

# Driving as a senior

A refresher on safe driving



## **Keeping yourself and others safe when driving** **3**

About senior drivers	4
The fragility factor	5
Renewing your licence	6
Thinking about others while you drive	8

## **How aging affects your driving safety** **10**

Medications	11
Reaction times	13
Hearing	14
Physical movement and mental fitness	14
Eyesight	15

## **Safe driving concepts** **16**

Before driving	17
A different journey - case study	19
Six factors: What can go wrong	20
Looking around	21

## **Knowing the road rules** **22**

Intersections	23
Roundabouts	25
Merging	28
Changes to road layouts	29

## **Where to next?** **31**

Know why you drive	32
Get feedback on your driving	32
Alternatives to driving	34

**NZ Transport Agency Waka Kotahi**

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# Keeping yourself and others safe when driving

Nau mai, haere mai - welcome to this resource on how to stay safe as a senior driver. If you're over 60 and interested in how to keep up your safe driving skills, this booklet will help you.

Have you had any of these thoughts? You're not alone - they're just some of the questions that senior drivers have.

This booklet will answer these questions and more. Knowing what to be aware of can help you make good driving choices and feel good about them.

Am I still driving safely? Would people tell me if I wasn't?

What am I going to do if I can't drive? How will I take care of the grandkids?

Is my driving changing as I get older? What difference do my medications make to my driving?



## About senior drivers

People are living longer and driving longer than ever before. Better medical care and technology is part of this change. It's very possible for you to drive safely for many years.

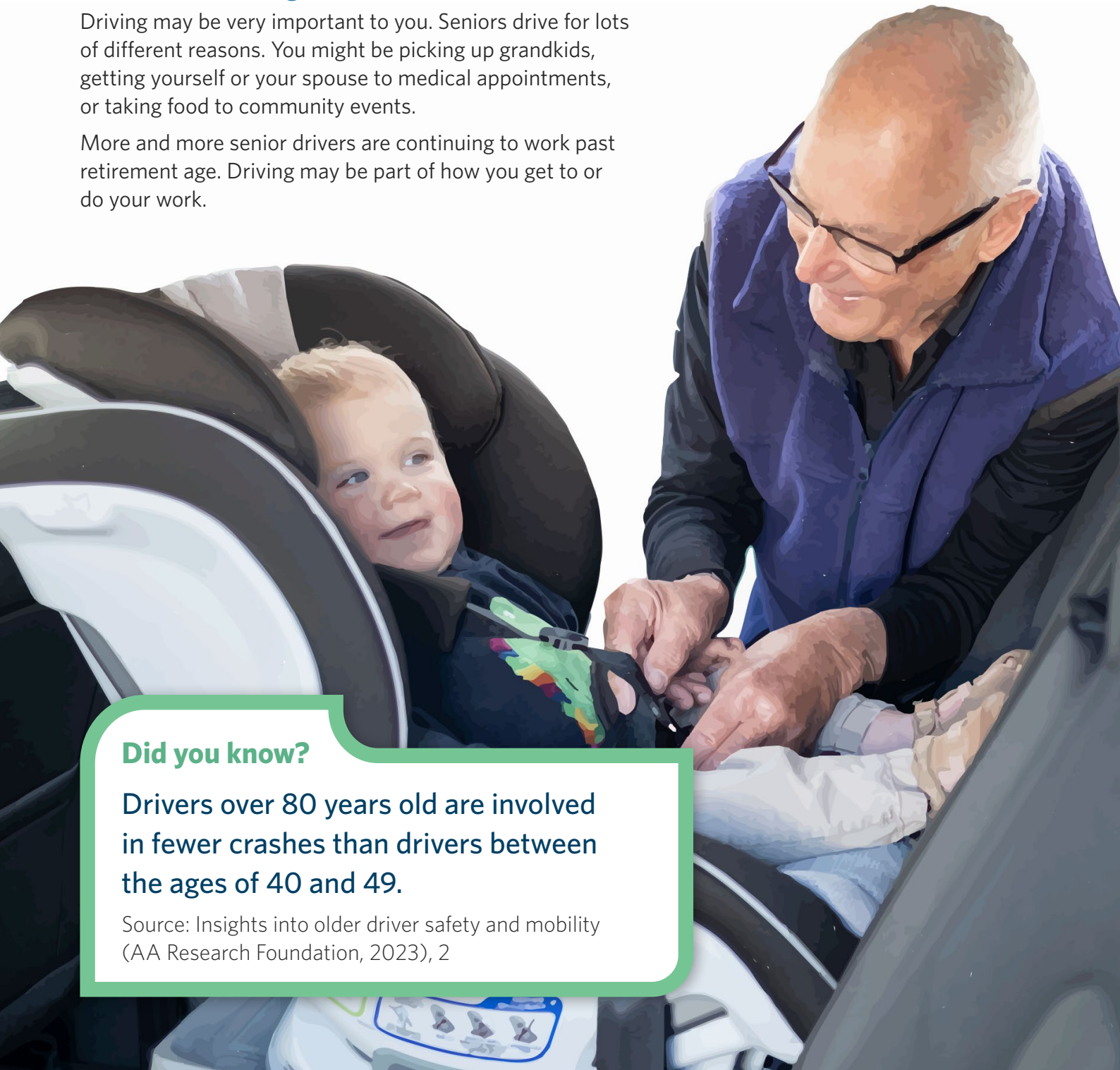
### How safe are senior drivers?

As a group, senior drivers are above average in safe driving. This means you are *less* likely than younger people to be involved in a crash.

### What does driving mean to senior drivers?

Driving may be very important to you. Seniors drive for lots of different reasons. You might be picking up grandkids, getting yourself or your spouse to medical appointments, or taking food to community events.

More and more senior drivers are continuing to work past retirement age. Driving may be part of how you get to or do your work.



#### Did you know?

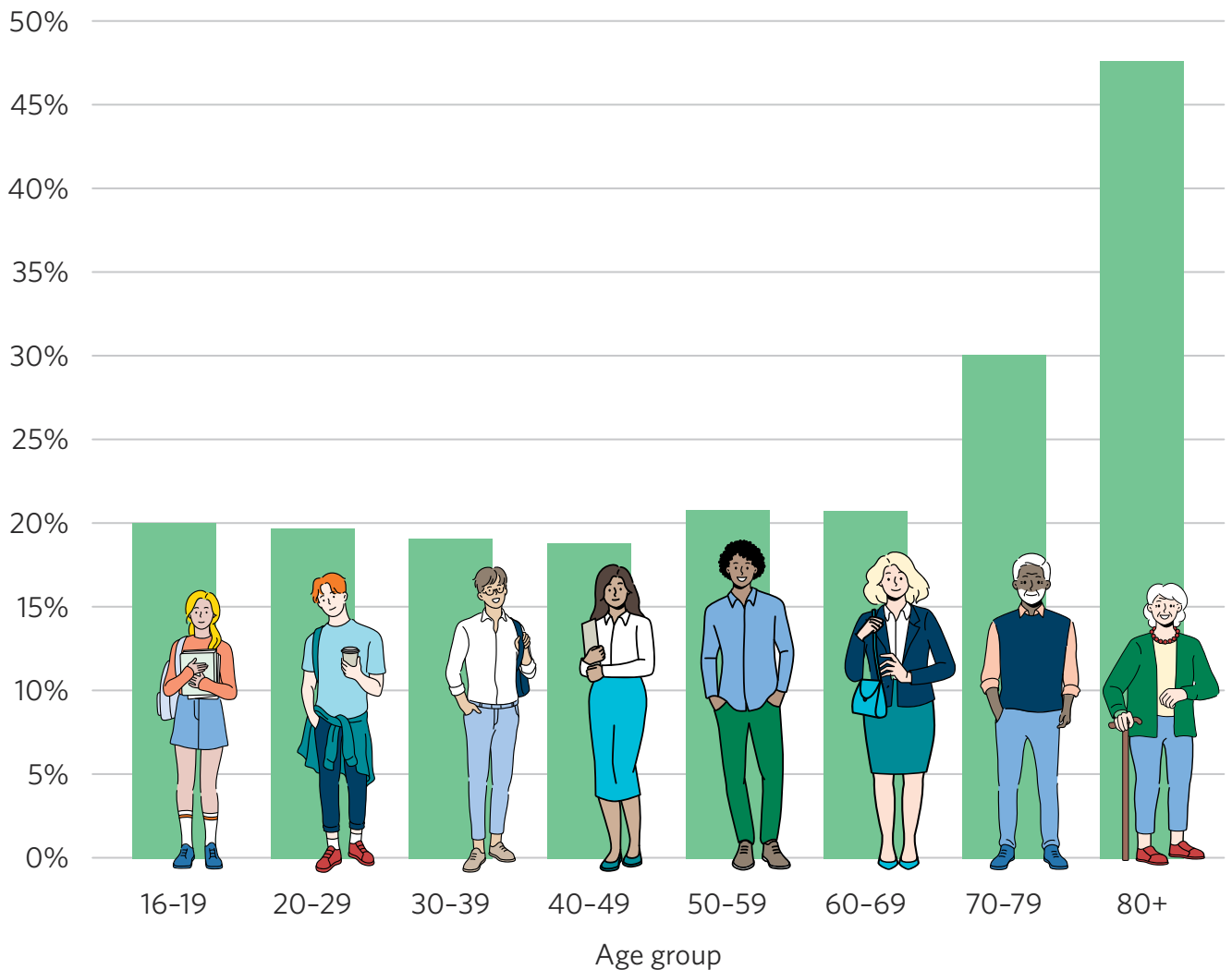
**Drivers over 80 years old are involved in fewer crashes than drivers between the ages of 40 and 49.**

Source: Insights into older driver safety and mobility (AA Research Foundation, 2023), 2

## The fragility factor

Unfortunately, as a senior driver you are *more* likely than younger people to be seriously injured if you're in a crash. Your body gets more fragile as you get older - you're more easily hurt and it takes longer for you to heal if you do get hurt.

### Percentage of driver fatal and serious crash injuries at intersections July 2014-June 2019 inclusive



#### Have a think about...

- going through this resource with a friend, someone in your whānau, or a community group - talking it through can help everyone.
- why is driving important to me?

## Renewing your licence

When you turn 75, you need to renew your licence more often. You also need a medical check to renew your licence. You'll be sent a letter or email to tell you to do this at 75, 80, and every 2 years after that.

You need to make an appointment with your doctor to get the medical check. After your appointment, your doctor will give you one of the following results:

### Medically fit to drive

You're able to drive safely in all conditions.

### Medically fit to drive with conditions

You're able to drive safely, but only if you do or don't do specific things. For example, NZTA may require that you wear glasses or not drive at night.

### Medically fit to drive if a specialist agrees

You need to see a specialist for more testing. Your doctor will tell you what kind of specialist. It could be an optometrist to test your eyes, or an occupational therapist to check you can safely cope with complex driving situations. If you pass, you're able to drive safely and can renew your licence.

### Medically fit to drive if you pass an on-road safety test

Your doctor may ask you to do a driving test in a car with a testing officer. You can book this test at a driver licensing agent. If you pass, you're able to drive safely and can renew your licence. You can take the test more than once.

### You can renew your licence at a driver licensing agent

### Not fit to drive

You're not able to keep yourself and others safe when driving. You can't renew your licence and in some circumstances NZTA will be advised of this.

Not being able to renew your licence can be upsetting. Take some time to process this news. Later in this resource we look at how to live your life fully without driving.

### It's no longer safe or legal for you to drive

## The letter

Before her 75th birthday, Airini gets a letter in the mail telling her she'll need to renew her licence. It also tells her she needs to get a medical check first.

## The doctor's appointment

Airini makes an appointment with her regular doctor, Dr Wickremesekera. The doctor:

- asks her a series of questions about her general health and any changes she's noticed
- shows her some road signs and asks her to identify them
- asks her to read from an eyechart to test her eyesight.

After the conversation and the test, Dr Wickremesekera tells Airini that because her eyesight is a little poor, she needs to go to an optometrist for more tests before she can renew her licence. Dr Wickremesekera doesn't have any other concerns.

Her result is: **medically fit to drive if a specialist agrees.**

## The optometrist appointment

Airini makes an optometrist appointment and has further eyesight tests. She takes the tests wearing her glasses. The optometrist is confident her vision is good enough to drive, and issues her an eyesight certificate. The certificate is valid for 60 days.

## The licensing agent

Airini takes the certificate to the driver licensing agent, and completes the licence renewal form there. She gives her form, eyesight certificate, and current licence to the person at the counter, and pays the fee. They give her a temporary licence and take her photo and signature.

## The new licence

Airini's new licence arrives in the mail 2 weeks later. It includes the condition that she must wear her glasses while driving. It expires in 5 years.



## Thinking about others while you drive

One thing that helps you be a safer driver is purposefully thinking about how other people are using the roads. There are many more different vehicles on the road with you, all doing their own thing. Let's take a look at what you can do to keep safe around different types of vehicles.

### People on bikes

Cycling is becoming more popular, meaning more people on bikes on the road.

#### What to do

Stay alert for people on bikes and drive carefully when near them. Give them 1.5 metres of space when passing.

People on bikes don't have to use the cycle lane - sometimes they need the road.

#### What to do

Be patient and wait.

People on bikes can move very fast.

#### What to do

Check for people on bikes before you open the car door.

### People on e-scooters

E-scooters can be used on the footpath or the road, but people should ride as close to the side of the road as possible.

#### What to do

Look out for people on e-scooters on the road, especially if lots of people are walking on the footpath.

People riding e-scooters must give way to pedestrians and can't ride on cycle lanes.

#### What to do

Be aware that e-scooters may swerve on to the road to give way to pedestrians.







## Mobility scooters

People shouldn't ride mobility scooters on the road unless there's no footpath.

### What to do

Keep an eye out for mobility scooters on driveways and at intersections.

The maximum speed for mobility scooters is 11km/h.

### What to do

Be patient and wait.

## Trucks

Trucks are large and can't stop easily.

### What to do

If you're moving in front of a truck, make sure you leave them plenty of space and indicate early. If you're following, leave a 3-second following distance.

Truck drivers may not see you. If you can't see their mirrors, they can't see you.

### What to do

If you're following or next to a truck, make sure you can see their mirrors.

## Did you know?

At 90km/h, it generally takes a truck-trailer unit more than twice as far to stop as it takes a car.

If you cut in front of a truck and suddenly slow or stop, you're at risk of causing a serious rear-end crash.

# How aging affects your driving safety

Lots of things change as we get older. Some of these changes may affect the way we drive. This may mean you can no longer drive safely, or it may mean you just need to do things a little differently.

This section looks at what to look out for and what you can do about it.



## Medications

### How medications affect your driving

Medications can save your life or make it much more comfortable to live. But they can affect you in other ways too – changing how well you can see, hear, process information, or even stay awake.

Look at the list below to see the risks of common medications you might be taking.

### Medications that can make you drowsy

- Sleeping tablets (**zopiclone, temazepam**).
- Anxiety medications (**lorazepam, diazepam**).
- Antidepressants (**amitriptyline, citalopram, doxepin**).
- Strong pain medications (**oxycodone, morphine, tramadol**).
- Antihistamines.

### Medications that can affect your vision

- Some eye drops.
- Some sedating antihistamines (**Phenergan, Polaramine, cyclizine**).

### Medications that can make you dizzy

- Some blood pressure tablets, particularly if newly started or when the dose is changed.



### Did you know?

It's illegal to drive while over the limit of some medications. Go to [www.nzta.govt.nz](http://www.nzta.govt.nz) for more information.

If you drink alcohol while you're on medication, it can change the way it affects you. Talk to your doctor about the risks.

## What you can do

You need to know how your medication can affect you, before you decide if you can drive when it's in your system. Here's some steps you can take:

- Make a **list** of all the medications you take and find out what the effects can be. Look at the information sheet in the box or ask your doctor or pharmacist for details. Make sure you consider how the combination of different medications will have different effects.
- Make a **plan** of how you can avoid the effects impacting your driving. This could mean only driving at certain times of day, or stopping driving for a time after you start a new medication. It's good to ask a whānau member or friend to discuss this plan with you, so you can talk through options.
- **Don't drive** if you feel any of the following:
  - sleepy
  - dizzy
  - nauseous
  - unable to focus
  - slurred speech or trouble forming a sentence
  - confused
  - unusually wired or overconfident.



## Reaction times

### How changes in your reaction times affect your driving

When you get older, your brain takes longer to process information. This means you need more time to react to driving situations. For example, if someone is indicating that they're going to change into your lane, your brain needs to:

1. Realise they're indicating to move in front of you.
2. Recognise there isn't enough room for them to do this.
3. Direct your foot to brake to give them more room.

Each of these steps takes longer for your brain to do as you get older.

### What you can do

If you've been driving a long time, then you'll have a lot of experience you can draw on to react correctly. You just need to give yourself enough time. Here are some ways you can do this:

- Leave more space between you and the vehicle ahead of you. Consider using a 3-second rule instead of the 2-second rule.
- Avoid right turns if possible. It's sometimes safer to make 3 left turns around the block to avoid having to make a right turn.
- When turning right, pay extra attention to the speed of the cars coming towards you. Leave enough time and space to safely cross oncoming traffic before turning. Watch for pedestrians and people on bikes who might force you to stop before you can complete your turn safely.
- Plan your route ahead of time to avoid last-minute decisions about which way to turn.
- Use side roads rather than main roads.
- Limit driving to less stressful times of the day. If possible, avoid driving at school drop-off and pick-up times.
- When approaching all pedestrian crossings, slow down.

### Did you know?

As you get older, it gets harder to ignore distractions.

Make sure you keep your phone out of reach when driving, and put it on silent. Place your shopping and handbags behind the front seats or in the boot. Consider turning the radio off or asking passengers not to talk.

# Hearing

## How changes in your hearing affect your driving

If you're a hearing person, then you may experience changes in your hearing as you age. Hearing is not essential to driving most vehicles, and many people who're born deaf or are hard of hearing learn to drive easily.

However, if you're used to being able to hear, you'll need to adjust to driving with less hearing.

### What you can do

Get regular hearing tests so you know what your level of hearing is. This will help you know what you need to adjust.

If you're driving with less hearing, doing the following can help you get more information about what's happening on the road around you:

- Use hearing aids while driving, if you have them.
- Remove distracting noises, such as the radio.
- Use larger or additional rear-vision mirrors to help you identify emergency vehicles by their lights.

## Physical movement and mental fitness

### How changes in your physical movement and mental fitness affect your driving

Driving is a physical and mental activity that you use your body and brain for. As you get older, your muscles may weaken and your joints may stiffen. This doesn't happen to everybody, but it's common. If it does happen, it affects the strength, flexibility, and coordination you have available to you for driving.

### What you can do

Keep your mind and body as active as you can, within any guidance given to you by your doctor.



# Eyesight

## How changes in your eyesight affect your driving

Good vision is important to safe driving. We need our eyes to give us the information we use to make almost all driving decisions.

As you age, your eyes will change:

- Your eyes are slower to change focus.
- Your peripheral (side) vision narrows, meaning you can see less to each side of you.
- Your eyes become less sensitive to light, making it harder to see in dim light or at night.
- You're more likely to get eye conditions such as cataracts or macular degeneration.

### What you can do

To keep your eyes healthy, you can get regular eye tests. Some conditions can be treated with surgery, and some are easier to treat if they're detected early.

When you're driving, the following can help you increase your range of vision:

- Turn your head often to help you see what's to the side of you.
- Keep headlights, mirrors, and windscreens clean.
- Install a larger rear-view mirror to increase the range of visibility.
- Look at the road well ahead to see trouble before reaching it. In the city, look at least to the next intersection. On the open road, look ahead to the section of the road you'll reach in the next 12 seconds.
- Limit driving to daylight hours if night vision or glare is troubling you.

# Safe driving concepts

When we've been driving for many years, it can become automatic. This is when many crashes happen because we're not paying attention.

Safe driving concepts are ways we can help ourselves pay better attention to our driving. Thinking consciously about how you're driving and the decisions you're making will help keep you and others safe when you're driving.





## Before driving

Your driving decisions start before you get in the car. Knowing where you're going can help you to avoid hazards and focus more on your driving.

Plan all of your trips before you start. Here are some tips to help you plan the best way to go:

- Choose familiar routes.
- Avoid places or situations where you feel uncomfortable driving, for example a narrow road or long-distance driving.
- Don't drive at peak traffic times (such as when people are usually going to work or school, or special events like big concerts or sports games).
- Make left turns rather than right turns across heavy traffic flows.
- If you can, avoid busy or difficult intersections.

**If you feel sick or unusually tired, don't drive.**

### Did you know?

In many crashes where senior drivers have been at fault, the senior driver had a minor illness or condition flare-up that contributed to their actions. They often had symptoms beforehand, but decided to drive anyway.

Be aware that even mild symptoms can affect your ability to drive safely.

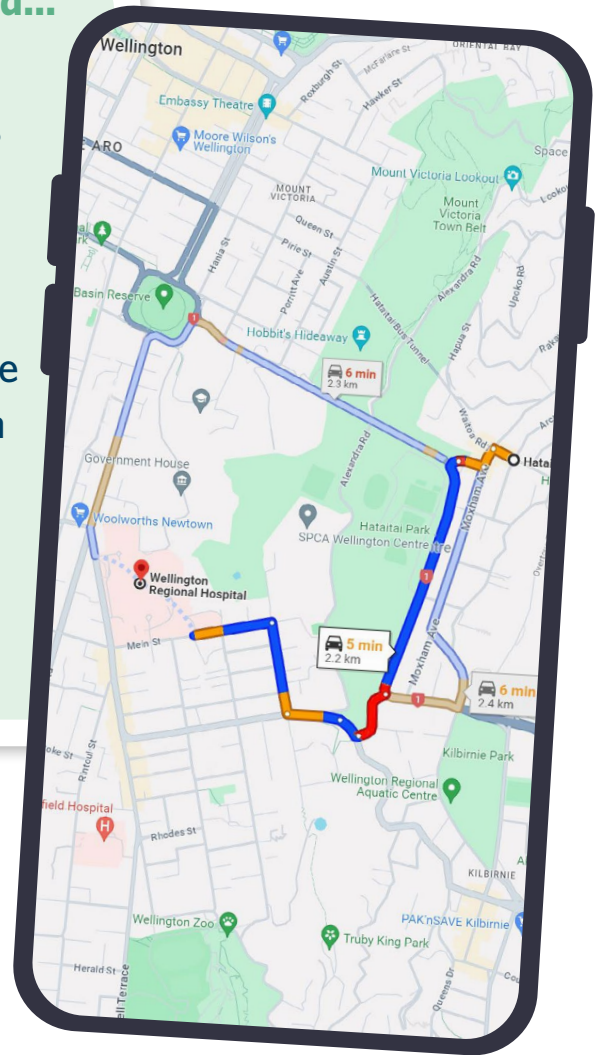


## Have you tried...

Map applications on your phone can help you choose routes that have less traffic. Have a look yourself or ask a whānau member to help you.

This image shows an example where the heavy traffic is displayed in orange and red sections of the route. You can then choose your route based on traffic levels or journey time.

Make sure you only use this tool before driving, not while driving.



## The driver

Moses is 68. He lives with his wife Luisa, who doesn't drive. Moses used to drive heavy machinery for work, but he retired more than 10 years ago. He still enjoys driving, but finds now that he's not doing lots of it every day he's not quite as confident. He feels that young drivers are always going too fast.

## The local trips

Moses drives himself and Luisa a few times a week on short trips around their small town. They mostly visit friends and family, and go to church.

Moses sticks to the roads he knows, and feels confident there. There's one specific intersection where there are often people on bikes turning. This makes him anxious, so he avoids that intersection.

## A different journey

Moses and Luisa's daughter Tiana lives in a city a few hours away. She's having a baby soon and they want to visit her. Moses and Luisa talk about driving there. Tiana and her family live in an apartment and while there is room for them to stay, Moses isn't sure where they'd park the car. He's also not sure about the long-distance driving, although he doesn't say that.

Luisa notices his hesitation about taking the car. She suggests they take the bus instead, as her friend did recently when visiting family. Moses agrees, relieved.

Tiana's husband picks them up from the bus station and they have a lovely visit meeting their new grandchild.



## Six factors: what can go wrong

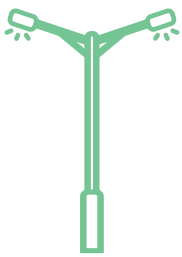
Keeping an eye out for things that can go wrong can help you prevent crashes. Remember to check the following 6 factors while you're driving, and change your driving to be as safe as possible:



### The road

**Ask yourself:** is it narrow, bumpy, or winding? Is there loose gravel? Are the road signs clear?

**Change your driving:** For example, if the road is narrow and two way, you may need to slow down to make sure you have time to carefully pass a car coming the other way.



### The light

**Ask yourself:** is there bright sunlight or sunstrike? Are there enough street lights for you to be able to see clearly? Are there glaring headlights?

**Change your driving:** For example, if there is a chance of sunstrike, lower your sun visor and wear sunglasses.



### The traffic

**Ask yourself:** is the traffic heavy or light? Fast or slow?

**Change your driving:** For example, if it feels like there's no traffic make sure you double check your blind spots before changing lanes. This is because your brain may be overconfident that there is no one there.



### The vehicle

**Ask yourself:** is your car in good condition? Do the brakes and steering seem to be responding as they should?

**Change your driving:** For example, if your car is pulling to one side, slow down and pay extra attention to your steering. Get your car checked as soon as possible.



### The weather

**Ask yourself:** is it raining, foggy, snowing, or windy?

**Change your driving:** For example, if it's raining or snowing, double the 2-second rule to leave a safe distance between you and the vehicle in front of you.



### The driver

**Ask yourself:** am I feeling alert and capable? Am I tired, sick, or upset?

**Change your driving:** For example, if you're feeling unwell, don't drive until you feel better, even if this means finding another way home.

## Did you know?

Safety ratings are the best way to know how well your vehicle will perform in a crash. The higher the safety rating of your vehicle, the safer you are on the road.

Find out your car's safety rating at: [rightcar.govt.nz](http://rightcar.govt.nz)

## Looking around

The more information you have from around you when you drive, the better your chances of making safe driving decisions.

It can be easy to fall into the habit of just looking in front of you when you drive. Getting information from all around you is much better. Remember to:

- keep your eyes moving
- look well ahead and to the sides
- use your rear vision mirror and know what's behind you
- be aware of blind spots (the areas around your car that you can't see in your mirrors).

Make sure you know exactly where your car's blind spots are. Getting larger mirrors can reduce the area of your blind spots.

Below is a diagram of the blind spots of an average car.

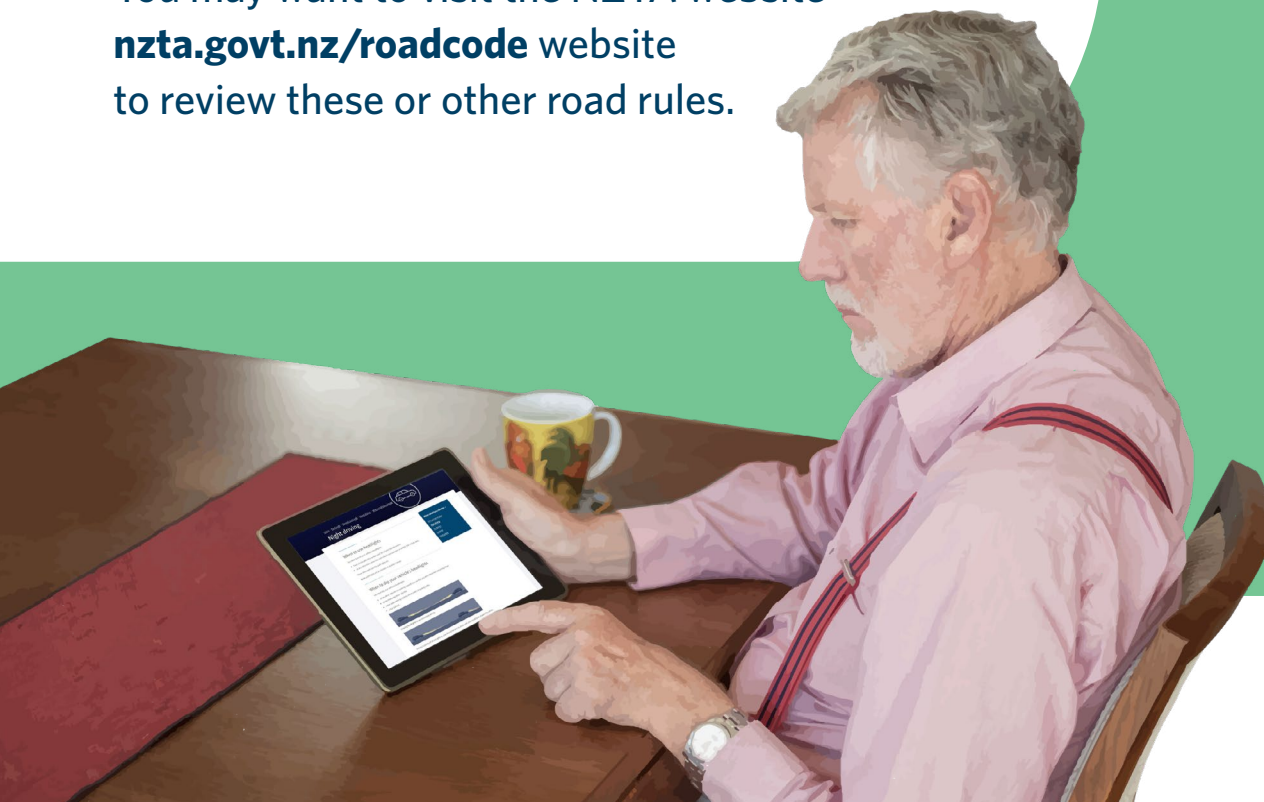


# Knowing the road rules

Being clear about road rules and how to apply them will help you stay a safe and confident driver.

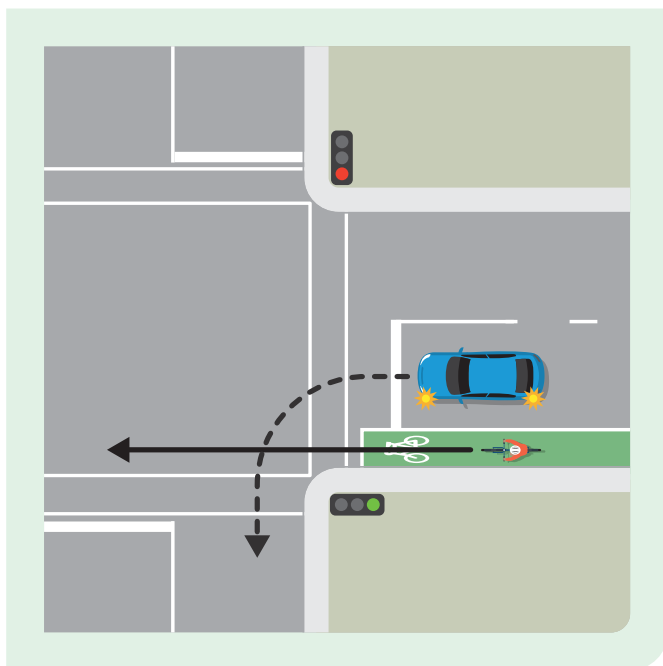
If you're an experienced driver, you'll already be comfortable with most road rules. This section offers a refresher on the rules around intersections, roundabouts, and merging. Older drivers have more crashes at intersections than drivers of other ages, and they're more likely to be doing the wrong thing when the crash happened.

You may want to visit the NZTA website [nzta.govt.nz/roadcode](https://nzta.govt.nz/roadcode) website to review these or other road rules.



## Intersections

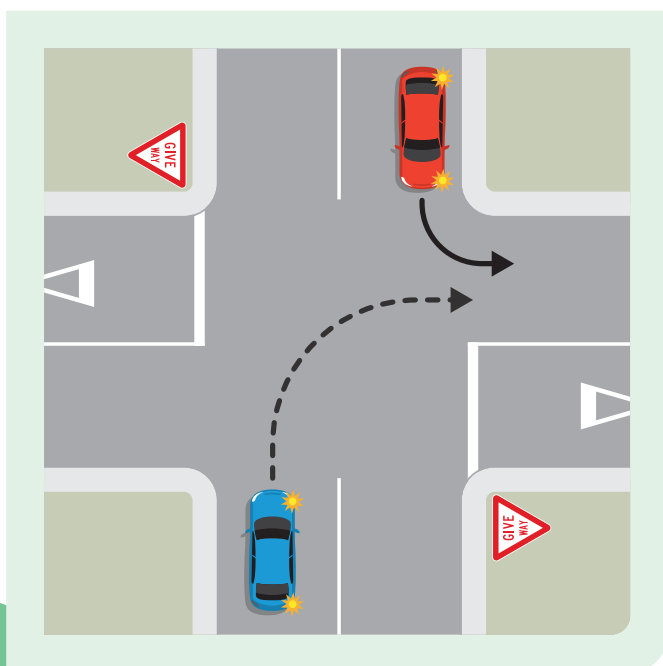
In all of the following diagrams, the car with the dotted arrow path must give way.



### Give way to people on bikes

If you're turning, give way to all traffic that's not turning.

This includes giving way to people on bikes using cycle and bus lanes.



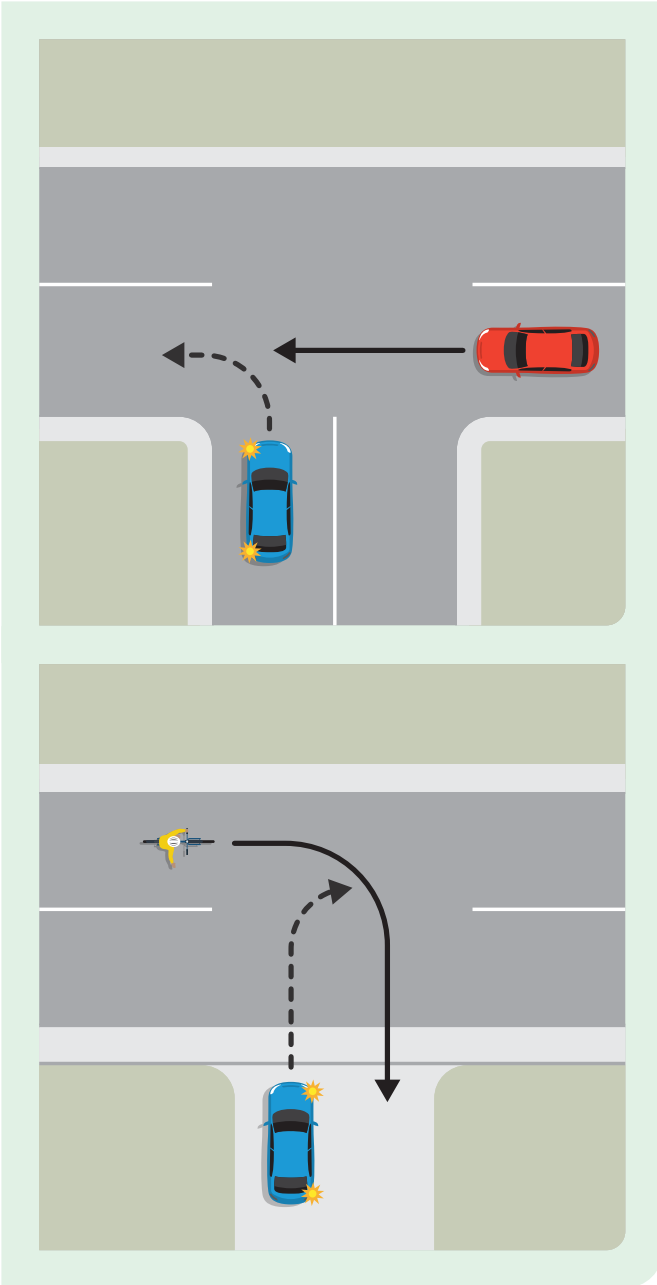
### If you're turning right

If you're turning right, give way to all vehicles coming towards you who're turning left.

## At a T-intersection

If you're on a terminating road (bottom of the T), give way to traffic on the continuing road (top of the T). This includes people on bikes and e-scooters.

Driveways are a form of T-intersection so the same rules apply.



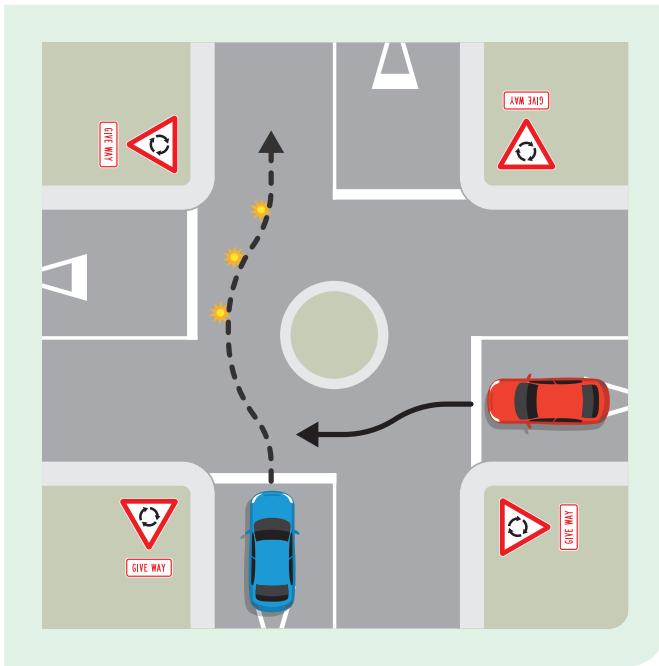
### Did you know?

Giving way means that the road user you're giving way to, whether they're a driver, cyclist, pedestrian, or any other kind of road user, doesn't need to stop, brake or slow down, swerve, or take any other evasive action to avoid you.



# Roundabouts

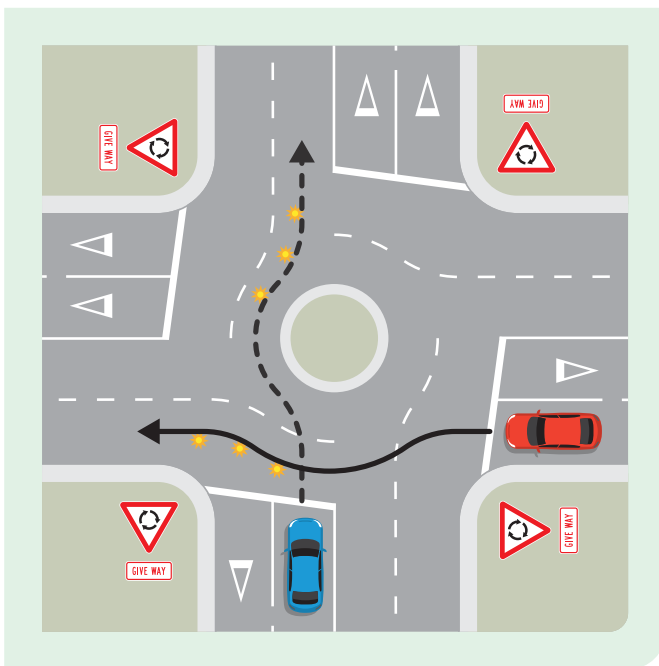
In all of the following diagrams, the car with the dotted arrow path must give way.



## Giving way at a single-laned roundabout

When you come up to a roundabout that has only one lane in each direction:

- slow down as you come up to the roundabout and be prepared to give way or stop.
- give way to all road users that will cross your path from your right as you enter the roundabout.

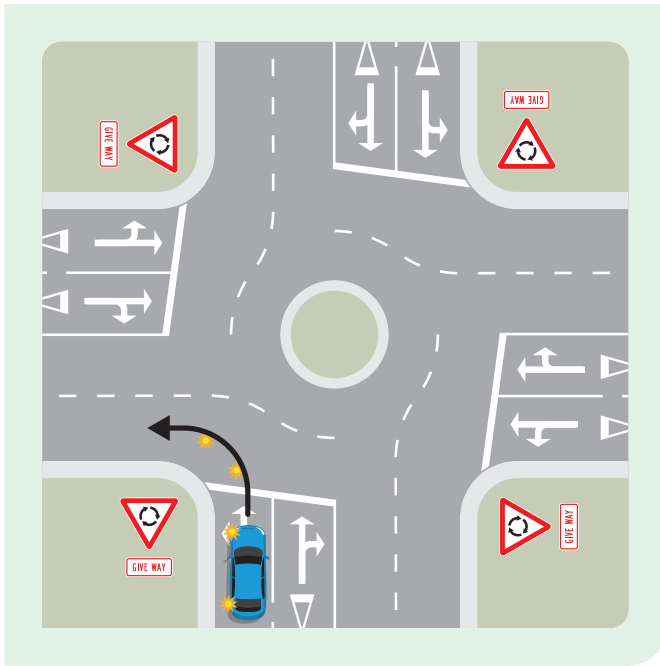


## Giving way at a multi-laned roundabout

When you come up to a multi-laned roundabout:

- slow down as you come up to the roundabout and be prepared to give way
- be in the correct lane for where you want to go
- give way to all vehicles that will cross your path from your right as you enter the roundabout.

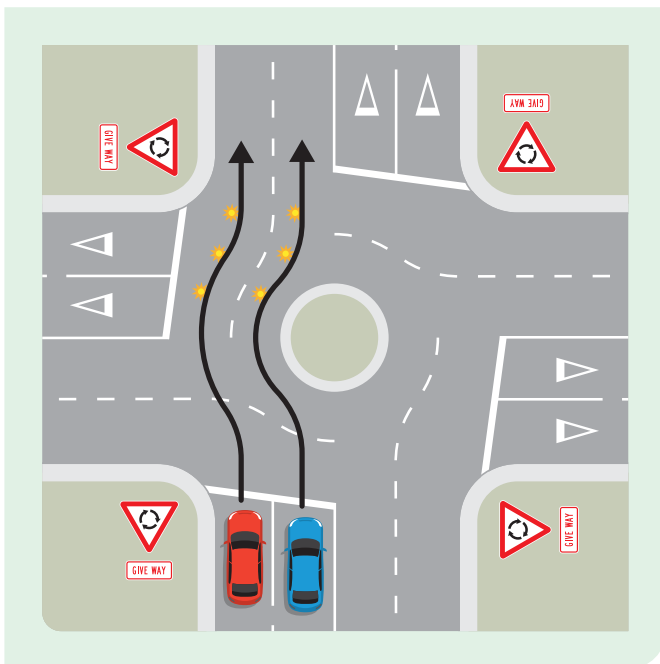
It's important to be clear with your signals at roundabouts.



### Signalling to turn left at the first exit of a roundabout

If you're turning left at the first exit of a roundabout:

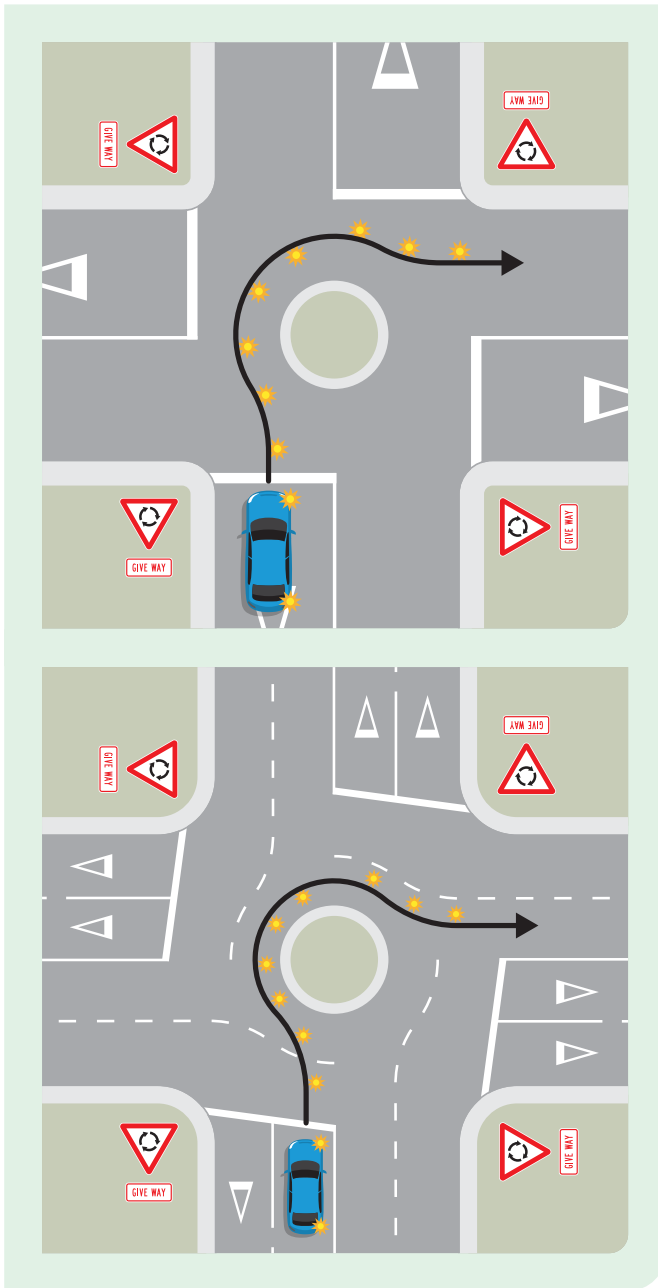
- signal left as you come up to the roundabout.



### Going straight at a roundabout

If you're going straight through a roundabout:

- don't signal as you come up to the roundabout
- signal left as you pass the exit before the one you wish to take.



## Going more than halfway around a roundabout

If you're travelling more than halfway around a roundabout:

- signal right as you come up to the roundabout
- signal left as you pass the exit before the one you wish to take.

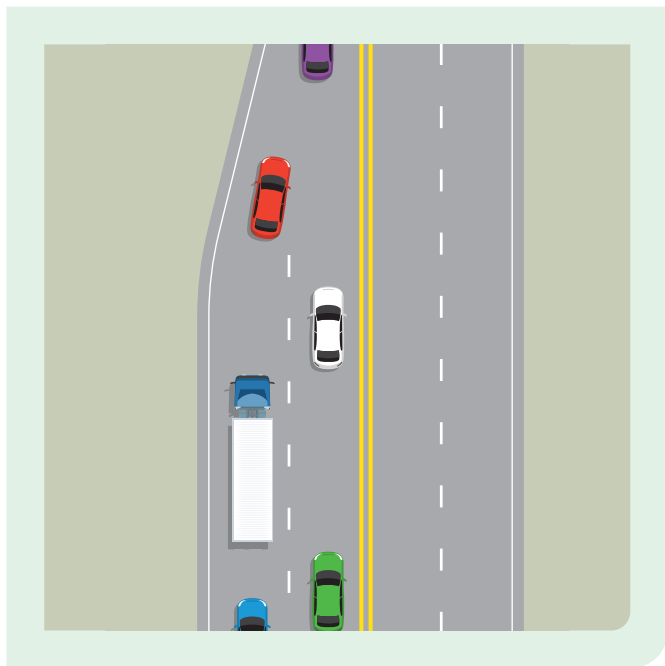
### Did you know?

People on bikes don't have to signal all the way around a roundabout. This is because it's not safe to keep up the signal arm when turning.

Keep an eye out for people on bikes and give them plenty of space.

## Merging

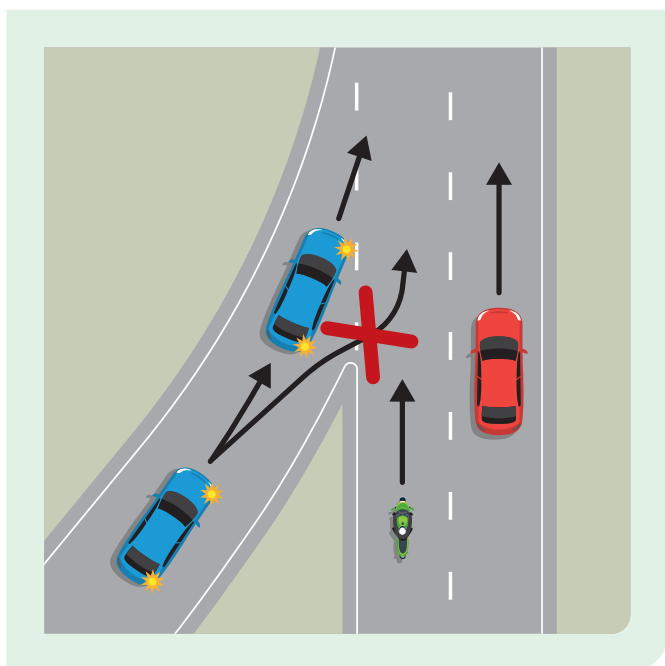
When merging, it's important to make sure that all vehicles from both lanes have plenty of space to merge safely.



### Merge like a zip

The best way to merge is like a zip – where a vehicle from the left lane goes and then a vehicle from the right lane goes, and so on.

As you merge, let one vehicle from the other lane go first, and then go.



### Using on-ramps

When using an on-ramp to enter a motorway:

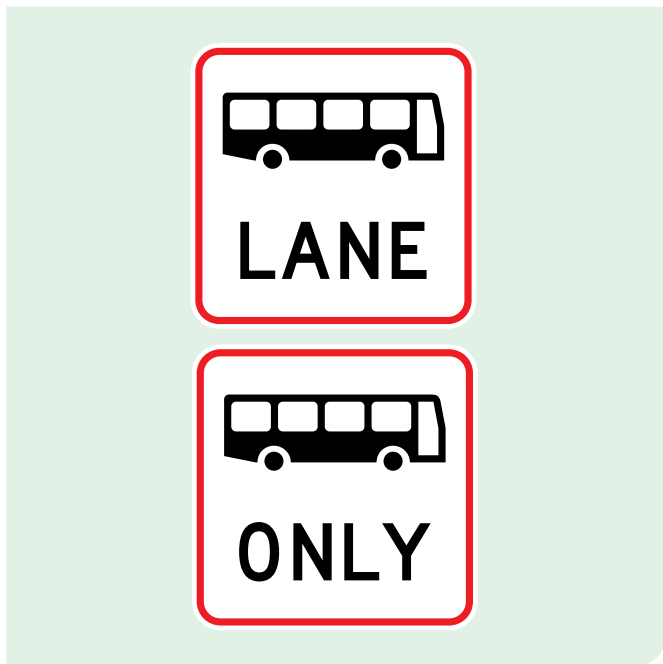
- change your speed to match the speed of the motorway traffic
- use the whole length of the on-ramp to adjust your speed – don't change speed suddenly just as you enter the motorway
- signal right for at least 3 seconds
- move into a safe gap in the traffic
- don't enter the motorway at a sharp angle
- adjust your speed and following distance.

### Did you know?

Driving too slowly on an on-ramp can be dangerous.

## Sharing the road

It's important to know how to be safe with other road users on the road.

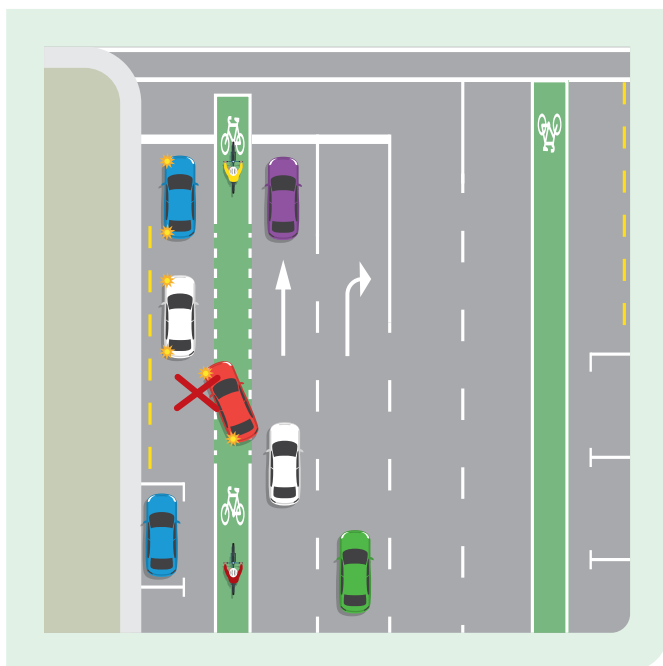


### Bus and bus-only lanes

Bus lanes and bus-only lanes have signs or markings to show that they can only be used by special kinds of vehicles.

Bus lanes have a BUS LANE road marking and sign. You can ride a bike in bus lanes.

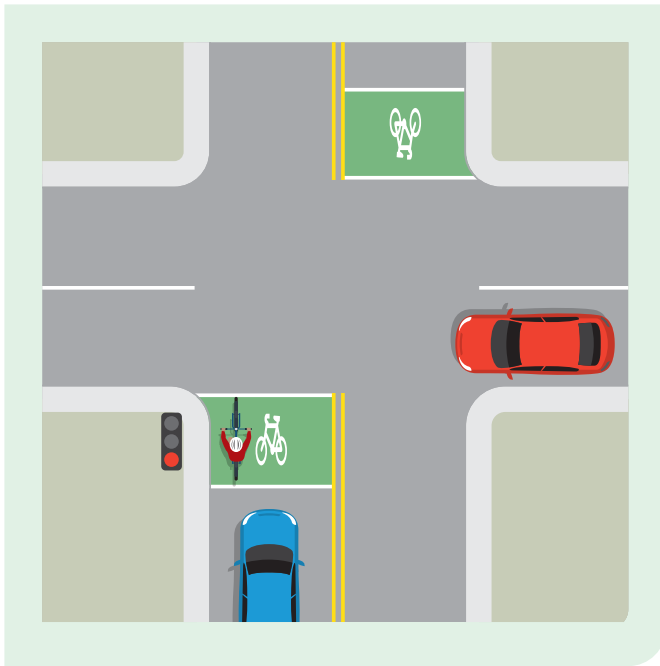
Bus-only lanes have a BUS ONLY LANE road marking and sign. You must not ride a bike in bus-only lanes.



### Cycle lanes on a road

Cycle lanes are painted lanes along a roadway, designed to be used by people riding bikes. Cycle lane markings can include painted edge lines, bike symbols, BIKE LANE wording and may include green paint.

You can't stop or park on a cycle lane. You can only drive on it for a maximum of 50 metres when entering or leaving side roads, driveways or parking spaces.



## Advanced stop boxes

Advanced stop boxes are painted sections at an intersection, in front of the traffic lanes. These are for people on bikes to stop at intersections.

When people on bikes use advanced stop boxes, it makes it easier for cars to see them and keeps them clear of turning vehicles.

When you stop at an intersection with an advanced stop box, you should:

- stop behind the box
- expect people on bikes to come through to the front of the queue.

### Have a think about...

- which of the above road features do you see in the places you drive? Are you confident to follow the rules with each?
- if there's a road situation, such as a roundabout, that you don't feel confident in, ask a friend or whānau member to drive with you to check what you're doing
- are there any other road rules you want to revise? Get a road code or check [nzta.govt.nz/roadcode](https://nzta.govt.nz/roadcode)

# Where to next?

As you get older, it can be helpful to think about your driving abilities and what you want to do next. Do you want to drive for another 5 years? Ten years? What will you do if and when you can't drive?

Thinking about your options and alternatives to driving while you're still in good health can be empowering.



## Know why you drive

Driving can be a life-long activity, but this means sometimes it can be a habit that you haven't questioned in a long time.

There may come a time when you can no longer drive, and knowing what you use driving for now can help you start looking at other ways to get around.

## Get feedback on your driving

It can be helpful to get someone to watch you driving and give you feedback. Ask someone you trust to do this.

The AA also offers Senior Driver Coaching Sessions where they'll support you to understand any areas of driving you need to work on.



### Have a think about...

- where do you drive, and why?
- who do you support with your driving?  
Could you support them in another way?
- who could support you if you didn't drive?
- what do you do if you don't feel well enough to drive?



### The worry

Mae is 72. She's retired and lives alone, but drives regularly to visit family and friends. She usually enjoys driving, but in the last 6 months or so she's found there's been a few times where people are honking at her at intersections. One time a car pulled out and drove over the footpath to pass her, with the driver yelling at her while he did so.

### Asking for help

Mae thinks about who to ask for help. She has a daughter, Emma, but although they get on, she finds Emma is easily irritated with her. Mae is also close to her nephew, Matthew, who lives nearby with his husband. Matthew is a teacher and a very calm and patient person in general.

Mae decides to ask Matthew for some help. The next time she's at their house for dinner, she tells him about her concerns. He agrees to go for a ride with her and let her know if he notices anything. They agree he'll give her the feedback when they get home from the trip, not while she's driving.

### The car trip

Mae picks Matthew up from his house and drives along some of her regular routes. She makes sure to include the intersection where the man yelled at her. Matthew is quiet and calm during the drive, and Mae feels relatively relaxed.

When they get back to Matthew's house, they go inside for a cup of tea. Matthew says that overall he thought Mae was a good and safe driver. He did point out that at the intersection, she didn't use the right turning bay to leave room for people behind her who were going straight through.

He also noticed she was driving very close to the left-hand side of the road rather than in the middle, which could make it risky for people on bikes.

### Making changes

Mae asked Matthew to drive her along the same route, so she could see what he was doing differently. She was nervous at how far he pulled out into the intersection, but noticed that traffic could continue around him and no one honked.

Mae decided to work on driving more in the centre of the lane, but to simply avoid the intersection where she had to make the right turn across traffic. She went a different way where she could make left turns instead.



## Alternatives to driving

There are many options for people who don't drive. Some of these may operate more in urban areas than rural ones. You'll need to investigate what's available in your area. You could consider:

- asking someone you're close to for help
- asking a social support worker, if you have them in your home
- calling your local council or Age Concern for advice
- searching the internet for what you want and where, for example, 'ride share in Ōtaki'.

## Public transport

Local buses and trains are available in many places. If you have a SuperGold Card, you can travel for free on these at most times.

You can also use public transport for long-distance travel. Buses and trains can take you between some cities, as well as planes. Some services offer senior discounts.

## Taxis and ride-shares

There will be different taxi and ride-share services in your area, depending on where you live. Ride-shares are where you can use an app to hire someone to drive you where you want to go. They are different from taxis because you can't call for one or hire one from a taxi stand.

There may also be services offered specifically for seniors. These may be set up better for your needs, such as helping with shopping or knowing where to stop for wheelchair access.

### Did you know?

Taxis may seem expensive, but owning a car can be more expensive. Think about how much you pay in fuel, parking, repairs, and insurance. Would you use that much paying for taxis you need?



## Walking

If walking is an option for you, it can be a great way to keep fit and get where you're going. It helps to keep joints flexible, strengthen your muscles, and improve agility and balance. It can also support better mental health.

## Bikes and e-bikes

Riding a bike is a fun and low-cost way to get around. It can also help your health, similar to walking.

E-bikes have small motors with rechargeable batteries, and can help you go further or cope better with hills.

## Mobility scooters

Mobility scooters are helpful if you're unable to walk more than short distances without pain.

To use these, you need to be able to see and judge distances well.



### Have a think about...

- what alternatives to driving do you have in your area? Which ones do you enjoy? What do they offer that driving doesn't?
- can you mix and match your transport options? Walk to the train if it's nice weather and take a taxi if it's not?
- what are the environmental effects of these alternative options compared to driving? Is that something you're interested in?

