

While it is difficult and often painful hearing someone recommend you stop driving, it is much better to make this decision for yourself rather than having an accident or losing your license. If you choose to make the decision to retire from driving, you will feel much more in control of your life and find planning much easier. Stopping driving does not mean your current lifestyle has to stop. You just need to have a back-up plan of alternative transport ready to go.



Some counselling services are available to help people make the decision to stop driving. If you feel depressed, isolated, or lonely because you feel you can't easily go out, there are people to help. Counselling services are available everywhere. Ask your doctor about your counselling options.



## TIME TO HAND OVER THE KEYS?

A GUIDE TO HELP YOU RETIRE FROM DRIVING



**WHEN A PERSON IS UNSAFE TO DRIVE, THAT PERSON MUST STOP DRIVING. THE PROBLEM IS KNOWING WHEN TO STOP. IT IS YOUR RESPONSIBILITY AS AN INFORMED DRIVER TO KEEP YOURSELF, YOUR LOVED ONES, AND YOUR COMMUNITY SAFE.**

## Has your doctor advised you to stop driving? Just remember, giving up driving is not the end of the world.

Your safety, as well as the safety of others, is important. Nobody wants to be the cause of an accident. Sometimes there is conflict between the desire to maintain independence for as long as possible and safety. This can have serious consequences, with medically impaired drivers putting themselves and other members of the public at risk. It is very important to trust your doctor's assessment of your capabilities. The reality is that some factors related to your health are beyond your control and can affect the way you drive.



For many people, retiring from driving can feel like a loss of independence and mobility. But giving up driving does not have to be stressful. With good planning and a little assistance, the change can be made fairly smoothly, with little loss of freedom.

## Travelling in a safe and responsible way

All sorts of transportation options are available to you. One option might be support from family and friends. If you want more independence, become familiar with public transportation options in your local area. Buses, taxis, community transport and volunteer services are great options. You might be surprised at how easily and conveniently you can get around without a car. Public transportation can be more relaxing than driving in busy traffic – and you don't have the hassle of finding somewhere to park!

## The Cost of Operating a Vehicle

Automobile associations estimate that it costs anywhere between \$500-\$900 a month to operate a motor vehicle. That money can be used to pay for alternative transportation. The table below will help you to calculate how much money will be available.

Costs of Driving		Totals
Monthly Vehicle Payment	_____ x12	\$
Monthly Gas and Oil Costs	_____ x12	\$
Monthly Parking Costs	_____ x12	\$
Auto Insurance		\$
Registration / Licence Costs		\$
Yearly Car Maintenance		\$
Annual Ticket and Accident Costs		\$
Vehicle Value if it is Sold		\$
<b>TOTAL AVAILABLE</b>		<b>\$_____</b>