



Keeping moving

The positive guide for senior road users



NZ TRANSPORT AGENCY
WAKA KOTAHI

New Zealand Government

OUR PURPOSE

CREATING TRANSPORT SOLUTIONS FOR A THRIVING NEW ZEALAND



NZ TRANSPORT AGENCY
WAKA KOTAHI



NZ Transport Agency (NZTA)

First published October 2006

This edition published May 2013

ISBN 978-0-478-40758-7 (online)

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NZ Transport Agency
Private Bag 6995
Wellington 6141.

This publication is also available on
NZ Transport Agency's website at
[www.nzta.govt.nz /resources/keeping-moving/
index.html](http://www.nzta.govt.nz/resources/keeping-moving/index.html)



Safer Journeys

The NZTA is part of, and contributes to, the Safer Journeys programme.

Safer Journeys is the government's strategy to guide improvements in road safety over the period 2010–2020. The strategy's vision is a safe road system increasingly free of death and serious injury. It is a coordinated effort across partner agencies to improve each aspect of road safety – better behaviours, a safer road environment, safer speeds and higher vehicle standards.

For more information visit www.transport.govt.nz/saferjourneys

KEEPING MOVING: THE POSITIVE GUIDE FOR SENIOR ROAD USERS

This guide provides information on the driver licence renewal process and tips to help you keep moving. It also contains guidelines for assessing your own driving ability and resources to help you plan ahead in case you need to give up driving for any reason.

The NZ Transport Agency (NZTA) would like to thank the following organisations for their contribution to this publication:

- Age Concern New Zealand
- Grey Power New Zealand Federation
- Royal New Zealand Returned and Services' Association
- Royal New Zealand College of General Practitioners
- New Zealand Association of Occupational Therapists
- Office for Senior Citizens
- New Zealand Automobile Association
- Safe and Sustainable Transport Association
- Living Streets Aotearoa
- Accident Compensation Corporation

CONTENTS

3

Keeping moving
– by car

6

Prolonging your
driving career

17

Renewing your
driver licence from
75 years onwards

24

Life beyond driving

26

Keeping moving
– by public
transport

27

Keeping moving
– on foot

28

Keeping moving
– by bike

29

Keeping moving
– by mobility
scooter

30

Finding out about
alternative
transport schemes

31

Resources and
contacts

KEEPING MOVING - BY CAR

Most older New Zealanders rely on their car to get around, such as to go shopping, attend appointments or visit friends and family.

Driving is a complicated task that requires continuous concentration and good health. Ability, not age, determines whether you are a safe driver. Older drivers as a group are very safe and responsible drivers. Most have years of driving experience and an unblemished driving record.

However, it's important to understand that the ageing process can affect a range of skills essential to driving, including eyesight, memory, decision-making and reaction times. Moreover, the older you are, the more likely you are to be killed or injured in a crash, due to increasing physical fragility.

It is important for all drivers, regardless of age, to regularly and honestly assess their own driving capabilities. This will help keep themselves and others safe.



ASSESSING YOUR CAPABILITIES

When you renew your licence at 75, 80 and every two years after that, your doctor will check whether you are medically fit to drive. However, it's your responsibility to ensure your skills and knowledge are up to scratch every time you drive. If they are not, you will need to take action to address any problems.

Following are some key questions to ask yourself regularly:

- Are you having trouble seeing signs, road markings, kerbs, medians, other vehicles or pedestrians, especially at night?
- Do you find it difficult to shift your focus from near to far objects?
- Are you having trouble turning your head or looking over your shoulder to check for traffic?
- Do you have trouble moving your foot from the accelerator to the brake pedal, or turning the steering wheel?
- Do your joints ache after even a short drive?
- Do you have trouble reversing?
- Is it getting harder to judge gaps in the traffic when merging or turning at intersections?
- Does your mind sometimes wander when you drive?
- Do you sometimes feel overwhelmed by the traffic environment, particularly when turning at intersections?
- Are you sometimes confused about who should give way?
- Have you found yourself driving too slowly and holding up traffic?
- Have you recently been 'honked' at by other motorists?
- Are you missing (or reacting more slowly to) unexpected hazards, such as pedestrians crossing the road?
- Are you feeling more tired while driving, even on short trips?
- Have you had trouble judging distance, resulting in a small collision in the carpark or with the mailbox?
- Have you had a near miss or actual crash in the last three years?
- Has a friend or family member recently said they are worried about your driving?
- Do you sometimes get lost on familiar routes?
- Has your doctor suggested you limit your driving or think about stopping driving altogether?

If you answered 'yes' to some of these questions, it's not necessarily a sign that it's time to give up driving. However, it may indicate areas where you need to take action to avoid endangering yourself or other road users, particularly if you answered 'yes' to any of the last five questions.

Many older drivers adjust their driving or use additional vehicle features to compensate for any weaknesses. (See the next page for ideas.)

If in doubt:

- talk to others who are in a similar situation to you
- listen to the people who know you best and care about you most
- discuss your driving with your doctor.



PROLONGING YOUR DRIVING CAREER

Many senior drivers compensate for the effects of ageing by using various coping strategies. For example, they might avoid driving at night, during busy traffic times or in bad weather, or they may decide to drive only in familiar areas. They might only use the car for essential trips or choose to drive with a companion.

Here are some other suggestions to help you keep moving safely.

1. A CLEAR VISION

- If you need glasses for driving, make sure you always wear them and that they are a current prescription.
- Don't wear sunglasses or tinted glasses at night, unless advised to do so by your optometrist.
- Drive during the day where possible.
- Keep the windshield, mirrors and headlights clean.
- If possible, choose a car with larger dials on the instrument panel and make sure they are bright enough for you to see them clearly.
- If you're 60 or older, have regular vision check-ups with your optometrist.

2. MAINTAIN CONTROL

- Diminished strength, coordination and flexibility can significantly affect your ability to safely control your vehicle.
- If you're finding it difficult to turn your head or reach controls:
 - see your doctor for advice about exercise and/or physiotherapy
 - see an occupational therapist about specialised equipment to make it easier to steer and operate the foot pedals.
- If you are worried that your health may be impeding your ability to drive safely, talk it over with your doctor. They may also be able to advise you on other ways to keep fit to drive. You can ask a family member or friend to go to the doctor with you.

3. CHOOSING A CAR

When buying a car:

- choose the newest, safest model you can afford (check rightcar.co.nz for ANCAP rating)
- consider an automatic transmission and features such as power steering, an anti-lock braking system (ABS) and electronic stability control
- consider a car that enables you to sit higher above the road, allowing you to more easily swing your legs in and out
- choose a car with larger side mirrors and adjust them to reduce the driver's side blind spot. Special rear-view mirrors are also available to cover blind spots.

If your car is fitted with an airbag, sit at least 25 centimetres (or about 1 foot) from the steering wheel to reduce the chances of injury from the airbag during a crash.



4. STAY ALERT

Slowing reaction times can make it a challenge to divide your attention between multiple activities and still be able to react quickly to situations that arise, often without warning.

- It's your choice whether to drive a manual or automatic car (unless a condition has been placed on your licence requiring you to drive an automatic). However, driving an automatic gives you one less thing to think about, which might help if you find yourself getting flustered in complex traffic situations.
- Refresh your knowledge of the area in which you will be driving by looking at a street map. Pay attention to changes such as roundabouts or a one-way street system.
- Plan your route. Drive where you are familiar with the road conditions and traffic patterns. Consider choosing routes with less traffic and avoiding manoeuvres you find difficult. For example, if you want to avoid making a right turn on a busy street, you may be able to plan an alternative route involving left turns only.
- Drive during the day where possible and avoid rush-hours.
- Always keep a safe distance between you and the car in front to give yourself plenty of time to react and stop safely.
- Take caution after a dry spell. During a dry period, engine oil and grease build up on the road. When mixed with water from a new rainfall the road can become very slippery. Continued rainfall will eventually wash away the oil, but the first few hours can be the most dangerous. It is important to drive to the conditions; reduce your speed to ensure you, your passengers and other road users have a safe journey.
- Continually scan the sides of the road as well as ahead. Regularly check your rear-view mirrors.
- Keep alert to sounds outside your car. Limit conversation and background noise, such as the radio.



5. AVOID FATIGUE

Fatigue is a contributing factor in many road crashes and affects people of all ages.

It affects drivers' judgement, reaction and response times.

Many factors can contribute to fatigue, eg not enough sleep (eight hours per night is recommended), stress, sleep apnoea, prescription and over-the-counter medications, changing time zones, driving for long periods or a combination of these.

Fatigue related crashes occur during urban driving not just on long trips. The most common time is during the early afternoon which is a time our bodies naturally want to have a rest.

Stay alert for the warning signs and stop driving if any of these occur. It's best to stop driving for the day, but as a minimum stop and have at least a 20 minute break out of the car.

Warning signs are:

- tired, scratchy eyes, blinking often
- yawning a lot
- small lapses in concentration, eg daydreaming and not noticing the change in the colour of the lights
- realising you've drifted in your lane and having to make a sharp, corrective move.

If you notice your head nod down or jerk up, or you've missed seeing a road sign, then you've been asleep at the wheel – stop driving immediately. During a micro sleep of a couple of seconds you can miss seeing a hazard or a corner.

Be aware of the side-effects of prescription or over-the-counter medication which might affect sleep patterns or make you drowsy, particularly on longer trips.

Assess the length and complexity of your journey in relation to your present state of health. If you are taking a longer trip, plan stops along the way that are about two hours apart. It's recommended that you don't drive for more than 6–8 hours a day. Consider taking a stopover to divide up a longer trip, or share the driving.

Drive when you are least tired (for example, in the morning but don't get up earlier than your usual time).

For more information, see the NZTA factsheet 24 at www.nzta.govt.nz/resources/factsheets/24/index.html and www.acc.co.nz/preventing-injuries/on-the-road/P100055.

6. REFRESH YOUR KNOWLEDGE

Road rules refresher

It's a good idea to refresh your knowledge from time to time, so you know about any new road rules, signs and markings. Copies of *The official New Zealand road code* are available from most bookstores or your local library. You can also view the road code online at www.nzta.govt.nz/resources/roadcode/ to check if there are any updates.

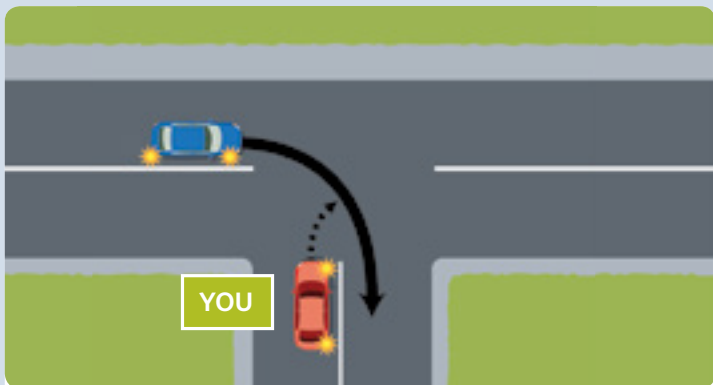
The next few pages show some traffic situations that can often cause confusion for drivers.

Following are some traffic situations that can often cause confusion for drivers.

Giving way - intersections

Two of the give way rules changed on 25 March 2012. Here's an explanation of the two new rules and a refresher of the other give way rules that didn't change.

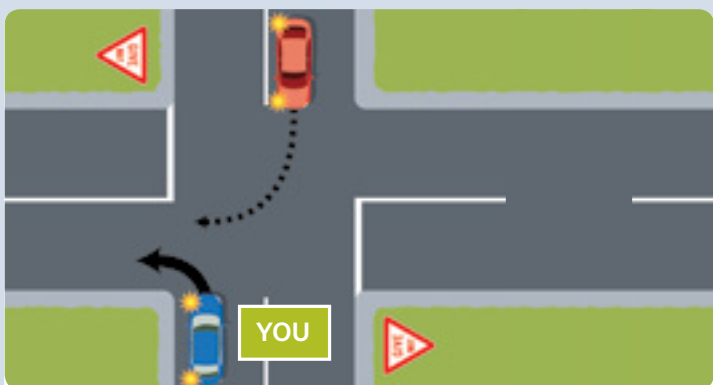
The two new give way rules



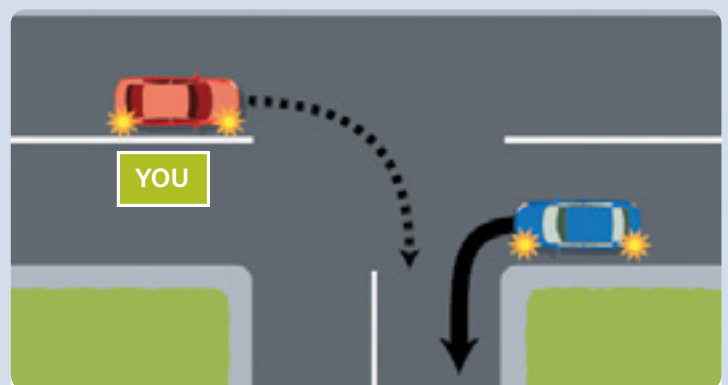
You must **GIVE WAY**, as you are on a terminating road at a T-intersection.

Uncontrolled T-intersection rule – All traffic from a terminating road (bottom of the T) should give way to all traffic on a continuing road (top of the T). Note: 'Uncontrolled' means there are no signs or signals telling you what to do.

Left turn versus right turn rule – All traffic turning right should give way to a vehicle coming from the opposite direction and turning left. This applies at crossroads, T-intersections and driveways where both vehicles are facing each other with no signs or signals (as shown), or the same signs or signals.



You may proceed, as you are turning left and the other vehicle is turning right.



You must **GIVE WAY**, as you are turning right and the other vehicle is turning left.

The rules that have stayed the same

- Road users should continue to obey all road signs and signals.
- If you are turning, give way to all vehicles not turning.
- If all other give way rules (or signs and signals) do not determine who gives way, give way to vehicles coming from your right, eg at crossroads controlled by traffic signals, when the signals have failed and all approaches have a flashing yellow light.

Signalling – roundabouts

Single-lane roundabout

Driving straight



Indicate left when exiting from the roundabout.

Multi-lane roundabout

Driving straight



Indicate left when exiting from the roundabout.
Stay in the same lane throughout.

Turning right



First indicate right, then left to exit.

Turning right



First indicate right, then left to exit.
Stay in the same lane throughout.

Turning left



Indicate left before turning.

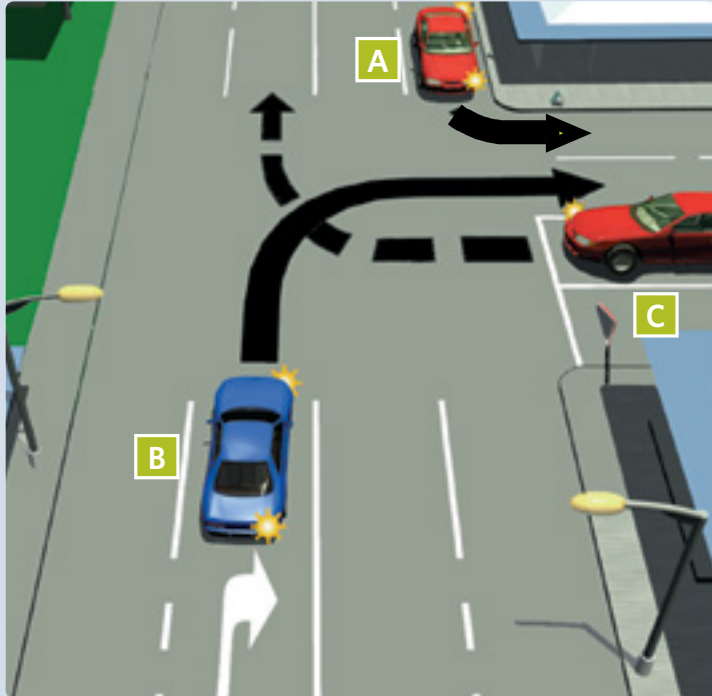
Turning left



Indicate left before turning.
Stay in the same lane throughout.

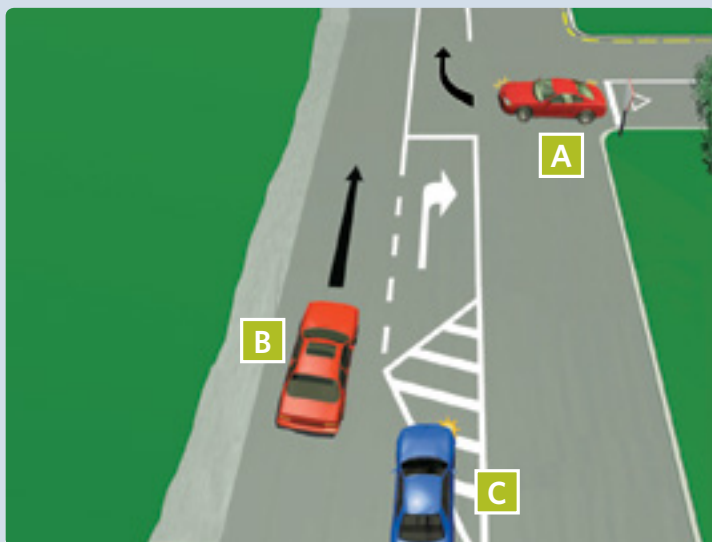
Correct use of lanes and flush medians

Correct use of lanes when turning



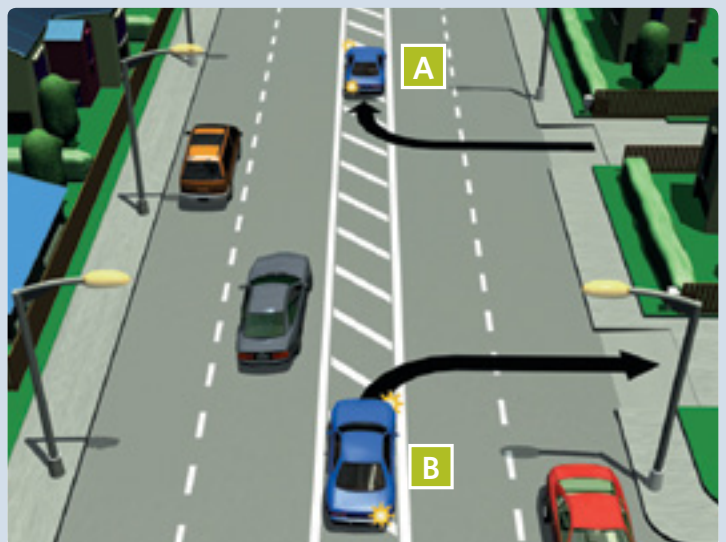
- A When turning left into a multi-laned road from a lane adjacent to the kerb, you must turn into the left-hand lane of the new road.
- B When turning right into a multi-laned road from a lane adjacent to the centre line, you must turn into the right-hand lane of the new road.
- C Turn from a right-hand lane to a right-hand lane. Check behind and to the left before merging.

Correct use of right-turn bays



- A You may enter the merging lane nearest the centre of the road, then indicate your intention to merge left.
- B Proceed straight ahead, and watch to your right for merging traffic.
- C Indicate a right turn before you drive across the white diagonal lines into the right-turn bay.

Correct use of right-turn bays



- A Turn right into a flush median to wait for a safe gap, before merging with traffic.
- B Use the median to wait to turn right. Keep the front wheels pointing straight ahead while you wait to turn.

Highway driving

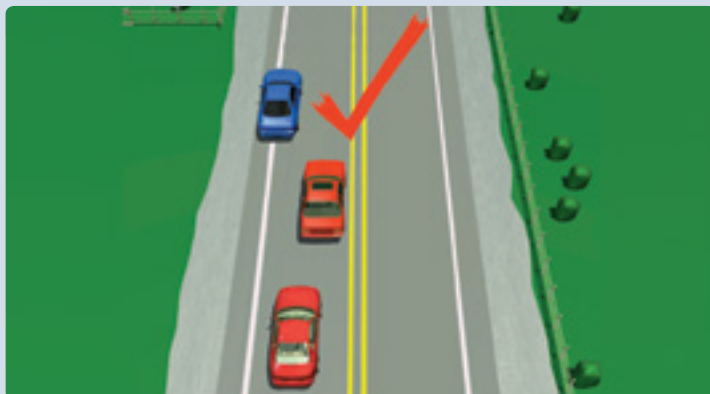
Two-lane roads



Keep to the left lane.

Don't use the right-hand lane unless you are about to turn right or pass a vehicle in the left lane.

Single-lane roads

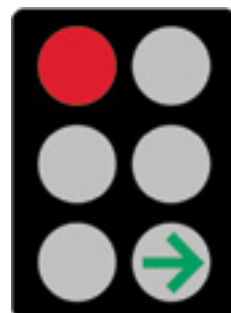
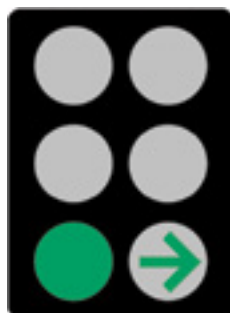
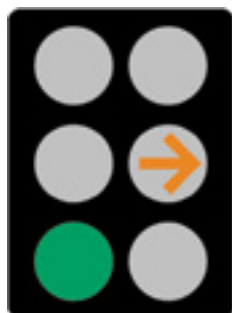
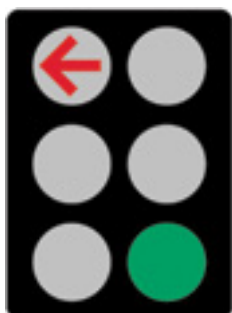
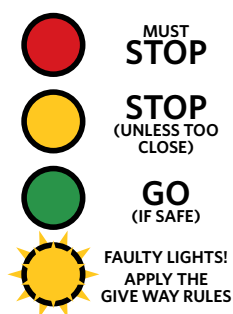


You may drive across the left-hand white lane marking if it is safe to do so and you are holding up following traffic.

You may pass a slower vehicle at 'no passing' lines if you stay to the left of the yellow lines and you have 100 metres of clear visibility throughout the whole manoeuvre.

Traffic lights

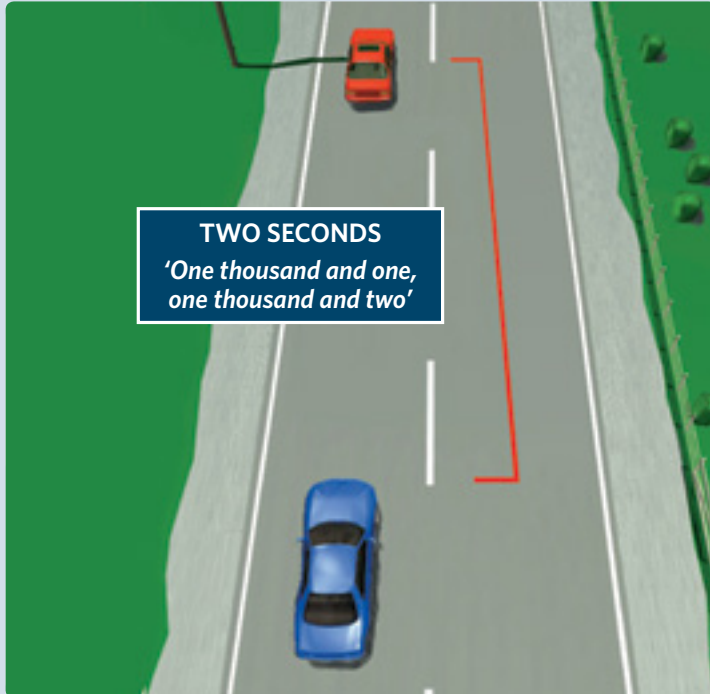
Combination of lights with arrows



Left turning	Must STOP	GO, but must give way to pedestrians crossing the road	GO, but must give way to pedestrians crossing the road	Must STOP
Straight ahead	GO (if safe)	GO (if safe)	GO (if safe)	Must STOP
Right turning	GO but must give way to oncoming traffic, including left-turning traffic and pedestrians	Must STOP (if safe)	GO – oncoming traffic should stop	GO – oncoming traffic should stop

Following distance and safety on the highway

Safe following distance



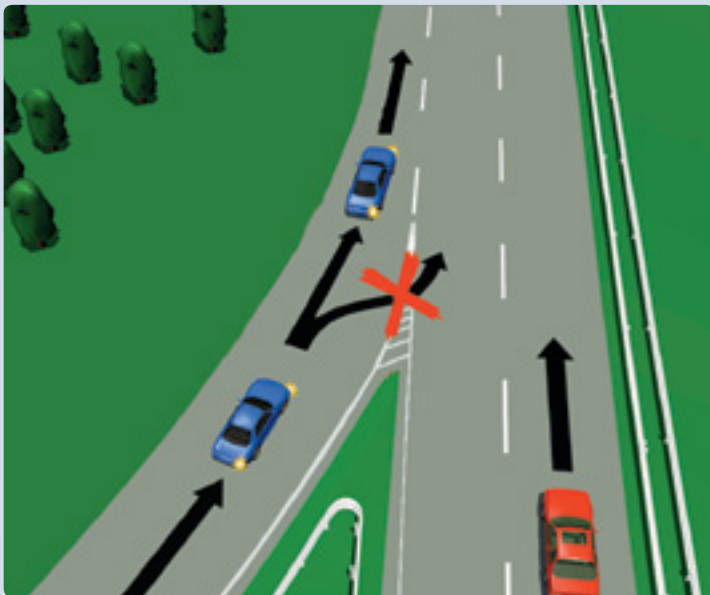
When following another vehicle travelling at the same speed, watch as that vehicle passes some fixed object (for example, a lamppost). Start counting '**one thousand and one, one thousand and two**'.

If you pass the object before you finish saying '**two**', you are following too close.

This **two-second rule** works equally well at any speed.

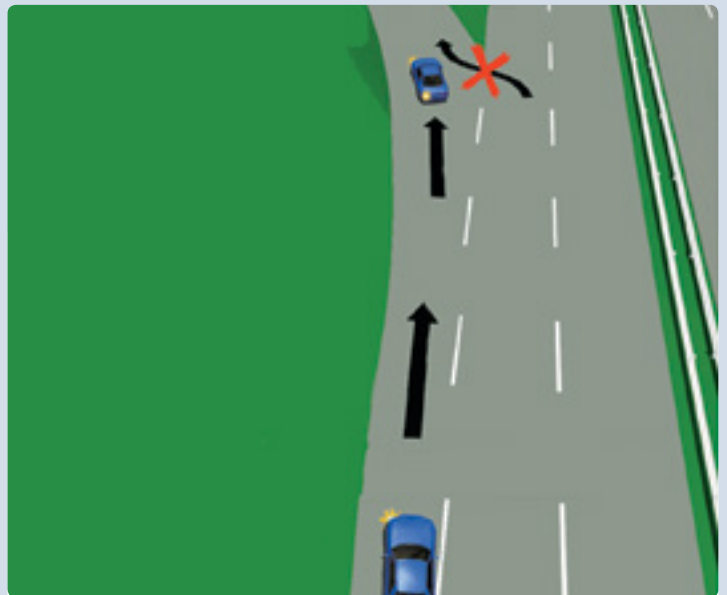
In bad weather, increase the distance to **four** seconds.

Merging with highway traffic



- Use the whole of the on-ramp to adjust your speed to match the traffic on the highway.
- Indicate your intention to merge.
- Check your blind spot by turning your head.

Exiting from the highway



- Maintain your speed while indicating your intention to enter the off-ramp.
- Use the off-ramp or exit lane to slow down.

KEEP UP-TO-DATE

Education resources are available to help senior road users stay safe behind the wheel for as many years as possible.

Information and interactive activities are available free online www.nzta.govt.nz/traffic/senior-road-users.

There you will find:

- basic facts about senior road users including examples of common older driver crash situations
- a 'seniors driving safely' section where you can check how you're doing with a self-assessment rating form to help you assess your driving skills. This section also contains safety videos and information on choosing safe vehicles for senior drivers
- information on using public transport and alternative transport schemes
- information about cycling, walking and using a mobility scooter safely.

ENROL IN A STAYING SAFE WORKSHOP

Staying Safe: a refresher workshop for senior road users, is a classroom-based workshop that aims to maintain and improve safe driving practices.

During the workshop you will refamiliarise yourself with traffic rules as well as increase knowledge about other transport options available to keep you mobile for as long as possible. To see if workshops are available in your area, check: www.nzta.govt.nz/traffic/senior-road-users or call 0800 822 422.

DISABILITIES AND DRIVING

Disabilities such as diabetes, Parkinson's disease, multiple sclerosis, dementia, arthritis and epilepsy can progressively affect your ability to drive, but are not specific to age. Your doctor will be able to advise you and may direct you to a support agency or for specialist assessment appropriate to your condition.

A number of informative factsheets are available. See the Resources and contacts section on page 30.

RENEWING YOUR DRIVER LICENCE FROM 75 YEARS ONWARDS

Your New Zealand driver licence will need renewing when you turn 75. It will need renewing again on your 80th birthday, then every second birthday – at ages 82, 84 and so on.

Eight weeks before your driver licence expires, the NZTA will send you a driver licence renewal pack advising how to renew your licence.

The first thing you'll need to do is to book an appointment with your doctor to obtain a ***Medical certificate for driver licence***.



During your appointment, your doctor will discuss your present state of health with you and test your eyesight. He or she will then recommend whether you are:

1. **medically fit to drive**
2. **medically fit to drive – with conditions**
3. **medically fit to drive – subject to passing an on-road safety test**
4. **medically fit to drive – subject to confirmation by a specialist**
5. **not fit to drive.**

WHAT HAPPENS NEXT?

1. Medically fit to drive or

2. Medically fit to drive – with conditions

If your doctor decides you are medically fit to drive, he or she will give you a signed ***Medical certificate for driver licence***.

Sometimes, your doctor may decide you are medically fit to drive but may recommend that conditions be imposed. For example:

- you can only drive with corrective lenses
- you can only drive an automatic car
- you cannot drive at night
- you can drive only within a specified kilometre radius of your home (this may mean you can still get around in your community but can no longer drive on longer trips).

Once you have a signed ***Medical certificate for driver licence***, you will need to visit a driver licensing agent in person to renew your driver licence. Driver licensing agents are selected branches of:

- the New Zealand Automobile Association (NZAA)
- Vehicle Testing New Zealand (VTNZ)
- Vehicle Inspection New Zealand (VINZ).

You will need to:

- complete an **Application for renewal of driver licence** form. These forms are available from the driver licensing agent
- bring your current driver licence or other acceptable evidence of your identity*
- bring confirmation of your address, such as a recent bank statement
- bring the **Medical certificate for driver licence** signed by your doctor no longer than 60 days ago
- bring the driver licence application renewal fee of \$18.70.

The driver licensing agent will give you a temporary driver licence. Your new photo driver licence will be posted to your mailing address.

Your doctor may recommend to the NZTA that some conditions should be applied to your licence. If the NZTA agrees that conditions should be imposed, you will receive a letter confirming what the conditions are and what to do if you wish to have them reviewed or to appeal them.

3. Medically fit to drive – subject to passing an on-road safety test

If your doctor thinks you are medically fit to drive but is not sure about your ability to drive safely, he or she may issue you with a **Medical certificate for driver licence** that will enable you to renew your driver licence once you pass an on-road safety test with a testing officer.

You will then need to book an on-road safety test through a driver licensing agent (see the previous page for a list of these).

When booking your test in person at an agent, you will need to:

- complete an **Application for renewal of driver licence** form. These forms are available from the driver licensing agent
- bring your current driver licence or other acceptable evidence of your identity*
- bring confirmation of your address, such as a recent bank statement
- bring the **Medical certificate for driver licence** signed by your doctor no more than 60 days ago
- bring \$41.80 to pay the on-road safety test fee and \$18.70 to pay the driver licence application renewal fee.

Alternatively, if you have a credit card, you can book a test over the phone by calling **0800 822 422**. In this case, you will need to bring everything listed above (apart from the fee payments) along to your test appointment.

* refer to the *Application for renewal of driver licence* form for a full list.



If your test booking has been arranged using the telephone, you will need to arrive 30 minutes early to your test appointment to allow all the pre-test requirements to be completed, such as present your medical certificate – which includes confirmation that your eyesight meets the required standard, have your photograph taken and present evidence of your identity and address.

Your driver licence photograph and signature need to be updated every 10 years from age 75 on.

If you pass the on-road safety test, you do not need to go back to your doctor. The testing officer will give you a temporary driver licence. Your permanent licence will be sent to your mailing address.

If you fail the on-road safety test the first time, you may resit the test once only at no extra charge. If you're worried about this you could attend a Staying Safe refresher course in your area and/or consider booking a practical coaching session with a professional driver instructor prior to going for the on-road safety test.

See page 16 for more details.

If you book another test, you may be issued with a temporary driver licence, restricting you to driving only when accompanied and supervised by another fully licensed driver.

The NZTA's **Guide to the on-road safety test** contains more information on the test, including what you need to do, test procedures and tips for success. You can pick up a copy when you book your test or download a copy from www.nzta.govt.nz/resources/on-road-safety-test/guide-on-road-safety-test.html or call **0800 822 422** to have a copy sent to you.

4. Medically fit to drive – subject to confirmation by a specialist

Before deciding whether to give you a **Medical certificate for driver licence**, your doctor may decide to refer you for a specialist medical assessment to determine whether you are medically fit to drive.

You could be referred to a gerontologist, an optometrist or an occupational therapist for an assessment. The occupational therapist driving assessment can cost you between \$350 and \$600, and is designed to check that you can safely cope with some of the more complex driving situations that may present a challenge for older drivers.

Your doctor will then make a recommendation based on this report.

If the specialist report is favourable, the doctor will sign the **Medical certificate for driver licence** for you to collect and take to the licensing agent. The certificate must be no more than 60 days old when you visit any driver licensing agent to complete the renewal process. See pages 17–18 for a list of agents and what you'll need to bring.

The specialist report may recommend to the NZTA that some conditions should be applied to your licence. If the NZTA agrees that conditions should be imposed, you will receive a letter confirming what the conditions are and what to do if you wish to have them reviewed or to appeal them. If the conditions restrict the hours that you can drive, or the distance you can drive from home, the letter will be given to you personally to ensure that you receive and understand it.

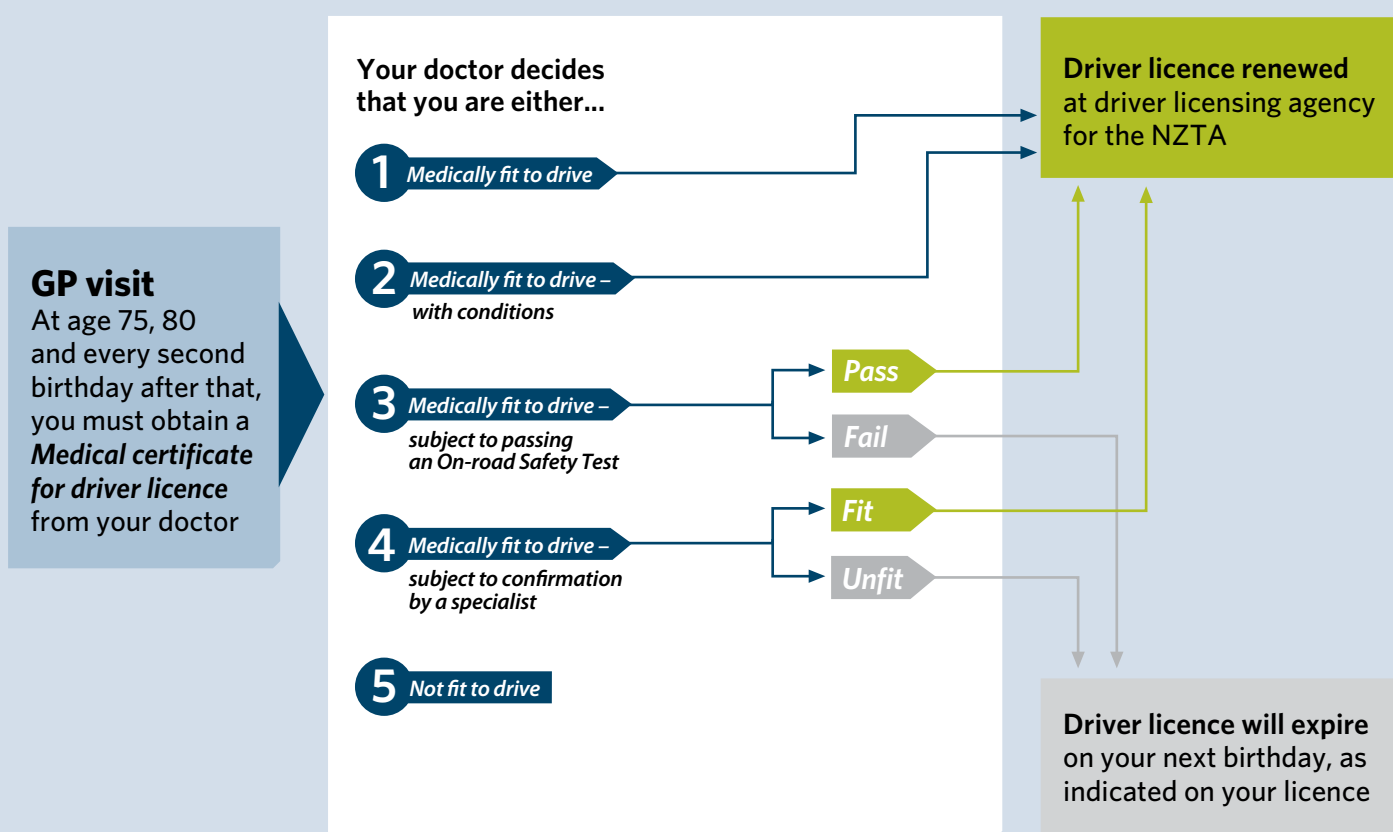
If the specialist report is unfavourable, the doctor is likely to complete the medical assessment form with a recommendation of 'not fit to drive' (see the following page). You are entitled to seek another medical opinion, but you cannot renew your licence unless you receive a positive medical assessment.

5. Not fit to drive

If your doctor recommends that, for medical reasons, it is safer for you and for others on the road if you do not drive, they are required by law to notify the NZTA of this, and you will be unable to renew your licence.

If you do not agree with your doctor's assessment, you are entitled to obtain a second opinion from another doctor at your own expense. Any second **Medical certificate for driver licence** will be considered by the NZTA's Chief Medical Advisor, having regard to the information already presented by your own doctor. You will receive a letter from the NZTA informing you of the outcome.

LICENCE RENEWAL PROCESS FOR DRIVERS AGED 75 AND OVER



The NZTA will send your driver licence renewal pack to the last address you provided to them. You can call the NZTA's driver licensing contact centre on **0800 822 422** to check or change your records.

You don't have to wait for the ***Application for driver licence*** form to be sent to you. You can renew your driver licence up to six months before your licence is due to expire.

To do this, you will need to pick up an ***Application for renewal of driver licence*** form from any driver licensing agent.

Alternatively, you can call **0800 822 422** to have one sent out to you.

However, the ***Medical certificate for driver licence*** must be no more than 60 days old when you present it to a driver licensing agent to complete the renewal procedure.



LIFE BEYOND DRIVING

Thinking about what you'd do without a car can be uncomfortable, particularly if you are used to getting around independently. But forward planning can ease the transition, and it's never too early to start exploring your options.

It may help to talk it over with others. Friends and family may have ideas on how you can get around after driving and how they can help. The NZTA's ***Supporting older drivers*** booklet is designed to assist them with this. See the ***Resources and contacts*** section on page 30 for where you can obtain a copy.

Think about the options available to you. For example, even if you decide not to drive, you could still keep your car and ask others to drive you round in it. (Check with your insurance company that other drivers are covered. Those under 25 might have to be nominated and their driver licence number supplied.)



The following are some other things to think about when planning for a successful retirement from driving.

MOVING HOUSE?

When deciding on a location for your next home, consider these factors:

- Are friends and family nearby?
- Are shops, library, medical services, church, recreation and other facilities within walking, short driving or public transport distance?
- Are there other people of similar age and interests in the area who could share driving to events?
- Are there good street footpaths, lighting and pedestrian crossings?
- Are bus stops in a convenient place?
- Is there a supportive community centre?

SHARING THE LOAD

If you have a spouse or partner and you suddenly had to retire from driving, would they be comfortable with taking on the task? Sharing the driving now can help both of you retain your skills and confidence for as long as possible.

Ask friends and family about whether they would like to share the driving and see if they have any ideas about other transport options.

Retiring from driving is a change, not an end. With support from others and some forward planning, you can still get about in your community and do the things you want to do.

KEEPING MOVING – BY PUBLIC TRANSPORT

A supply of bus and train timetables and some good maps are essential tools for life after driving. You can get this information from the local bus company, your local council and the Citizens Advice Bureau.

Consider different travel options for each trip. For example, you could take the bus to your local club and then catch a taxi home if the bus timetables aren't convenient.

When booking appointments, try to arrange a time that fits in with public transport timetables.

There are now franchises in some parts of New Zealand which run a service similar to taxis but particularly aimed at ensuring personal safety and support of older clients, including helping them inside their home at the completion of trips and accompanying them to appointments or shopping. These franchises charge by time rather than distance travelled and the cost is comparable to a taxi.



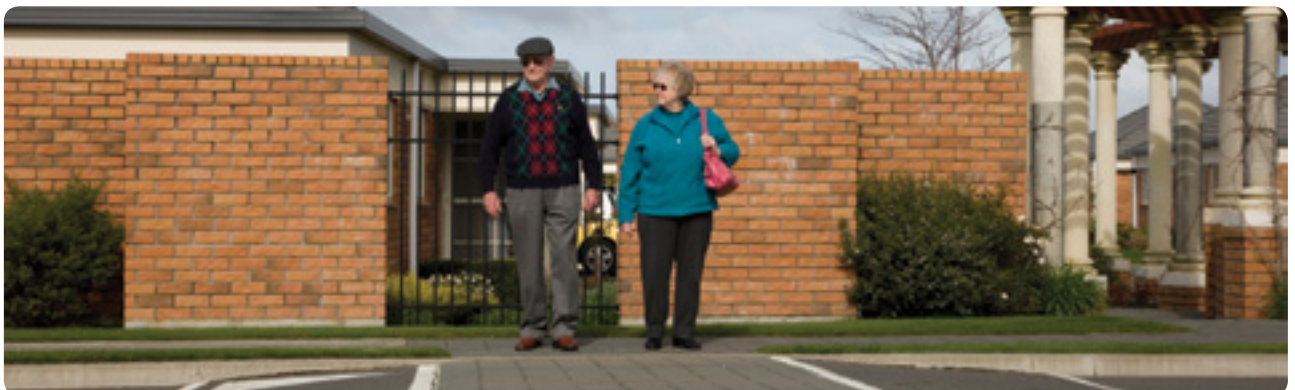
KEEPING MOVING – ON FOOT

Walking is a very healthy alternative to driving at any time of life as long as you are able to do this in comfort. Walking keeps you fit, and it's a good way of contributing to a cleaner environment. By not using your car, you're helping to improve air quality and also saving money on petrol.

Stepping up the amount of walking you do can make you fitter, and that in itself can prolong your driving career. To begin with, consider making short trips on foot instead of taking the car. If you'd like to walk regularly, joining a local walking group can provide motivation and good company. Contact your local council for more information.

STAY SAFE WHILE WALKING

- If no controlled crossing points are available, cross the road using the shortest possible route and keep looking for vehicles. If there is a pedestrian refuge or traffic island in the middle of the road, use it to cross halfway, then take the time to stop and look for traffic from the left.
- If there isn't a traffic island, allow yourself plenty of time to get across both lanes to avoid being stranded in the middle. Before you cross, try to make eye contact with drivers, particularly those turning.
- If possible, plan walking trips to avoid peak traffic times.
- If you are visiting a number of shops, plan your route to minimise the need to cross back and forth across the road.
- Wear light-coloured clothing or carry a brightly coloured bag to ensure you're easily seen by motorists and cyclists. If you are out at night or walking in poor light conditions, consider wearing reflective armbands or clothing, and use a torch.
- Remember to wear your glasses or your hearing aid if you need them.



KEEPING MOVING – BY BIKE

For some senior road users, biking is an enjoyable way of getting about. It's also a low-impact way of keeping fit.

- Contact your local council in the first instance for cycling information and advice. Many councils actively encourage cycling and provide cycling facilities and route maps. They can also put you in touch with local cycling groups in your area.
- Cycling safely is important. Wear light, bright clothing and/or clothing with reflective tape, remember to keep left, use cycle lanes where provided and always wear your safety helmet.
- Refer to the NZTA's Factsheet 1, *Cycles: Road rules and equipment*, for information on rules and equipment for cyclists.

Many cycle paths are shared by pedestrians, so whether you're walking or biking, please be considerate to other users.



KEEPING MOVING – BY MOBILITY SCOOTER

Electric-powered mobility scooters are becoming increasingly popular as an alternative to driving. For that trip to the shops that is just too far away to walk to, a mobility scooter can easily get you there.

Although convenient, mobility scooters do come with responsibilities. You are legally required to use them on the footpath where one is readily accessible. You also need to be considerate and drive at a speed that doesn't put other footpath users at risk.

For more information on how to use mobility scooters safely, see the NZTA's brochure ***Keeping mobile***.



FINDING OUT ABOUT ALTERNATIVE TRANSPORT SCHEMES

The Citizens Advice Bureau, your local branch of Age Concern and your local council can advise you on:

- community transport schemes and subsidies available in your area (for example, the Total Mobility Scheme, which offers vouchers for discounts on taxi fares for people with disabilities)
- the SuperGold Card, which entitles holders to free off-peak public transport services within a region (for more information, phone 0800 254 565 or visit www.supergold.govt.nz or contact your local council)
- other organisations in your area that may provide resources and equipment for people with disabilities.

Your doctor understands your health status and physical capabilities. He or she can help to advise you on your eligibility for subsidised taxi fares.

Remember, car ownership can be expensive compared to other forms of transport. The cost of running an older, small car can be somewhere in the region of \$1800 to \$2500 per year, not counting the value of the car itself and its depreciation. That's a lot of taxi fares!



RESOURCES AND CONTACTS

FURTHER READING

The following publications are available at your nearest NZTA office, by emailing us at **info@nzta.govt.nz**, phoning the NZTA contact centre on **0800 822 422** or by visiting **www.nzta.govt.nz/resources/index.html**.

- Supporting older drivers
- *Guide to the on-road safety test*
- *Keeping mobile* (mobility scooter brochure)
- Factsheet 1, *Cycles: Road rules and equipment*
- Factsheet 16, *Diabetes and driving*
- Factsheet 17, *Epilepsy and driving*
- Factsheet 23, *Dementia and driving*
- Factsheet 24, *Fatigue: Staying alert while you're driving*
- Factsheet 25, *Vision and driving*
- Factsheet 31, *Disabilities and driving*
- Factsheet 51, *OT assessments: Occupational therapists and driver licensing*
- Factsheet 57, *Older drivers: Licence renewal*

How will you get around when you stop driving? produced by the Office for Senior Citizens, contains more information on retiring from driving. To order a copy, email osc@msd.govt.nz, write to PO Box 1556 Wellington, or view it online at www.osc.govt.nz.

DRIVER TRAINING AND ASSESSMENT

Many driving schools offer assessment and advice courses suitable for the senior driver. Ask your local driving school if they are able to assist you.

There are also specialist assessors (occupational therapists) for those with medical conditions that may affect safe driving. To locate a specialist driving assessor in your area, phone Enable Information on 0800 171 981, or see the find a therapist section at www.nzaot.com.

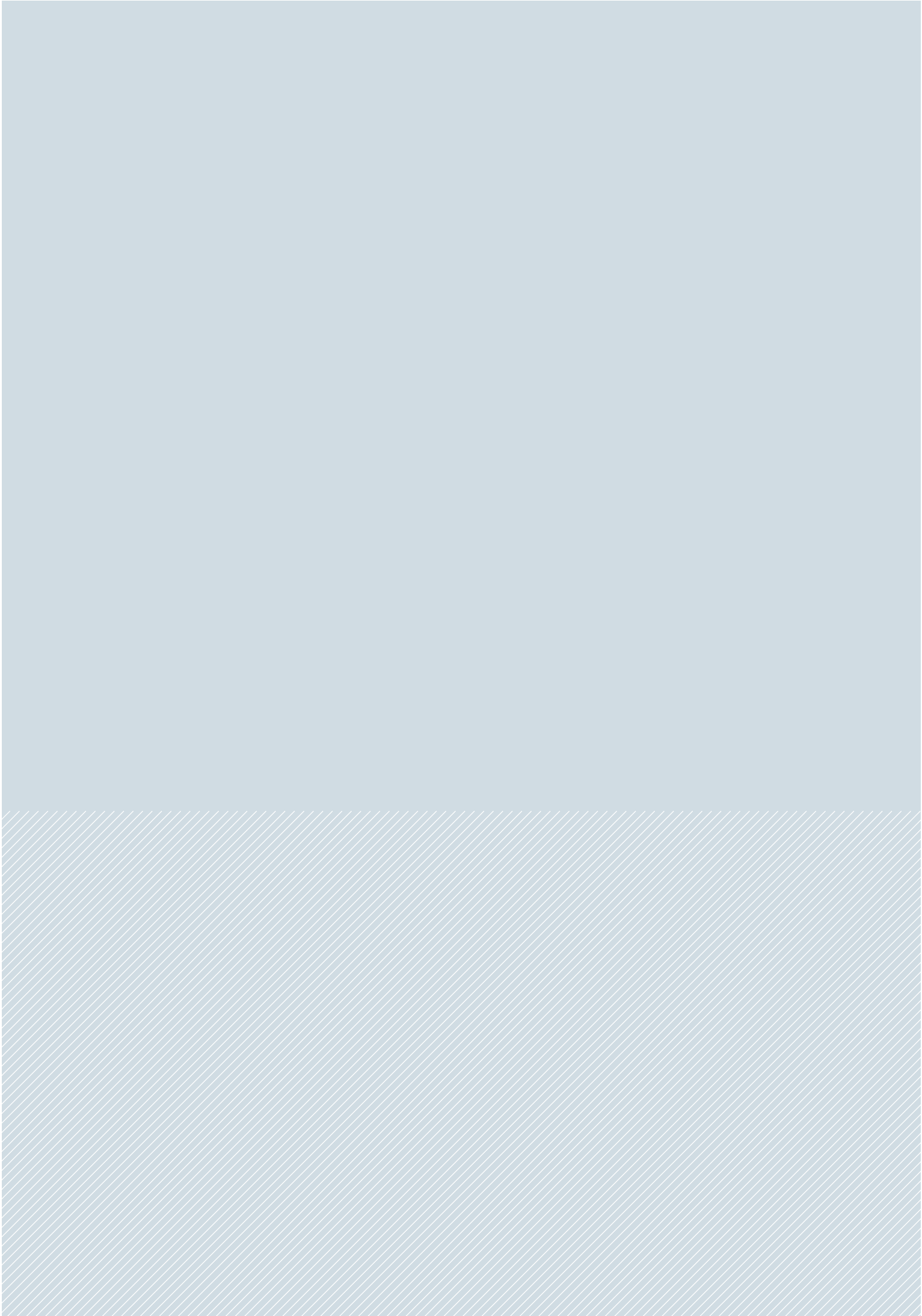
ROAD SAFETY COORDINATORS

Road safety coordinators work in your community to promote road safety and assist with community programmes that target specific road safety problems. They are commonly based in local authorities.

To contact your local road safety coordinator, contact your local council first. If they are unable to assist, contact your nearest NZTA regional office (see below) or the NZTA contact centre (0800 699 000).

NZTA REGIONAL OFFICES

Whangarei	09 430 4355
Auckland	09 969 9800
Hamilton	07 958 7220
Tauranga	07 927 6009
Palmerston North	06 953 6396
Napier	06 974 5520
Wellington	04 894 5200
Christchurch	03 964 2866
Dunedin	03 951 3009





If you have further queries, call our contact centre on 0800 822 422 or write to us:

NZ Transport Agency
Private Bag 6995
Wellington 6141

info@nzta.govt.nz

This publication is also available on NZ Transport Agency's website at **[www.nzta.govt.nz /resources/keeping-moving/index.html](http://www.nzta.govt.nz/resources/keeping-moving/index.html)**



NZ TRANSPORT AGENCY
WAKA KOTAHI

New Zealand Government

OUR CONTACT DETAILS

NATIONAL OFFICE

50 Victoria Street
Private Bag 6995
Wellington 6141
Telephone: +64 4 894 5400
Fax: +64 4 894 5100
info@nzta.govt.nz

FREEPHONE NUMBERS

General enquiries: 0800 699 000
Driver licensing: 0800 822 422

www.nzta.govt.nz