



The Aging and Disability Services Division (ADSD) supports aging in place. We coordinate care and provide services to help older adults and people with disabilities live at home and in their community.

Learn more

- **Phone:** 703-228-1700
- **Email:** arlaaa@arlingtonva.us
- **ADSD Website:** aging-disability.arlingtonva.us
- **Transportation Website:**
<https://www.arlingtonva.us/Government/Departments/DHS/Aging-Disability/Resources/Transportation>



**ARLINGTON
VIRGINIA**

Updated 2026

What's in This Guide

This guide helps older adults and people with disabilities find transportation options in Arlington.

You'll find information on:

- Arlington Transit (ART)
- Washington Metro Area Transit Authority (WMATA)
- Travel Training
- Taxi and Super Senior Taxi
- Social 60+ Café Transportation and Shoppers Loops
- MetroAccess Paratransit
- Specialized Transit for Arlington Residents (STAR)
- Medicaid Member Transportation
- Other Transportation Resources

Get in Touch

Need Help Choosing Transportation?

If you need help choosing a service or applying, contact the **Aging & Disability Resource Center (ADRC)**.

- **Phone:** 703-228-1700
- **Email:** arlaaa@arlingtonva.us
- **Website:** aging-disability.arlingtonva.us

Other Helpful Contacts

Arlington County Department of Parks & Recreation - Office of 55+ Programs

- **Phone:** 703-228-4747
- **Email:** osap@arlingtonva.us
- **Website:**
<https://www.arlingtonva.us/Government/Departments/Parks-Recreation/Programs/55-Membership>

Arlington Transit (ART)

- **Phone:** 703-228-7433
- **Website:** arlingtontransit.com

Washington Metro Area Transit Authority (WMATA)

- **Phone (MetroAccess):** 301-562-5360
- **Website:** wmata.com

Specialized Transit for Arlington Residents (STAR)

- **Phone:** 703-228-1900
- **Website:** arlingtontransit.com/star

Arlington Transit (ART)

Washington Metro Transit Authority (WMATA)

What it is

- Local bus service within Arlington
- Connections to Metrorail and Virginia Railway Express (VRE)
- Buses lower to the curb and have ramps for wheelchairs
- Buses have spaces to secure wheelchairs
- Priority seating available

Who's it for

- Anyone traveling within Arlington County

Senior fare discount

- Adults age 65+ ride for half price (\$1.00)
- Senior SmarTrip® card holders get discounted fares

Learn more

- **Phone:** 703-228-7433
- **Website:** arlingtontransit.com



Metrorail

What it is

- Six color-coded train lines serving DC, Maryland, and Virginia
- Fully accessible stations and rail cars
- Priority seating available

Who's it for

- Anyone traveling in the region

Learn more

- **Website:** wmata.com/service/rail

Metrobus

What it is

- Bus service across DC, Maryland, and Virginia
- Buses lower to the curb and have ramps or lifts
- Buses have spaces to secure wheelchairs
- Priority seating available

Who's it for

- Anyone traveling in the region

Learn more

- **Website:** wmata.com/service/bus

Reduced Fare Programs

Senior SmarTrip® Card

What it is

- Discounted fares on ART, Metrobus, and Metrorail

Who's it for

- Adults age 65+

How to get it

- Apply in person at a Metro location
- Bring a government-issued photo ID showing your age
- The Senior SmarTrip® card costs \$2. To purchase the card, bring a valid government issued photo ID with proof of age to the Metro sales office at the Metro Center station or a Commuter Store

Note: Riders age 65+ can also show a photo ID or Medicare card to receive reduced bus fares.



Reduced Fare SmarTrip® Photo ID Card

What it is

- Reduced fares on Metrobus and Metrorail

Who's it for

- Riders under age 65 with a disability

How to get it

- Apply in person at a Metro location
- Bring a government-issued photo ID and disability documentation

Metro Lift

What it is

- 50% off Metrobus and Metrorail fares
- Discount loaded onto a SmarTrip® card

Who's it for

- Riders enrolled in SNAP (Supplemental Nutrition Assistance Program)

How to get it

- Apply online or in person at a Metro location
- You'll need contact information, SmarTrip® card number, valid photo ID, and proof of SNAP enrollment
- Annual recertification required

[Learn more about reduced fare programs](#)

- [Website: wmata.com/fares/Reduced-Fare-Programs](http://www.wmata.com/fares/Reduced-Fare-Programs)

Metro Locations to Apply for Reduced Fare Programs (Selected)

Transit Accessibility Center

- L'Enfant Metro
655 Virginia Ave SW, Washington, DC 20024

TRiPS Commuter Store

- Silver Spring Station

Commuter Stores

Multiple locations with three in Arlington:

- Ballston Commuter Store
Ballston-MU Metro Plaza
4230 Fairfax Dr, Arlington, VA 22203
Phone: 703-528-3541
- Rosslyn Commuter Store
Rosslyn Metro Station entrance
1810 N Moore St, Arlington, VA 22209
Phone: 703-525-1995
- Shirlington Commuter Store
Shirlington Bus Station
2975 S Quincy St, Arlington, VA 22206
Phone: 703-820-4981

Note: Services vary by location. Visit Metro's website for hours, dates, and availability.

Travel Training

WMATA Travel Training

What it is

- Free training on using Metrobus and Metrorail safely

Who's it for

- Older adults and people with disabilities

Learn more

- **Phone:** 202-962-2703
- **Email:** TravelTraining@wmata.com

[ENDependence Center of Northern Virginia \(ECNV\)](#)

What it is

- Training on using DC area transit safely

Who's it for

- People with disabilities

Learn more

- **Phone:** 703-525-3268
- **Website:**
<https://www.cognitofrms.com/ecnv2/traveltrainingreferralform>



Taxi Services

Several taxi companies serve Arlington. Call the company to schedule a ride. Request a wheelchair-accessible vehicle if needed.

- **Arlington Blue Top Cab:** 703-243-8294
- **Crown Cab:** 703-528-0202
- **Hess Cab:** 703-841-1555
- **Red Top Cab:** 703-522-3333
- **Arlington Yellow Cab:** 703-522-2222

Uber, Lyft, and other car-for-hire services are regulated by the state, not Arlington County.



Super Senior Taxi

What it is

- Rides that start or end in Arlington
- Coupons that work like cash to pay for rides
- \$20 in coupons for \$10
- Up to 20 coupon books per year

Who's it for

- Arlington residents age 70+

How to get it

- In person, by mail, or online
- Through ADRC or Commuter Stores

Learn more

- **Phone:** 703-228-1700
- **Email:** arlaaa@arlingtonva.us
- **Website:**
<https://www.arlingtonva.us/Government/Departments/DHS/Aging-Disability/Resources/Transportation>

Program Transportation

Shoppers Loops

Social 60+ Café Transportation

What it is

- Shared rides between home and Social 60+ Café sites

Who's it for

- Arlington residents age 60+ enrolled in Social 60+ Café at Arlington Mill, Langston-Brown, or Walter Reed community centers

How to get it

- Register and schedule through Café staff

Learn more

- **Phone:** 703-228-1700
- **Email:** arlaaa@arlingtonva.us



55+ Centers in Arlington

	Arlington Mill 909 S. Dinwiddie Street Arlington, VA 22204 703-228-0951
	Aurora Hills 735 S. 18 th Street Arlington, VA 22202 703-228-5722
	Langston-Brown 2121 N. Culpeper Street Arlington, VA 22207 703-228-6300
	Lubber Run 300 N. Park Dr. Arlington, VA 22203 703-228-4767
	Walter Reed 2909 S. 16th Street Arlington, VA 22204 703-228-0955

What it is

- Free weekly or monthly rides to grocery stores
- Seasonal rides (July–November) to farmers’ markets
- Wheelchair-accessible vans

Who's it for

- Residents of The Carlin, Claridge House, Culpepper Garden, Hunter’s Park, Woodland Hill, and select neighborhoods
- Must be registered for the Shoppers Loop program

How to get it

- Register through your Resident Service Coordinator or STAR
- Call STAR at 703-228-1900 at least 24 hours ahead to reserve a ride

Learn more

- **Phone:** 703-228-1700
- **Email:** arlaaa@arlingtonva.us



Paratransit

MetroAccess

What it is

- Shared rides within ¼ mile of Metro routes
- Fares based on distance
- Free rides for personal care assistants

Who's it for

- People with disabilities who can't use regular bus or rail service

How to get it

- Apply and complete an in-person interview and functional assessment. Applications are on the WMATA website.
- Schedule trips at least 1 day ahead.
- Pay the driver before boarding or use MetroAccess EZ-Pay

Learn more

- **Phone:** 301-562-5360
- **Website:** metroaccess.wmata.com

Reservation Digital Assistant: Call MetroAccess Reservations, 301-562-5360. Press 3 to be transferred to Digital Assistant.

Abilities-Ride a network of providers that provides free or discounted, curb-to-curb, non-shared rides for customers booking through MetroAccess. Call 202-281-8984.

Specialized Transit for Arlington Residents (STAR)

What it is

- Shared, wheelchair-accessible rides
- Trips starting or ending in Arlington
- Fares based on distance
- Free rides for personal care assistants

Who's it for

- Arlington residents with difficulty using public transit
- MetroAccess riders (automatically eligible)

How to get it

- Call 703-228-1900 to reserve
- Pay the driver before the trip or use STAR coupons (available at Commuter Stores)



Other STAR Programs

Interim STAR

- For Arlington residents age 60+
- For people waiting for MetroAccess approval

Temporary STAR

- For Arlington residents who temporarily can't drive or use public transit
- Requires a doctor's note with the condition and expected length
- Trips are only for medical appointments

STAR Assist

- For Arlington residents age 60+
- Must be certified eligible for MetroAccess
- Requires an application and home visit
- Trips are only for medical appointments or visiting family in care facilities
- Must pay STAR fee plus an extra fee up to \$10 per trip

Learn more

- **Phone:** 703-228-1900
- **Email:** STAR@arlingtonstar.com
- **Website:** arlingtontransit.com/star

Transportation for Medicaid Members

What it is

- Non-emergency rides to covered Medicaid appointments

Who's it for

- Virginia Medicaid members
- You must be enrolled in the Medicaid plan to access the transportation service.

How to get it

- Call your Medicaid plan at least 48 hours ahead

Transportation phone numbers

- **Aetna Better Health of Virginia:** 800-734-0430 (Option 1)
- **Anthem HealthKeepers:** 855-325-7581
- **Magellan Complete Care of Virginia:** 877-796-5843
- **Optima Health:** 855-325-7558
- **UnitedHealthcare:** 888-258-0521
- **Virginia Premier:** 877-719-7358



Other Transportation Resources

Volunteer Transportation

Arlington Neighborhood Village (ANV)



What it is

- Volunteers provide rides to medical appointments, grocery stores, and ANV activities
- Membership and fees apply. Scholarships are available.
- Apply for membership at [ANVarlington.org/join/](https://anvarlington.org/join/)

Who's it for

- Arlington residents age 55+

Learn more

- **Phone:** 703-509-8057
- **Email:** info@anvarlington.org
- **Website:** <https://anvarlington.org>



[Shepherd's Center of McLean-Arlington-Falls Church](#)

What it is

- Volunteers provide rides to medical appointments, pharmacies, and grocery stores

Who's it for

- Arlington residents age 50+

Learn more

- **Phone:** 703-506-2199
- **Email:** contact@scmafc.org
- **Website:** <https://scmafc.org/services>

Reach a Ride

What it is

- Information about transportation providers in DC, Maryland, and Virginia

Who's it for

- People with special transportation needs in the region

Learn more

- **Phone:** 855-732-2427
- **Website:** www.reacharide.org

Bikes and Scooters

Capital Bikeshare

What it is

- Classic bikes and e-bikes
- Discounts for people who participate in a qualified state or federal assistance program

Learn more

- **Website:** <https://capitalbikeshare.com>
- **Website:** <https://capitalbikeshare.com/pricing/for-all>

Lime

What it is

- E-Scooters, e-bikes, and seated e-scooters
- Discounted or free options through Lime Access and Lime Assist

Learn more

- **Website:** <https://www.li.me/why/community/lime-access>
- **Website:** <https://www.li.me/why/community/lime-assist>



Driver Safety

Virginia GrandDriver

What it is

- Driver safety education and assessments for older adults
- Resources for families and caregivers on driving transitions

Learn more

- **Website:** <https://www.granddriver.net>

Report Issues and Plan Trips

- **Request Service/Report a Problem:** <https://www.arlingtonva.us/Government/Topics/Report-Problem>
- **Arlington County Snow Issue Form:** <https://arlgis.arlingtonva.us/Apps/Snow/SnowPublic> or call 703-228-6555, Monday–Friday, 7 a.m.–7 p.m.
- **Arlington Sidewalk Conditions Map:** <https://arlgis.maps.arcgis.com/apps/dashboards/dc3e0890f5d14d33a724664a60482937>
- **Bicycle Comfort Level Map:** <https://www.bikearlington.com/bike/maps/bicycle-comfort-level-map>