The NZ Transport Agency would like to thank the following organisations for their contribution to this booklet:

- Age Concern New Zealand
- Grey Power New Zealand Federation
- Royal New Zealand Returned and Services’ Association
- Royal New Zealand College of General Practitioners
- Occupational Therapy New Zealand
- Office for Senior Citizens
- New Zealand Automobile Association
- Safe and Sustainable Transport Association
- Living Streets Aotearoa
- Accident Compensation Corporation
If you’re an older driver who wants to get around safely and easily on the road, this booklet is for you.

- It tells you how you can keep driving safely for as long as possible.
- It explains what you’ll need to do if you want to renew your driver licence when you turn 75.
- It suggests ways to get around safely and easily after you stop driving.
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Getting around by car

Like most older people, you probably rely on your car to help you get around. You might use your car to go shopping, for appointments and to catch up with friends and family.

Most older drivers are very safe and responsible. They’ve been driving for many years without any problems. But driving a car is a complicated task. You need to be in good health and able to concentrate for long periods of time.

As you get older, you might notice some changes that could affect your driving. For example, you might notice changes in:

- your eyesight
- your memory
- how quickly you can make decisions
- how quickly you react when you’re driving.

When you get older, your body is more easily injured. The older you are, the more likely you are to be hurt or killed in a crash.

It’s important for all drivers to regularly check how safe they are on the road. In the next section, there are some questions you can use to help you do this.
The road ahead: transport options for seniors
HOW SAFE ARE YOU ON THE ROAD?

Asking yourself these questions (and answering them honestly) will help you keep yourself and others safe.

If you answer ‘yes’ to some of the questions below, this might not mean that you need to give up driving altogether. You might just need to make some changes to the way you use your car. The section on pages 9–22 (Tips to keep you driving safely) suggests some things you could do to keep yourself and others safe on the roads.
- Do you have trouble seeing road signs, markings, kerbs, median strips, other vehicles or pedestrians? Is this worse at night?

- When you’ve been looking at something close to you, is it sometimes hard to focus on things that are far away?

- Do you have trouble turning your head or looking over your shoulder to check for traffic?

- Is it hard to move your foot from the accelerator to the brake pedal?

- Is it hard to turn the steering wheel?

- Do your joints (for example, your knees or elbows) ache after even a short drive?

- Do you have trouble reversing your car?

- Is it getting harder to judge gaps in the traffic when you’re merging or turning at intersections?

- Does your mind sometimes wander when you’re driving?

- Do you sometimes feel upset and confused in traffic, especially when you’re turning at an intersection?

- Are you sometimes confused about who should give way?

- Do you ever find yourself driving too slowly and holding up traffic?

- Have other motorists ‘honked’ at you lately?

- Are you reacting more slowly when something unexpected happens (for example, if someone suddenly steps out onto the road)?

- Are you getting more tired while driving, even on short trips?
If you answer ‘yes’ to any of the next five questions, or if you have any doubts about your driving, you should talk to your health practitioner, for example your usual doctor (GP), a registered nurse or nurse practitioner, or a specialist if appropriate. You might want to ask a friend or family member to go with you. Your health practitioner may be able to advise you on how you can keep fit to drive.

- Have you had trouble judging distances? Has this ever caused a small collision, for example, in a car park or with a mailbox?
- Have you had a near miss or a crash in the last three years?
- Have any of your friends or family members told you that they’re worried about your driving?
- Do you sometimes get lost on routes that you know well?
- Has your health practitioner suggested that you should limit your driving or think about stopping driving altogether?
TIPS TO KEEP YOU DRIVING SAFELY

There are lots of things you can do to help make up for the effects of getting older. For example, you could:

- avoid driving at night or in bad weather
- only drive on routes that you know well
- only use the car when you really need to
- always have someone else with you when you drive.

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

Seeing clearly

- If you need glasses for driving, make sure you always wear them.
- Have regular vision check-ups with an optometrist to make sure your prescription is up to date.
- Don’t wear sunglasses or tinted glasses at night, unless your optometrist has told you to do so.
- Keep your car’s windscreen, mirrors and headlights clean.
- Make sure you can see the dials on your car’s instrument panel clearly.

Staying in control

- See your health practitioner if you’re having trouble turning your head or reaching the controls on your car. They can give you advice about exercises and/or physiotherapy.
- Talk to an occupational therapist if you’re having trouble with steering or with operating the foot pedals on your car. They may be able to help with specialised equipment.
Choosing a safe car

• Choose the safest model you can afford – the safety features will help protect you if you crash. Check www.rightcar.co.nz for information about safety ratings on new cars Australasian New Car Assessment Programme (ANCAP) and used cars.

• Consider a car with automatic transmission so you don’t have to physically change gears. This may give you more time to focus on the road.

• Look for safety features, such as an anti-lock braking system (ABS) and electronic stability control.

• Look for a car with large side mirrors that can be adjusted to reduce blind spots. You can also get special rear-view mirrors to help you see better in your usual blind spots.

• Choose a car with an airbag, and sit at least 25 centimetres (about 1 foot) from the steering wheel. This will help to prevent injury from the airbag in a crash.

Staying alert

When you’re driving, you need to pay attention to lots of different things at the same time. And you also need to be able to react quickly when something unexpected happens. Here are some suggestions that may help.

• Drive during the day when possible and avoid rush hours.

• Check street maps to remind yourself about the area you’ll be driving in. Look for changes such as roundabouts or one-way street systems.

• Plan your route. Avoid busy roads and choose a route that you know well. Make it easy for yourself – if you hate making right turns, plan a route that only involves left turns.

• Leave plenty of room between you and the car in front. This gives you more time to react and stop safely.

• As you drive, keep checking the sides of the road as well as the way ahead. Check your rear-view mirrors regularly.

• When it rains after a long dry spell, the roads can be very slippery. Drive to the conditions and reduce your speed.

• Stay alert to sounds outside your car. Don’t let yourself be distracted by conversation and background noise such as the radio.
The road ahead: transport options for seniors
Tiredness and driving

Many crashes happen because the driver is tired. Tiredness can affect drivers of all ages. When you’re tired, it’s harder to react quickly or make good judgements. Crashes caused by tiredness can happen in the city as well as on long trips.

**Tiredness can be caused by:**

- not getting enough sleep
- sleeping problems, such as sleep apnoea
- medications (either prescription or over-the-counter)
- jetlag and changes in time zones
- stress
- driving for long periods of time.

Plan to drive at a time when you’re not tired. For most people, the best time is in the morning (but don’t get up earlier than your usual time). Most crashes caused by tiredness happen in the early afternoon.

If you’re taking a long trip, plan it so you can stop every two hours or so for a break. It’s best not to drive for more than 6–8 hours a day. You could break up long trips by taking a stopover, or you could arrange to share the driving.

**Look out for the warning signs of tiredness. You should stop driving if:**

- your eyes get tired and scratchy, and you blink a lot
- you yawn often
- you stop concentrating or find yourself daydreaming
- you realise you’ve drifted in your lane and have to make a sharp movement to correct this.

If any of these things happen, it’s best to stop driving for the day. If you have to keep going, you should at least have a 20-minute break away from the car first.

You should stop driving at once if you notice your head nod down or jerk up. This means that you’ve been asleep at the wheel. Even if you’ve only been asleep for a couple of seconds, it’s extremely dangerous to continue driving.

For more information about tiredness when driving, see the Transport Agency’s Factsheet 24, Fatigue: Staying alert while you’re driving at www.nzta.govt.nz/factsheets/24
Keeping up to date with the road code

It’s a good idea to check the road code every now and then, to make sure you know about any new road rules, signs or road markings. You can get a copy of the road code from most book shops or from your local library but check to make sure you have the most recent published edition. You can also view it online at: www.nzta.govt.nz/resources/roadcode

This web page lists any updates to the road code made since the last published edition (usually due to a legislation change): www.nzta.govt.nz/resources/roadcode/updates

The next few pages show some traffic situations that many drivers find confusing.
Giving way – intersections

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

‘*Top of the T goes before me*’

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

Example 1
You must GIVE WAY, as you are turning right and the other vehicle is turning left.

Example 2
You may proceed, as you are turning left and the other vehicle is turning right.

- 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 normally 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.

Turning right
first indicate right, then left to exit.

Turning left
indicate left before turning.
Multi-lane roundabout

**Driving straight**
indicate left when exiting.
Stay in the same lane throughout.

**Turning right**
first indicate right, then left to exit.
Stay in the same lane throughout.

**Turning left**
indicate left before turning.
Stay in the same lane throughout.
Correct use of lanes, bays 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 flush median when turning
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

<table>
<thead>
<tr>
<th>Traffic Light</th>
<th>Left turning</th>
<th>Straight ahead</th>
<th>Right turning</th>
</tr>
</thead>
<tbody>
<tr>
<td>Red (MUST STOP)</td>
<td>Must STOP</td>
<td>GO (if safe)</td>
<td>GO but must give way to oncoming traffic, including left-turning traffic and pedestrians</td>
</tr>
<tr>
<td>Yellow (STOP, UNLESS TOO CLOSE)</td>
<td>GO, but must give way to pedestrians crossing the road</td>
<td>GO (if safe)</td>
<td>Must STOP (if safe)</td>
</tr>
<tr>
<td>Green (FAUL TY LIGHTS! APPLY THE GIVE WAY RULES)</td>
<td>GO, but must give way to pedestrians crossing the road</td>
<td>GO (if safe)</td>
<td>GO – oncoming traffic should stop</td>
</tr>
<tr>
<td>Red (MUST STOP)</td>
<td>Must STOP</td>
<td>Must STOP</td>
<td>GO – oncoming traffic should stop</td>
</tr>
</tbody>
</table>
Following distance and safety on the highway

Safe following distance
When following another vehicle travelling at the same speed, watch as that vehicle passes a 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.
Sharing the load

If you have a spouse or partner who can safely and legally drive, you could share the driving with them. This will help both of you retain your skills and confidence for as long as possible.

On long trips, you could arrange to share the driving with friends or family members.

Keeping fit

Instead of using your car for short trips, think about walking or riding a bike if this is possible for you. Staying fit and healthy will help you to keep driving for longer.

For suggestions on how to stay safe while walking or riding a bike, see pages 39-40.

Taking medication

It can be unsafe to drive when taking medication which affects your driving ability.

There are five main types of prescription medication that may affect your driving:

- strong painkillers
- medication for depression
- heart medication
- allergy medication
- sleeping pills.

Driving may also be affected by prescription medications for:

- psychosis
- epilepsy
- addiction
- nausea
- anxiety.

If you’re taking one or more of these medications or have started taking something new, it’s important you talk with your health practitioner or pharmacist about how your driving may be affected. For more information about the effects of medication on driving visit www.nzta.govt.nz/are-you-safe-to-drive
The road ahead: transport options for seniors
The road ahead: transport options for seniors
Driver training and check-ups

Staying Safe workshops

Staying Safe is a workshop for older people who want to keep driving safely for as long as possible.

The workshop gives you a chance to keep up to date with the road code and to catch up with any changes to the road rules. It will also give you information about other ways to get around safely for as long as possible.

To find out whether there’s a Staying Safe workshop in your area:

- phone 0800 822 422.

Driving school courses

Many driving schools have courses and safety check-ups that are suitable for older drivers. Ask your local driving school about these.

Specialist check-ups

If you have a medical condition that might affect your driving, you should talk to your health practitioner.

You could also have a check-up with an occupational therapist, who will check whether or not you are able to drive safely. There will be a fee for this.

To find a specialist driving assessor in your area:

- ask your health practitioner
- see the Find a therapist section at www.otnz.co.nz
- phone Enable information at 0800 171 981.
Renewing your driver licence after 75

You need to renew your New Zealand driver licence when you turn 75. You’ll need to renew it again:

- on your 80th birthday
- every two years after that (for example, on your 82nd, 84th and 86th birthdays, and so on).

You also need to update your driver licence photograph and signature every 10 years after you turn 75.
How to renew your licence – the process at a glance

When you turn 75, when you turn 80, and every two years after that, you must get a Medical certificate for driver licence from your health practitioner.

Your health practitioner decides if you are either:

1. medically fit to drive

2. medically fit to drive with conditions

3. medically fit to drive if you pass an on-road safety test

4. medically fit to drive if a specialist agrees

5. not fit to drive.

Your driver licence will expire on your next birthday, as shown on the licence.

You can renew your licence at a driver licensing agent. (see page 30)
Your driver licence renewal pack

About six weeks before your licence expires, you should receive a driver licence renewal pack in the mail. This will tell you what you need to do to renew your licence. We’ll post or email your renewal pack to the last address we have for you, so make sure your details are up to date.

You can phone 0800 822 422 to check or change your address and other details or go to www.nzta.govt.nz/address

You don’t have to wait for the pack to be sent to you. You can renew your driver licence up to 6 months before it’s due to expire at a driver licensing agent.

Driver licensing agents

You can find a driver licensing agent at selected branches of:

• the New Zealand Automobile Association (NZAA)
• Vehicle Testing New Zealand (VTNZ).

Go to www.nzta.govt.nz/agent to find a driver licensing agent in your area.

Booking an appointment with a health practitioner

The first thing you’ll need to do is book an appointment with your health practitioner, for example your usual doctor (GP), a registered nurse or nurse practitioner, or a specialist if appropriate, to get a Medical certificate for driver licence.

Your health practitioner will talk to you about your health and test your eyesight. Then they’ll decide whether you are:

1. medically fit to drive
2. medically fit to drive - with conditions
3. medically fit to drive - if you pass an on-road safety test
4. medically fit to drive - if a specialist agrees
5. not fit to drive.

The following pages explain each of these decisions and tell you what you will need to do next.
The road ahead: transport options for seniors
1 Medically fit to drive

What does this mean?
Your health practitioner has decided that you are able to drive safely. They will give you a signed medical certificate to say that you are fit to drive.

What do you need to do?
You should take the signed medical certificate to a driver licensing agent (see the list on page 28) to renew your licence. You’ll need to do this within 60 days after the health practitioner has signed the certificate.

As well as the medical certificate, you’ll need to:

- bring your current driver licence or other ID, such as a passport
- bring the fee for renewing your licence (as shown in your driver licensing pack)
- fill out the *Application for issue or renewal of driver licence* form (DL1) that came with your renewal pack. You can also get this from the licensing agent, download it from www.nzta.govt.nz/form-DL1, or you can phone 0800 822 422 to have one sent to you.

The driver licensing agent will give you a temporary licence. When your new photo licence is printed, it will be posted to you at your mailing address.
Medically fit to drive – with conditions

What does this mean?
Your health practitioner will give you a signed medical certificate, but he or she has decided that you can only drive safely if you agree to do certain things.

For example, you might have to:
- wear prescription glasses
- drive an automatic car
- only drive during the day
- only drive a certain number of kilometres from your home.

What do you need to do?
You should take the signed medical certificate to a driver licensing agent (see the list on page 28) to renew your licence. You’ll need to do this within 60 days after the health practitioner has signed the certificate.

As well as the medical certificate, you’ll need to:
- bring your current driver licence or other ID, such as a passport
- bring the fee for renewing your licence (as shown in your driver licensing pack)
- fill out an Application for issue or renewal of driver licence form (DL1) that came with your renewal pack. You can also get this from the licensing agent, download it from www.nzta.govt.nz/form-DL1, or you can phone 0800 822 422 to have one sent to you.

The driver licensing agent will give you a temporary licence. When your new photo licence is printed, it will be posted to you at your mailing address with a letter setting out when you can and can’t drive. The letter will also explain what you should do if you don’t agree with the conditions or want to have them reviewed.
3 Medically fit to drive – if you pass an on-road safety test

What does this mean?
Your health practitioner has decided that there’s no medical reason why you shouldn’t drive, but he or she needs to make sure that you are able to drive safely.

The health practitioner will give you a signed medical certificate. But you will only be able to renew your licence if you pass an on-road safety test with a testing officer.

What do you need to do?
You can take the signed medical certificate to a driver licensing agent (see the list on page 28) to book your test. You’ll need to do this within 60 days after the health practitioner has signed the certificate.

As well as the medical certificate, you’ll need to:

- bring your current driver licence or other ID, such as a passport
- bring the fee for the safety test and the fee for your licence renewal (as shown in your driver licensing pack)
- fill out an Application for issue or renewal of driver licence form (DL1) that came with your renewal pack. You can also get this from the licensing agent, download it from www.nzta.govt.nz/form-DL1 or you can phone 0800 822 422 to have one sent to you.

If you have a credit card, you can book a test at www.nzta.govt.nz/online
You can then bring everything on the above list (apart from the fees) to your test appointment.
If you’ve booked your test online, you’ll need to get there 30 minutes early. This will allow time to:

- have your medical certificate checked
- have your photo taken
- fill out your Application for issue or renewal of driver licence form (DL1) (if you haven’t already)
- have your ID checked.
Preparing for your test
You can find out more about the test from the Transport Agency’s booklet *Guide to the on-road safety test*, including:

- what you should do before the test
- what the test will include
- some tips to help you pass.

To get a copy of this, you can:

- pick up the booklet when you book your test
- phone 0800 822 422 to have a copy sent to you.

What happens if you pass the test?
If you pass the test, you don’t have to go back to your health practitioner. The officer who tests you will give you a temporary driver licence. When your new photo licence is printed, it will be posted to you at your mailing address.

What happens if you fail the test?
If you fail your test the first time, you can sit it once more at no extra charge. 

If you’re worried about this, you could think about enrolling in a Staying Safe workshop. See page 25 for more information. You could also book a coaching session with a driving school before you sit the test.

If you book another test, you’ll be given a temporary driver licence. This will usually mean that until you pass the test, you can only drive when another fully licensed driver is in the car with you.
4 Medically fit to drive – if a specialist agrees

What does this mean?
Your health practitioner has decided you need to see a specialist to check whether or not it is safe for you to keep driving.

For example, you might need to see an optometrist to have your eyesight checked. Or an occupational therapist might need to check that you can safely cope with some tricky driving situations. A check-up by an occupational therapist will probably cost between $350 and $600.

What happens next?
If the specialist thinks you’re safe to drive, your health practitioner will sign the medical certificate.

You’ll need to take the signed certificate to a licensing agent within 60 days - See page 28 for a list of agents.

As well as the medical certificate, you’ll need to:

- bring your current driver licence or other ID, such as a passport
- bring the fee for renewing your licence (as shown in your driver licensing pack)
- fill out the Application for issue or renewal of driver licence form (DL1) that came with your renewal pack. You can also get this from a licensing agent, download it from www.nzta.govt.nz/form-DL1 or you can phone 0800 822 422 to have one sent to you.

The driver licensing agent will give you a temporary licence. When your new photo licence is printed, it will be posted to you at your mailing address.

The specialist might decide that you’re only able to drive if you do certain things. For example, you might have to:

- wear prescription glasses
- drive an automatic car
- only drive during the day
- only drive a certain number of kilometres from your home.

If this happens, you’ll get a letter setting out when you can and can’t drive sent out with your new photo licence. The letter will also explain what you should do if you don’t agree with the conditions or want to have them reviewed.

If the specialist decides you are not able to keep driving safely, you won’t be able to renew your licence. See the information in the next section - Not fit to drive.
Not fit to drive

What does this mean?
Your health practitioner or specialist has decided that it’s safer for you and others on the road if you don’t keep driving. The law says that the health practitioner must let the Transport Agency know this. This means you won’t be able to renew your licence.

If you don’t agree with this, you can get a second opinion from another health practitioner. You’ll need to pay a fee for this. If the second health practitioner agrees to sign a medical certificate, both health practitioners’ reports will go to the Transport Agency’s Chief Medical Advisor, who will decide whether or not you can keep driving. You’ll get a letter from the Transport Agency to let you know what they have decided.

Retiring from driving is a change but not an end. By planning ahead, and with support from others, you can still get around in your community and do the things you want to do. The next section - Getting around without driving - gives you ideas for how you can live your life to the full without driving.

You can call 0800 822 422 to:

- check or change your address and other details
- have an Application for issue or renewal of driver licence form (DL1) sent to you
- find out about Staying Safe workshops in your area
- book an on-road safety test
- have a copy of the Guide to the on-road safety test sent to you.
Getting around without driving

If you’ve always been able to drive yourself around, it can be hard to think about how you’d cope without a car. So it’s a good idea to plan ahead. You can start thinking about other options even while you still have your driver licence.

It might be a good idea to talk it over with others. Friends and family may have ideas about how they could help. The booklet Supporting senior drivers has lots of suggestions about how they can do this. To get a copy, you can:

• email info@nzta.govt.nz
• visit www.nzta.govt.nz/resources/supporting-older-drivers/
• phone 0800 822 422.

One idea could be to keep your car and ask friends or family to drive you around in it. It’s important to check with your insurance company that other drivers are covered. If any drivers are under 25, you might need to give their names and licence numbers to your insurance company.
MOVING HOUSE?

If you’re planning to move to a different area, you could ask yourself these questions.

• Do friends and family live nearby?
• Can I walk or take the bus to shops, library, doctors’ rooms, church and other community services?
• Could I share transport with other people in the area who have similar interests?
• Are there good footpaths, street lighting and pedestrian crossings?
• Is it close to a bus stop?
• Is there a helpful community centre?

USING THE BUS OR TRAIN

Make sure you have the latest bus and train timetables. You can get these from the local transport companies, your local council or the nearest Citizen’s Advice Bureau.

When you’re booking appointments, try to arrange a time that fits in with the bus or train timetables.

Think about all the different options for each trip. For example, you might catch the bus to your local club and then share a taxi home if the buses don’t go at the right time.

The SuperGold card provides people over 65 with free off-peak travel on public transport in many areas of New Zealand. For more information about this, you can:

• visit www.supergold.govt.nz
• phone 0800 254 565
• contact your local regional council or Auckland Transport.
GETTING AROUND ON FOOT

Walking is a very healthy way to get around at any time of life. It keeps you fit, saves money on petrol and it’s a good way of contributing to a cleaner environment by not using a car.

To start with, you could try making short trips on foot. For example, you could get off the bus a couple of stops earlier than usual.

If you’d like to walk regularly, you could think about joining a walking group. This gives you a reason to go for a regular walk and could help you meet new people.

Staying safe when you’re walking

- If possible, try to plan walking trips when there’s not too much traffic.
- If there are no pedestrian crossings, choose the shortest way to cross the road and keep looking out for traffic. If there’s a traffic island for pedestrians in the middle of the road, stop there and check for traffic coming from your left. Wait till the road is clear before going further.
- If there’s no traffic island for pedestrians, make sure you have plenty of time to get across both lanes. It’s a good idea to make eye contact with drivers, especially if they are turning.
- If you’re visiting a lot of different shops, plan your trip so that you don’t have to keep crossing the road.
- Wear light-coloured clothing or carry a brightly coloured bag. This helps drivers and cyclists to see you.
- If you’re walking at night or when the light is poor, you could wear reflective clothing or arm-bands and carry a torch.
- If you need glasses or a hearing aid, make sure you wear them when you’re out walking.
RIDING A BIKE

Riding a bike can be fun. It’s a good way to get about and it helps to keep you fit.

Your local council will have maps and information about cycle routes in your area. They could also help put you in touch with local cycling groups. The Transport Agency’s Factsheet 1, Cycles: road rules and equipment has useful information about cycling. To get a copy, you can:

• email info@nzta.govt.nz
• visit www.nzta.govt.nz/factsheets/01
• phone 0800 822 422.

Keeping safe on your bike

• Use cycle lanes whenever possible.
• Keep to the left.
• Remember that cycle paths are often shared with pedestrians. Be considerate to others, and look out for people on foot.
• Always wear a safety helmet.
• Wear bright or light-coloured clothes. Reflective tape helps others to see you easily.
USING A MOBILITY SCOOTER

Many people use electric-powered mobility scooters to get around. A mobility scooter can be a good way to get to the local shops, library or church if it’s too far to walk.

If you’re planning to buy a mobility scooter, you’ll need to know how to use it safely. For example, the law says:

- you must drive a mobility scooter on the footpath whenever this is possible;
- you must be considerate to others and drive at a speed that will not be dangerous to others on the footpath.

For more information on how to use mobility scooters safely, see the Transport Agency’s brochure Ready to ride: keeping safe on your mobility scooter. To get a copy, you can:

- email info@nzta.govt.nz
- visit www.nzta.govt.nz/resources/ready-to-ride
- phone 0800 822 422.
OTHER TRANSPORT OPTIONS

You could check out your local Citizen’s Advice Bureau, the local council or your nearest branch of Age Concern for information about other ways to get around without a car.

In some parts of New Zealand, there are companies that run a service similar to a taxi, but designed mainly for older people. For example, the driver could help you back inside your home at the end of the trip. Or they could go with you to an appointment or to do your shopping. These services usually charge by time rather than by the distance travelled.

If you have a disability, such as Parkinson’s disease, diabetes, arthritis, epilepsy or problems with eyesight, you may be able to get discounts on taxi fares through the Total Mobility Scheme. Ask your health practitioner for advice about this.

You can find out more about how the Total Mobility Scheme works in your area from the Transport Agency’s brochure Total mobility around New Zealand. To get a copy:

- email info@nzta.govt.nz
- phone 0800 822 422.

Taxis may seem expensive, but owning a car costs a lot of money too. Running an older, small car can cost up to $2500 a year (not counting the value of the car itself or its loss of value over time). That’s a lot of taxi fares!
Finding out more

No car? No problem! is a brochure produced by the Office for Senior Citizens. It has information about how to get around your community without a car.

To get a copy, you can:

• email osc@msd.govt.nz


• write to PO Box 1556 Wellington.

The following Transport Agency publications include information that you might find useful.

• Supporting senior drivers: how friends and family can help

• Guide to the on-road safety test

• Ready to ride: keeping safe on your mobility scooter

• 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

To get copies of any of these publications:

• email info@nzta.govt.nz

• visit www.nzta.govt.nz/resources

• phone 0800 822 422.
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.

Contact your local council first. If they are unable to assist, contact the NZ Transport Agency on:

- email info@nzta.govt.nz
- visit www.nzta.govt.nz
- phone 0800 822 422.