



For more information about transportation resources in your community:

Call 211 (it's FREE)

As the number of baby boomers grows every year, we know more and more senior drivers will be on the road.

Although most seniors drive carefully, declining health and our dependence on cars raises safety issues. It means that, for many of us, there will be a time when it is no longer safe to get behind the wheel.

Everyone has the responsibility to be a safe driver.

10 clues that your driving fitness is declining:

- > Becoming easily frustrated or confused
- > Making slow or poor decisions
- > Driving after dark is challenging
- > Frequently getting lost, even in familiar areas
- > Making left turns is difficult because it's hard to judge the distance between oncoming cars
- > Failing to observe signs, signals or other traffic
- > Changing lanes without looking or drifting into another lane
- > Being honked at or yelled at by other drivers
- > Mistaking the gas pedal for the brake
- > Causing any crash or near misses
- > Unexplained scratches or dents on car

What we know for sure...

As you age, some health-related changes will affect your fitness to drive. However, you can still have an independent and active life after you retire your driver's license.

What are you doing to plan for your future transportation needs?

HELPFUL RESOURCES:

Here are some excellent resources for drivers considering their options.

- **BC 211:** dial 211 on your phone or visit www.bc211.ca
- **ICBC Driver Medical and Re-exams:** www.icbc.com/driver-licensing/re-exam
- **Seniors BC:** www.SeniorsBC.ca
- **Public Transit (TransLink):** call 604-953-3333 or visit www.translink.ca
- **For information on HandyDART, Handycards and TaxiSaver:** call 604.953.3680, or visit www.translink.ca
- **BC Bus Pass for Low Income Seniors:** www.buspass.gov.bc.ca
- **Google Maps Transit, Cycling and Walking Directions:** www.google.ca/maps
- **General seniors transportation resources:** www.starcanada.ca
- **Allies In Aging:** www.alliesinaging.ca

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When is it time to hang up the keys?

Creating a road map for your transportation options in Metro Vancouver





When is it time to let someone else do the driving?

It's a tough question to answer because for many of us driving is a symbol of independence. Knowing when to say it's time to give up that option is difficult. But as we age, our physical and mental abilities change and some of those changes, such as deteriorating vision, hearing and ability to react quickly, may make safe driving impossible.

Drivers noticing a decline in their health need to reconsider their decision to continue driving.

Many older drivers recognize that we have lost some of our safe driving ability, so we may self-regulate. We may drive in daylight hours only or stick to familiar routes. But others may not notice the changes or we may be reluctant to admit them. When this happens, it's important that driving ability be assessed and discussed with a medical professional to determine whether it is safe to continue driving.



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If I decide to hang up my keys, how will I get around?

Deciding not to drive is a big moment for older drivers. It takes a lot of courage.

And it will likely alter daily routines and habits. But stopping driving doesn't mean slowing down! And it doesn't mean an end to independence.

Rediscovering other forms of transportation to stay active in your community can be fun and exciting. While some of these options may be more appropriate and convenient than others, they offer safe and reliable options for getting to and from daily activities.

If you no longer have the responsibility of driving, explore these options:

- Public transit
- Community shuttles or HandyDART
- Ride programs through non-profit or religious organizations
- Family and friends
- Taxis or private driver services
- Motorized wheelchairs or scooters
- Walk or ride a bike, if possible



Start Planning Now

Rediscover transportation options to stay active and independent in your community.

1. Start the conversation.

It's not easy to raise concerns about your own or a loved one's safe driving ability. But the conversation, while it may be uncomfortable, is between adults who want the best for each other. Finding safe, respectful and reliable solutions sooner rather than later is important.

2. Assess your driving fitness.

Problems with driving are related to health issues. The key is to assess when deteriorating health or a medical condition is placing you and others at risk when driving. Think about getting a professional driving assessment to identify and manage any physical or mental changes.

3. Plan alternate options.

Most of us want to remain as independent as possible for as long as possible. Therefore, when we start to think about retiring from driving, we need to find alternative ways to get around on our own and on our own schedule.

4. Get a FREE BC I.D. card.

Exchange your license for a free B.C. Identification card (BCID) or B.C. Services Card. Both are secure, acceptable ID, and can be obtained at any driver licensing office.