

CONNECTING THE DOTS

The connection between poverty and transportation

Safe, accessible and affordable transportation options connect people to health care, childcare, education, jobs and social services. Transportation enables us to do the activities we need and want to do. It is essential to our quality of life.



A collaboration between Eastern Zone Community Health Boards and Mental Health and Addictions Health Promotion team.

Ashley's Story...

Meet Ashley

- Ashley works a morning shift at a local grocery store.
- She has a medical appointment 20 minutes after her shift ends.



Car trouble

- On the way to work, Ashley's car breaks down.
- She has to wait for a friend to arrive to help, and misses half of her shift. She is stressed about the how the loss of hours will affect her pay cheque.



Limited options

- The bus schedule does not align with the time of her appointment.
- Ashley has to take a \$20 cab ride to their medical appointment.

The cost of it all

- The cost of the cab is more than her hourly minimum wage and she knows she will need a prescription. She does not have drug coverage.
- If she missed the appointment, the office will charge \$25 and it will be weeks before she can reschedule.
- The money she made at work today is spent before she even gets her weekly pay cheque.

Did You Know?

If you own a car, you can spend up to 15 % of your household budget on transportation



Rural households spend about 7-10% more on transportation needs than urban households. Rural public transportation can help reduce personal travel expenses

Rural communities with limited public transportation often have a high rate of poverty. The reason is clear: individuals have no way to get to where the jobs are



Due to inflation, at its' highest price, a litre of gasoline was more expensive than a litre of milk!



Poverty and no access to transportation can increase social isolation, especially among seniors in rural communities



A strong community transportation system can attract and retain more residents and businesses in a community increasing local economic activity

Community transportation can help promote a more active lifestyle in rural communities. It encourages people to walk and can help with overall health



Equitable and Accessible Transportation Resources

The Canadian Community Initiatives Working Towards Transportation Equity Catalog and Report collates community initiatives across Canada that support transport equity by increasing access to transportation options, [Click here to learn more.](#)

Rural Transportation Association is Nova Scotia's door-to-door accessible ride services, available to all for a more accessible province [FIND A RIDE](#) section or see what we can do for you and your family or organization under [OUR SERVICES](#).



[Click here to learn more.](#)

MoveMobility is Canada's trusted leader in wheelchair accessible vehicle innovation. [Click here to visit their website.](#)



References:

- Journal of Transport Geography, To drive or not to drive: Driving cessation amongst older adults in rural and small towns in Canada
- Webinar Recording - Transportation Planning for Equity and Healthy Communities | National Collaborating Centre for Environmental Health | NCCEH - CCSNE
- Canadian Community Initiatives Addressing Transport Poverty
- Nova Scotia Community Transportation Network