

## Plan now

Forward planning will make life a lot easier if you need to give up driving. Here are some things to think about:

### Where you live

How close are you to friends, family, shops, doctors, and groups you belong to? Will they all be easy to reach without a car? Is your neighbourhood easy to walk around? Are there good bus and taxi services available?

### Activities you need and enjoy

What essential activities, like weekly shopping trips or visits to a doctor or hospital, will you need transport for?

What about recreation activities, like visiting friends, playing golf, going fishing, doing voluntary work, going to a park or a show, or attending church or clubs?

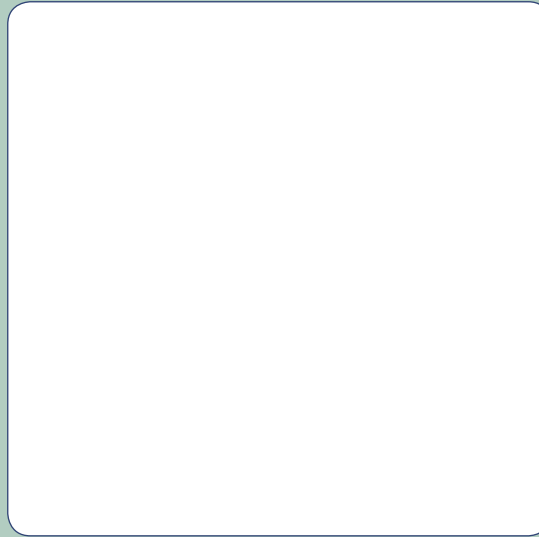
### Community transport

Is community transport available in your area?

### Friends and neighbours

Who else do you know who has stopped driving, or might stop driving soon? Talk about the possibilities for things like sharing taxi rides or lifts with family and friends. Remember you're not the only one adjusting to a new way of doing things.

## For local information contact



It's all right to ask for help. Stopping driving doesn't mean you have to give up the things you enjoy.

Ask around about what's available – you might be pleasantly surprised.



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Promoting positive ageing in New Zealand

# How will you get around when you stop driving?

Plan ahead now, so you can still do the things you enjoy.



## People stop driving for a variety of reasons

Adjusting to life without a car doesn't mean losing your independence and freedom.

The key is to plan for your future transport needs now, so stopping driving isn't a big problem later.

Many people cope well when they stop driving.

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The solutions they use include:

- getting lifts from family or friends
- using taxis
- using public transport
- using community transport
- walking more often
- using a mobility scooter
- keeping your car, to make it easier for others to give you lifts
- moving to an area with better access to transport services.

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Different solutions suit different people, depending on their circumstances and needs.

## Solutions you can use

### Lifts from family and friends

This works well for many people, but it can be helpful to use other forms of transport as well. Using a mix of solutions is good, especially if you don't like asking for a lift too often. Neighbourhood Support groups can be a good source of help.

### Taxis and public transport

Taxis and public transport can be excellent ways to get about easily. How useful these solutions are to you will depend on how regular and reliable services are, and whether access into and out of buses is good. Sharing rides with your friends will help keep taxi costs down. The Total Mobility Scheme administered by Regional Councils may provide Total Mobility Vouchers for discounted taxi fares.

### Community transport

Many community organisations provide free transport for people to attend their activities. Hospitals and medical centres sometimes provide transport for patients, and some shopping malls provide shoppers' buses and mobility scooters.

### Walking

If your health and mobility are good, walking more often can be a very good solution. Walking costs nothing, and promotes health and independence.

### Mobility scooter

A mobility scooter can be an excellent way to get around easily on shorter trips.

### Keeping your car

Keeping and maintaining your car may help you keep your independence, and make it easier to ask others to drive you somewhere, as you are paying for the petrol and car costs. Check your insurance covers other drivers.

### Moving house

If you're considering moving house, think about how close the house is to buses or other transport, essential services, and whether there is a good taxi service in the area.

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There's plenty of information available in your community about getting around without a car.

Good sources of information are:

- Local and Regional Council offices
- Heartland Services centres in rural areas
- Age Concern
- Grey Power
- Citizens Advice Bureaux
- Community service providers
- Community centres
- Doctors' surgeries
- Libraries and recreation centres
- Neighbourhood Support groups.