

Transportation for Independence



Later life can come with challenges that may limit our ability to drive or remain independent outside our home. Take a few minutes and explore this worksheet to create a plan to extend your driving years before you need it. Having a plan removes the emotional triggers of being resistant to important life changes. Having a plan promotes a growth attitude for independence in response to change and not a decline attitude of helplessness. It is a different world now with ride share programs, community services, and driver-assist. Soon, drive-free transports will be common place. The goal of this worksheet is to help extend your safe driving years, and understand when you need to give up your keys.

- 01** Make a contract with yourself about triggering your plan when you observe certain changes in driving that may create discomfort or unsafe driving. For example, is your neck stiff and you are not able to see over your shoulder? Has anyone mentioned they are concerned about your driving? Have you had any unusual clusters of moving violations, fender benders, or close calls? Is your car just collecting dust or getting too expensive for as little as you drive it? There can be many reasons the alarms in your mind tell you to assess your situation.

Make a list of the top 3 events, that if they happen you will take immediate action to assess your situation:

- 02** Know who to turn to for assessment, learning, and making changes to extend your driving years in your area or online:

* An AARP Driving School for Seniors or other program (often comes with a big insurance credit)

* Occupational Therapist - assesses what changes in the vehicle settings can be made or observe if you physically have any limitations that that may be addressed with physical therapy or your doctor.

* Have a conversation with your Primary Care doctor and eye exam who can assess you to see if there are issues that can be corrected and order the therapies needed to do so.

- 03** If you are uncomfortable driving, are unable to keep driving, or simply do not want to drive anymore, create a list of services and personal connections NOW who can help when you're ready to give up the keys. See the back of this page for a form template to get you started.

If you do not like asking for help, try some new approaches: Consider asking for a ride from someone going to the same event. Barter by offering time or talent to trade for a ride. Create a "moai" driving group - commit to help one another with ride share solutions as you all decide to stop driving. Make it normal to share resources.

- 04** Well done! Now the most important step... go practice using these solutions NOW and ask for a ride so if change comes in a crisis, you are not struggling to order an Uber through an App, mustering up courage to ask a neighbor, or struggling with what bus you need to take you where you want to go.

Schedule several field trips. Staying independent and connected is critical for staying in your home into later years and for a overall health.

Take a friend, partner, grandchild and go try these out. Make it an adventure!



Ideas	Name of Service or Person	Contact Information	Avg Costs or Conditions for use	Will they come to my home?	Available Schedule
Uber Rideshare					
Lyft Rideshare					
Other Rideshare					
Bus Service					
Bus Lift Service for Disabled					
Community Lift Services					
Hospital Shuttle					
Neighbor 1:					
Neighbor 2:					
Family 1:					
Friend 1:					
Rental Car					
Taxi					
Buy a driverless car					
Subway/Light Rail					