired) can travel for \$12 one-way, \$24 round trip per person.

Contact the Topsham office of the American Cancer Society; discount NOT available by calling AMTRAK directly.

**Amtrak: Downeaster Senior & Disability Discount**

**Contact:** **Phones:** (800) 872-7245 [Toll-Free]\*

**Last Updated:** 02/04/2020 2:07:12PM

**Last Reviewed:** 02/04/2020

**Address:** [Business]\* **Web Site:** <http://amtrakdowneaster.com/discount/seniors-discount>

Portland Station  
100 Thompson's Point Road  
Portland, ME 04102 (Cumberland county)

**Eligibility:**

**Notes:** Passengers 62 and older are entitled to half-off the regular one-way fares. Valid I.D. is required when purchasing tickets and while traveling. PLEASE NOTE: You must mention or type (for online reservations) the correct promotion code to receive discount. Seniors Half Price: Seniors 62 and older are entitled to 50% off the regular one-way coach fares on most Downeaster trains (15% discount on trains 685 or 695\*).

Reference promotion code V543 when making a reservation. This discount is not available when tickets are purchased onboard the train or valid for travel in business class.

Disability/ Medicare Discount: Passengers with a disability and Medicare card holders are entitled to half-off the regular one-way coach fares . Not valid in business class or on trains 685/695. Valid I.D. and Medicare card is required when purchasing tickets and while traveling.

Please note that this discount is not available through the internet or Quik-Trak kiosk; a reservation must be made at a staffed Amtrak station or by calling 1-800-USA-RAIL.

Please call to confirm the terms of discount or code has not been changed.

## Provider List - Transportation Services - Cumberland County

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### Bridgton Community Center

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**Contact:** [Business]\* **Phones:** (207) 647-3116 [Business]\*

**Last Updated:** 02/18/2020 3:41:19PM

**Last Reviewed:** 02/18/2020

**Address:** [Business]\*  
15 Depot Street  
Bridgton, ME 04009 (Cumberland county)

**Web Site:** [www.bridgtoncommunitycenter.org](http://www.bridgtoncommunitycenter.org)

**Eligibility:**

**Notes:** Bridgton Community Center offers programs for all ages that include arts/music events, educational sessions, and ongoing activities such as cards, games, movies, and social events and trips for seniors.

There is a Seniors Lunch on Wednesdays (ages 55+ donation requested \$3 Please come join us, no reservation needed), and a free community dinner "Kettle Supper" for all ages on Thursday evenings.

The Community Center serves as a warming center for Bridgton area residents. Income tax preparation assistance for low and moderate income people is available by appointment. Bridgton's Project Warm fuel collaborative for Bridgton residents is accessed through the community center as well.

Bridgton residents needing non-medical transportation within Bridgton, please call Community Center 24 - 48 hours in advance. No charge for this service.

For all programs - please call to confirm current offerings or stop in.

### Central Maine Private Transportation

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**Contact:** [Service Area Placeholder]\* **Phones:** (207) 215-7089 [Business],  
(207) 213-6547 [Business]\*

**Last Updated:** 02/20/2020 10:55:05AM

**Last Reviewed:** 02/20/2020

**Address:** [Service Area Placeholder]\*  
Portland, ME (Cumberland county)

**Web Site:** <http://www.centralmainept.com/>

**Eligibility:** Age 55 or older

**Notes:** Provides handicapped accessible van transportation to seniors and veterans. Should call 3 weeks in advance to schedule appointment. \$50 an hour. Serves Farmingdale, Gardiner, Augusta, Portland and anywhere in between.

### Cumberland Area Rides - CAR

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**Contact:** [Business]\* **Phones:** (207) 829-3367 [Home]\*

**Last Updated:** 02/20/2020 3:33:48PM

**Last Reviewed:** 02/20/2020

**Address:** [Business]\*  
290 Tuttle Rd.  
Cumberland, ME 04021 (Cumberland county)

**Web Site:** <https://aipcumberland.org/cumberland-area-rides-car-riderdriver-procedures/>

**Eligibility:**

**Notes:** Cumberland Area Rides (CAR) volunteer drivers offer rides to Town of Cumberland and North Yarmouth seniors who don't otherwise have access to transportation. This is one of the services provided by Aging in Place Cumberland. To sign up for the program, call 207-829-3367 or email cumberlandrides@gmail.com. Available Mon-Fri 9am - 3pm, Sunday 9am-noon. A 5-day notice requested.

## Provider List - Transportation Services - Cumberland County

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### Freeport Community Services

**Contact:** [Business]\*  
**Last Updated:** 02/25/2020 9:09:25AM  
**Last Reviewed:** 02/25/2020

**Phones:** (207) 865-3985 x 205\_\_ [Business]\*

**Address:** [Business]\*  
 53 Depot Road  
 Freeport, ME 04032 (Cumberland county)

**Web Site:** [www.fcsmaine.org](http://www.fcsmaine.org)

**Eligibility:**

**Notes:** Any resident of Freeport and Pownal- if you need assistance please don't hesitate to call. Freeport Community Services (FCS) provides information & referral services, direct services, and volunteer opportunities for community members to support and participate in activities that benefit the community. Services provided include food pantry, fuel assistance, medical loan closet, clothing, information and referral, transportation to medical appointments, volunteer opportunities, Holiday Help-line, and summer camp scholarships. They also can let you know if there are volunteers available to shovel seniors out after a storm.

FCS also makes funds available to meet specific needs, such as eye glasses and medications, even diabetic testing supplies. Donations to these funds are always welcome.

Donations of medical supplies are accepted. Please call 865-8985 or 869-1005.

The free medical equipment loan contains crutches, wheelchairs, walkers, shower benches, raised toilet seats, braces, etc.

The Holiday Help-line offers several programs to help Freeport and Pownal residents who would like assistance at Thanksgiving and/or Christmas time. The staff stress that there are no eligibility requirements other than residency and they encourage people to call. They offer Thanksgiving baskets that include a turkey and other foodstuffs.

Thanksgiving Dinner is served at Freeport Community Services from 11:30-2 on Thanksgiving Day. For Christmas, the "Adopt-a-Family" program matches families in need with individuals and organizations that would like to buy gifts for residents of the community.

Thanksgiving & Christmas foodbaskets and gifts; application available October 1 - December 1.

### Hour Exchange Portland

**Contact:** [Business]\*  
**Last Updated:** 02/27/2020 11:15:19AM  
**Last Reviewed:** 02/27/2020

**Phones:** (207) 619-4437 [Business]\*

**Address:** [Business]\*  
 24 Preble St. 3rd Fl.  
 Portland, ME 04101 (Cumberland county)

**Web Site:** <https://hourworld.org/bank/Services.php?hw=1001>

**Eligibility:**

**Notes:** At its most basic level, Time banking is simply about spending an hour doing something for somebody in your community. That hour goes into Time Bank as a Time Dollar. Then you have a Time dollar to spend on having someone doing something for you. There is a wide range of services available that are listed in the member directory. Hour Exchange Portland also hosts pot-lucks and other events throughout the year to bring members together in a social network and to share information.

Current membership fee is \$25 + 2 time dollars a year.

Please call for a packet or visit the website to download a Member Application and Reference Forms; there is a required orientation session for all new members.

## Provider List - Transportation Services - Cumberland County

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### ITN CarTrade Program

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**Contact:** [Business]\*  
**Last Updated:** 02/27/2020 12:52:40PM  
**Last Reviewed:** 02/27/2020

**Phones:** (207) 854-0505 [Business]\*,  
 (207) 849-7041 [Fax]

**Address:** [Business]\*  
 90 Bridge Street  
 Suite 210  
 Westbrook, ME 04092 (Cumberland county)

**Web Site:** [www.itnportland.org](http://www.itnportland.org)

**Eligibility:**

**Notes:** If you have a good car, you can trade it for rides. Or, you can make a tax-deductible gift of your car to support the ITN mission. For more information, contact ITNPortland, or if you prefer, stop in at any Lee Auto Malls to have your car appraised. A salesperson will help you swap your car for rides!

### ITN Independent Transportation Network

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**Contact:** [Business]\*  
**Last Updated:** 06/29/2018 11:25:37AM  
**Last Reviewed:** 06/29/2018

**Phones:** (207) 854-0505 [Business]\*

**Address:** [Business]\*  
 90 Bridge St  
 Westbrook, ME 04092 (Cumberland county),  
 [Business]  
 One Westbrook Common, Suite 3  
 Westbrook, ME 04092 (Cumberland county)

**Web Site:** [www.itnportland.org](http://www.itnportland.org)

**Eligibility:**

**Notes:** ITN relies on user fees, memberships, community support and volunteer drivers to meet the mobility needs of seniors and people with visual impairments. ITN customers pay for rides through pre-paid accounts; the fare structure encourages planning rides 24 hours in advance. Credits for fares & membership fees can be created through gift certificates, car donation program and/or participating businesses paying part of the cost of rides for customers. There are also limited scholarship funds (called roadscholarfunds) for low-income riders. Service is provided in a 15 mile radius of Portland.

65+ years old or visually impaired; ITN does not have wheelchair accessible vehicles. \$50/\$60 family annual membership fee; a prepaid Personal Transportation Account™ based on estimated usage; there is a per ride charge, please call for specifics. Please call or visit the website FMI on ride/payment details, an application, and Road Scholarship™ application

**Provider List - Transportation Services - Cumberland County**

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**Lake Region Senior Service Inc**

**Contact:** [Business]\*  
**Last Updated:** 02/28/2020 11:12:35AM  
**Last Reviewed:** 02/28/2020

**Phones:** (207) 647-2483 [Business]\*

**Address:** [Business]\*  
 182 North Rd  
 Bridgton, ME 04009 (Cumberland county)

**Web Site:** <http://lrssstp.nzfreeservers.com/>

**Eligibility:**

**Notes:** Lake Region Senior Service, Inc. - Healthcare Access Program (formerly the Senior Transportation Program) is grass-roots volunteer organization which provides seniors, citizens with disabilities and cancer patients, without other transportation alternatives, rides to and from medical-related appointments. The program uses volunteer drivers in their own cars, and the number of trips that can be scheduled is related to volunteer driver availability. The program is always looking for volunteer drivers (current reimbursement is \$.40 per mile). Average, workable notice of 2 weeks is generally required. They cannot provide wheelchair service. Must be able to transfer self in and out of vehicle. We utilize a "Schedule of Suggested Donations" which are affordable and vary regarding average distances between residences and medical facilities.  
 Please call or email the coordinator at least a week in advance to arrange transportation and to confirm current donation schedule.

**Metro: Greater Portland Transit District**

**Contact:** [Business]\*  
**Last Updated:** 08/06/2019 3:13:42PM  
**Last Reviewed:** 08/06/2019

**Phones:** (207) 774-0351 [Business]\*

**Address:** [Business]\*  
 114 Valley Street  
 Portland, ME 04102 (Cumberland county)

**Web Site:** <https://gpmetro.org/>

**Eligibility:**

**Notes:** METRO serves major shopping and medical destinations in the service area of Portland, Westbrook, the Maine Mall area of South Portland, and Falmouth.  
 METRO BREEZ - new express service between Portland, Falmouth, Yarmouth and Freeport.  
 METRO accepts transfers from South Portland City Bus and ZOOM bus. Some merchants participate in a "free-ride home" program, call for details.

Exact fare only - call for current fares; seniors 65+/people with disabilities ride for 1/2 price fare; day and monthly passes may be purchased at Purchase tickets at the METRO Pulse at Elm Street. Cash, Checks and Credit Cards accepted.

Please visit website or call about Bus routes/schedules, Metro passes etc.

## Provider List - Transportation Services - Cumberland County

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### MobilityWorks

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**Contact:**  
**Last Updated:** 05/27/2021 1:39:33PM  
**Last Reviewed:** 05/27/2021

**Phones:** (855) 694-7323 [Business],  
(207) 747-2064 [Business]\*

**Address:** [Business]\*  
32 Lewiston Rd Unit 2B  
Gray, ME 04039 (Cumberland county)

**Web Site:** [www.mobilityworks.com](http://www.mobilityworks.com)

**Eligibility:**

**Notes:** Formerly known as Ride-Away, rents handicap accessible mini-vans, full size, and commercial vans. All have lowered floors with a wheelchair lift or ramp. Ride-away also sells new and used accessible vans and provides extensive repair and modification services. Please call  
Driver must be over 21 with a valid driver's license and current automobile insurance

Please call for current rental rates and more information

### Modivcare Solutions LLC

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**Contact:**  
**Last Updated:** 03/24/2021 1:18:34PM  
**Last Reviewed:** 03/24/2021

**Phones:** (855) 608-5178 [Toll free in state],  
(877) 659-1302 [Toll-Free]\*

**Address:** [Business]  
86 York Street  
Suite 2  
Kennebunk, ME 04043 (York county),  
[Business]\*  
400 Southborough Drive Suite 101  
South Portland, ME 04106 (Cumberland county)

**Web Site:** <https://modivcare.com/>

**Eligibility:** Accepts Mainecare/Medicaid

**Notes:** Modivcare (formerly know as Logisticare) is the broker or booking agent in York and Cumberland Counties for MaineCare rides to medical appointments. They are open Monday through Friday from 8am - 5pm and require 2 business-day notice for scheduling rides. The type of ride/service will depend on client needs and if they qualify. Please call to schedule ride or if you have any questions.

Cumberland County call 855-608-5178  
York County call 877-659-1302

Susan Zukoff, Outreach Manager  
LogistiCare Solutions, LLC.  
400 Southborough Drive, Suite 101  
South Portland, ME 04106  
Direct line: 877-659-1301, ext. 2010

## Provider List - Transportation Services - Cumberland County

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### North East Mobile Health Services

**Contact:** **Phones:** (207) 772-6000 [Business]  
**Last Updated:** 10/14/2020 1:30:08PM  
**Last Reviewed:** 07/11/2018

**Address:** [Business]\* **Web Site:** <https://nemhs.com/>  
 24 Washington Ave.  
 Scarborough, ME 04074 (Cumberland county)

**Eligibility:**

**Notes:** North East Mobile Health Services provides comprehensive medical transportation including ambulance emergency and non-emergency transfer services, air medical and critical care transfers and wheelchair van transportation. The fleet of wheelchair accessible vans are routinely available to transport patients to medical appointments and diagnostic tests that do not require the services of an ambulance. Whether for a short distance trip to see a doctor or for a longer trip to Boston for a diagnostic test, trained van operators will provide prompt, friendly and professional service door-to-door.

North East also has a program called Home for the Holidays - a service provided by drivers who volunteer their time so family members in facilities can be with family for the Thanksgiving or Christmas celebrations. Please call (207) 510-0073. Greater Portland area. First come first serve basis.

Serves Greater Portland, Bath/Brunswick and all of Southern Maine including hospitals and other healthcare facilities in Biddeford, Sanford, Kennebunk and York.

Please call for current fees - Wheelchair van services are often covered by MaineCare.  
 Please call Dispatch 800-215-2000 for more information and to arrange for services.

### Portland Area Villages

**Contact:** **Phones:** (207) 370-1896 [Business]\*  
**Last Updated:** 04/26/2019 3:35:01PM  
**Last Reviewed:** 03/20/2019

**Address:** [Mailing]\* **Web Site:** <https://portlandareavillages.org/>  
 Portland Area Villages, Inc.  
 PO Box 10832  
 Portland, ME 04104 (Cumberland county)

**Eligibility:** Age 55 or older

**Notes:** Portland Area Villages (PAV), the region's first comprehensive aging-in-place network, has officially launched its services.

Seniors needing or wishing to have assistance with transportation, including weekly grocery shopping, rides to nearby senior centers, hairdressers, or medical appointments, would find the services both safe and convenient. PAV services also include light household chores such as light bulb replacement, snow removal, or taking trash to the curb for weekly pick-up, as well as volunteer visits or phone check-ins.

Those wishing to join to make use of PAV complete simple applications, beginning with a phone call to 207-370-1896. Annual membership cost is \$250 for an individual and \$325 for a couple or household. Scholarships may be available to those unable to afford the membership cost. The membership fee would go from \$250 a year to \$125 if eligible. Payment plans are also an option. Anyone 50 years of age and older and in need of assistance, and within the Greater Portland area, is eligible to join.

PAV is a 501(c)(3) non-profit and provides administrative and organizational services to local "villages" such as Munjoy Hill, Back Cove Village, and West End Village. For more information, please contact Carol Colton at 207-370-1896 or [info@portlandareavillages.org](mailto:info@portlandareavillages.org).



**Provider List - Transportation Services - Cumberland County**

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**Regional Transportation Prg: ADAPT**

**Contact:** **Phones:** (800) 244-0704 [Toll-Free],  
**Last Updated:** 07/17/2018 1:51:34PM (207) 774-2666 [Business]\*  
**Last Reviewed:** 07/17/2018

**Address:** [Business]\* **Web Site:** <http://rtprides.org/>  
 127 St. John Street  
 Portland, ME 04102 (Cumberland county)

**Eligibility:**

**Notes:** RTPADAPT (ADA Paratransit Service) provides curb-to-curb rides to persons who cannot use a regular city bus due to a disability. Service is available in Portland, South Portland, Westbrook and Falmouth along the route 1 corridor. RTP's paratransit service ADA service is available only within 3/4 mile of the fixed route and only during the exact the days of the week and hours of service for the METRO and the South Portland Bus Service. The trip may be for any purpose-medical and other appointments, shopping, social activities, higher education, or to visit a friend, etc.

Eligibility: People who cannot use the METRO due to a disability; doctor's office needs to sign or stamp the professional verification section of the ADA application

Free for eligible riders, current fare for others is \$2.50 one-way

Please call FMI - to arrange a ride must have an ADA Application on file (available from the RTP office or website); Call to arrange ride no later than 5pm the day before ride is needed

**Regional Transportation Prg: County Wide Bus Srvc.**

**Contact:** **Phones:** (207) 774-2666 [Business]\*,  
**Last Updated:** 07/17/2018 1:52:42PM (800) 244-0704 [Business]  
**Last Reviewed:** 07/17/2018

**Address:** [Business]\* **Web Site:** [www.rtprides.org](http://www.rtprides.org)  
 127 St. John Street  
 Portland, ME 04102 (Cumberland county)

**Eligibility:**

**Notes:** Anyone can take advantage of RTP county bus routes for shopping, hospital visits, city errands, a visit to the public library, or any other purpose. This is on a "space-available" basis. As long as the trip is taking place within Cumberland County, RTP will do its best to help you get where you need to go. Because RTP is a shared-ride service, it does require flexibility on the part of riders. No application required for "General Public" trips.

RTP also offers bus service in the Lake Region on a fixed route from Naples along Route 302 to downtown Portland. Please call for details and fares.

Free for qualified riders with an application on file; others 1-way fare is \$2.50 within one town or between neighboring towns, and \$5 between non-adjointing towns

Please call FMI on locations/days/times and to schedule a ride; please note that service to and from some towns is limited

## Provider List - Transportation Services - Cumberland County

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### Regional Transportation Prg: Rides to Health Care

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**Contact:** **Phones:** (207) 774-2666 [Business]\*,  
(800) 244-0704 [Business]  
**Last Updated:** 07/17/2018 1:53:06PM  
**Last Reviewed:** 07/17/2018

**Address:** [Business]\* **Web Site:** [rtprides.org](http://rtprides.org)  
127 St. John Street  
Portland, ME 04102 (Cumberland county)

#### Eligibility:

**Notes:** RTP schedules door-to-door rides for medical appointments for qualified non-MaineCare riders. However, there are some restrictions in terms of days/hours/geographic area of service so please call RTP dispatch to get the details.

Rides can be scheduled up to 14 days in advance, but no later than two business days prior to your appointment date

RTP asks all riders to complete a Transportation Application to allow RTP to plan rides that best fit our riders' needs. This information may also be used to determine a rider's qualification for funding by one or more of our partner agencies. Providing documentation to verify income for all income sources is an essential part of the application process to accurately determine your funding qualification.

Some riders will be required to pay a fare - when you call to schedule your ride, the Mobility Agent will let you know if a fare is due.

Please call for more information

### Regional Transportation Prg: Shoppers Express

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**Contact:** **Phones:** (207) 774-2666 [Business]\*,  
(800) 244-0704 [Business]  
**Last Updated:** 07/17/2018 1:53:33PM  
**Last Reviewed:** 07/17/2018

**Address:** [Business]\* **Web Site:** [rtprides.org](http://rtprides.org)  
127 St. John Street  
Portland, ME 04102 (Cumberland county)

#### Eligibility:

**Notes:** There is a Shopping shuttle that services the following towns on a schedule with pick-ups at predetermined housing complexes. Freeport, Gorham, Portland, Scarborough, South Portland, Windham, Westbrook, Standish.

Please call FMI about location/day schedule and to fill out an application/register for the service

Eligible riders free - for all others the fare is \$2.50 one-way (\$5 round trip)

Please call FMI about service in your town and how to access.

## Provider List - Transportation Services - Cumberland County

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### South Portland Bus Service

**Contact:** [Business]\*  
**Last Updated:** 07/19/2018 3:26:54PM  
**Last Reviewed:** 07/19/2018

**Phones:** (207) 767-5556 [Business]\*

**Address:** [Business]\*  
 25 Cottage Road  
 South Portland, ME 04106 (Cumberland county)

**Web Site:** <http://www.southportland.org/departments/bus-transportation/>

**Eligibility:**

**Notes:** South Portland bus service generally runs on schedules Monday - Friday and offers more limited service on Saturday. No service on Sundays. Routes and time tables of the buses can be found online or on any of the buses, Shop and Save, Shaw's or City Hall in South Portland or you may call with questions. There is no additional charge for transfers between the METRO and the South Portland Bus Service at the Maine Mall and the three Congress Street stops. Lift-equipped para-transit bus service is available to disabled residents unable to board the fixed-route buses.

Please call for bus schedule or more information about routes, current cost of fares (some are discounted) and where to purchase ten-ride tickets. Please note exact fare only - drivers do not make change.

### Town of Scarborough

**Contact:** [Business]\*  
**Last Updated:** 01/23/2020 8:42:35AM  
**Last Reviewed:** 01/23/2020

**Phones:** (207) 730-4000 [Business]\*,  
 (207) 730-4025 [Business],  
 (207) 730-4060 [Business],  
 (207) 730-4150 [Business]

**Address:** [Business]\*  
 259 U.S. Route 1  
 Scarborough, ME 04074 (Cumberland county)

**Web Site:** [www.scarboroughmaine.org](http://www.scarboroughmaine.org)

**Eligibility:**

**Notes:** General Assistance allows the town to provide aid, under strict state guidelines, to individuals and families in financial crisis. The GA office works closely with DHHS and with social service agencies such as SMAA, Catholic Charities, Project Grace and PROP. The department will speak with any resident, whether they qualify for general assistance or not, about other opportunities available to meet their needs (i.e. housing, fuel assistance, employment, etc.)  
 Please call for an appointment to complete an application; Proof of income and living expenses require; any resident in need of assistance is encouraged to call. GA number is 730-4025 or email rdaniel@scarborough.org

Scarborough 55+ Program provides resources and enrichment activities. A calendar of events and a bi-monthly newsletter lists current activities and registration details. Transportation is available to 55+ programs and to OLLI classes and SAGE lectures on selected days. \$10 annual membership fee; other fees vary by activity/program; Transportation \$5 door-to-door and \$2 round-trip from parking lot; some help with costs possible for Scarborough residents  
 Please call or visit the website for more information and/or to sign up for activities. 55+ Program number is 730-4173.  
 cdibiase@scarborough.org

Scarborough Police Dept will deliver sand to seniors. Please email svaughan@scarboroughmaine.org. or 207-730-4311.

## Provider List - Transportation Services - Cumberland County

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### Veterans Transportation Network

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**Contact:** [Service Area Placeholder]      **Phones:** (207) 623-5790 [Business]\*,  
(877) 421-8263 x 5790 [Toll free in state]

**Last Updated:** 10/18/2019 9:42:19AM

**Last Reviewed:** 07/26/2018

**Address:** [Service Area Placeholder]      **Web Site:** [http://www.maine.va.gov/visitors/DAV\\_transportation.asp](http://www.maine.va.gov/visitors/DAV_transportation.asp)

Scarborough, ME (Cumberland county),  
[Business]\*  
VAMROC Bldg. 206, Rm. 343  
1 Veterans Center  
Augusta, ME 04330 (Kennebec county),  
[Service Area Placeholder]

Biddeford, ME (York county)

**Eligibility:**

**Notes:** The Togus VA Medical Center (VAMC) operates a Volunteer Transportation Network funded through donations to the Disabled American Veterans (DAV) Department of Maine. Volunteer drivers transport clients with appointments at Togus Veteran's Hospital.

Eligibility: Veterans with scheduled appointments at Togus; The DAV is not able to accommodate wheelchair patients or those on oxygen except for shoulder carried oxygen canisters.

Monday through Friday 7:30am - 4pm. Serves Southern Maine.

Please call DAV to arrange a ride at least a week in advance.

### Windham Senior Transportation

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**Contact:** [Business]\*      **Phones:** (207) 892-1905 [Business]\*

**Last Updated:** 03/21/2019 9:10:54AM

**Last Reviewed:** 07/26/2018

**Address:** [Business]\*      **Web Site:** <http://www.windhammaine.us>

Community Center & Municipal Office  
8 School Road  
Windham, ME 04062 (Cumberland county)

**Eligibility:**

**Notes:** There is a bus on Thursday mornings that goes to No. Windham for seniors who need to get groceries, go to the bank, get prescriptions filled, or pick up a few things. The van generally departs around 9:30 and returns around 12:30. Please call our office 24 hours ahead of time to reserve your seat. The bus may pick seniors up at their homes. Service is for Residents of Windham (includes North Windham, South Windham)

## Provider List - Transportation Services - Cumberland County

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### Yarmouth Cares About Neighbors (YCAN)

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**Contact:** **Phones:** (207) 838-2261 [Business]\*

**Last Updated:** 08/06/2019 3:45:10PM

**Last Reviewed:** 08/06/2019

**Address:** [Mailing]\*  
Po Box 553  
Yarmouth, ME 04096 (Cumberland county),  
[Business]  
200 Main Street  
Yarmouth, ME 04096 (Cumberland county)

**Web Site:** <https://ycan.info/>

#### Eligibility:

**Notes:** Yarmouth Cares About Neighbors (YCAN) is a volunteer group of residents who help organize community efforts to provide assistance and support to other residents who need help in a variety of areas. Toward this end, the group has published a local resource guide, they offer Fuel Assistance that can be accessed through the GA office, Food support through the Community Food Pantry and Holiday support that can be accessed through an online application or by calling. The Senior Committee is dedicated to looking at what unmet needs seniors have in Yarmouth.

The Rides Program offers free rides to Yarmouth, Maine residents who cannot drive, either temporarily or permanently.

For transportation to medical appts. you can contact Jean Rafford by phone at 207-329-7295 or 207-846-2406 or e-mail: [jeanrafford@gmail.com](mailto:jeanrafford@gmail.com). Please leave your name, telephone number, and the day you might like a ride.

They also offer Aging In Place (AIP) led by Leigh Kirchner. The AIP initiative received a block grant to conduct a survey of needs in Yarmouth, and used the survey results to produce a plan for services that support seniors who wish to remain in their homes. If you have questions about, or suggestions for needed services, or would like to participate, please call Leigh at 207-712-7244 or e-mail her: [leighmk2050@gmail.com](mailto:leighmk2050@gmail.com).

Information and resource agency offers food and holiday assistance. Please call FMI

Serves residents of Yarmouth.