



# LAB Report

## Nampa, ID



Transportation for Older Adults in Nampa  
October 2024 Stakeholder Convening

with support from **AARP**

### Where We Started

Nampa is a suburb of Boise, ID. Like the region overall, Nampa is experiencing rapid growth, due to its relative affordability and proximity to the city. Locals have strong conservative values which are reflected in a love of nature and freedom. Many people from Nampa need to travel to Boise for work or medical reasons, in addition to recreational trips for entertainment and dining. But, with growth comes increased traffic and congestion. And as people age, they end up driving less or not at all and are increasingly at risk of social isolation. AARP and the Nampa Mayor's office wanted to learn more about how older adults in Nampa get where they need to go.

### Opportunity

Transit is a hot button issue across Idaho. It is the only state that does not receive federal transit funds as pass through dollars to fund local transit. So, transit in Idaho is funded solely by local governments, whose budgets tend to be somewhat variable and volatile year to year. Uncertain funding, in turn, makes consistent service delivery challenging for transit agencies. For transit riders, it is hard to understand and keep up with ever-evolving changes. And even if a city wanted to raise additional revenue to support transit, they are prevented by the legislature from asking residents to support a local option tax for this purpose.

### Approach

Mpact:LAB facilitated a focus group style listening session with a group of about 20 participants, including older adults and Valley Regional Transit (VRT) agency staff, to identify how to improve transportation options for older adults in Nampa. This is in keeping with the mayor's goal of improving movement citywide.

### Outcomes & Next Steps

The stakeholder convening succeeded in creating or reinforcing relationships between local stakeholders, who began to set their course forward. Some important breakthrough moments occurred during the meeting:

Interested in learning more? Contact Sarah Rudolf at [sarahr@mpactmobility.org](mailto:sarahr@mpactmobility.org).



*Senior citizens are a treasure in our community. With many seniors not living near family, providing transportation options is critical to their well-being.*

– Nampa Mayor  
Debbie Cling





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## Outcomes & Next Steps (continued)

- Representatives from the transit agency explained the range of transit options to the older adults in the room. A complicated array of options was simplified to one customer service phone number they could call.
- VRT offered to coordinate with the Nampa Senior Center to offer educational and social opportunities for older adults to increase their comfort level and familiarity with riding transit.
- Nampa's recreation center indicated the need for an ADA-accessible van for outings. VRT is now aware of this need and can matchmake should an opportunity arise.

Overall, participants agreed that finding ways to ensure that older adults can engage in their community is a priority, and transportation is a big piece of making that possible. Participants recognized that this effort will not only involve everyone getting on board but also everyone being willing to extend their work beyond the usual in order to make it happen.

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