

Preparing to Hang Up the Keys

Here are a few tips and considerations:

- › How close is your home to public transit, shopping and medical services?
- › Find options for home delivery of groceries and medications.
- › Learn to ask your family and friends for help. If asking for help is hard, offer to pay for their time or gas.
- › Where possible, consider walking, riding a bike, or a motorized scooter.
- › Practice using public and alternate transportation options before you stop driving.
- › Free "Learn to Ride the Bus" session for seniors is offered regularly. Call 250-591-2924 for dates and information.
- › Exchange your licence for a FREE BC I.D. card at any driver licensing office.

Senior-Friendly Services

BC Transit Nanaimo (bus) 250-390-4531
www.bctransit.com/nanaimo
(Senior's passes and rates are available)

HandyDART 250-390-3000
www.rdn.bc.ca/handydart-information

Taxi Services: *(ask for 10% seniors discount)*

AC Taxi 250-753-1231
www.actaxi.ca

Yellow Cab 250-751-1111
www.nanaimotaxi.ca

Better at Home 250-754-3331 (Ext. 202)
www.nflabc.org

Granny Go Go 250-714-9715
www.grannygogo.ca

Wheels for Wellness 250-338-0196
www.wheelsforwellness.com
(For out-of-town, non-emergency medical appointments)

BC 211 Dial 211 on your phone (free service) for more transportation resources
www.bc211.ca

For more information:

📞 250-591-2924

🌐 www.nanaimoseniorsconnect.ca

Kindly Supported By:



Retiring Your Driver's Licence



Creating a plan for transitioning from driving to alternate transportation options.



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Canada

Checklist: Getting Ready to Retire Your License

- Do you feel less confident behind the wheel?
- Do you need cues or directions from a passenger?
- Have you ever forgotten where you were going?
- Have you had more accidents, near-misses, traffic tickets, or fender benders?
- Do you have problems reading road signs?
- Does glare bother you more?
- Do you have trouble getting in and out of the vehicle?
- Do you get sleepy behind the wheel?
- Is merging or changing lanes more difficult than it used to be?
- Are you driving your car less than you used to?
- Have others commented on your driving ability?



If you answered “YES” to three or more of these questions, consider having a conversation with your physician.

Transitioning from Driving

Still driving? Here are a few tips:

- Have regular health check-ups, including vision and hearing tests. Loss of peripheral vision, and declining ability to see at night, can affect your driving.
- Stay active and exercise regularly to improve flexibility and strength. Mobility challenges can make it harder to get in and out of the vehicle, and cause difficulties when checking for blind spots or shoulder checks.
- Watch your speed.
- Consider taking a driving refresher course to update your skills.
- Limit your driving in bad weather, at night, in peak traffic, highway driving, and unfamiliar areas.
- Ask people you trust for feedback on your driving skills.



The transition from driving can be difficult, especially if it happens unexpectedly. Call Seniors Connect for referrals and support at 250-591-2924.

Benefits of Hanging Up the Car Keys

- **Safety First**
For your own safety, and for everyone on the road.
- **Save Money**
In B.C., the average cost of operating a mid-sized car is a little over \$10,000/year. Using alternate methods of transportation, you will save money on gas, maintenance, licensing and insurance. The money you save can be used for the bus, taxi, etc.
- **Less Stress**
Traveling by taxi, bus, or with friends will relieve you of the stress of driving in heavy traffic. Plus, you don't have to find parking.
- **Social Time**
Use the time to visit with friends or meet new people.
- **For low-income seniors and Persons with Disabilities** inquire about the BC Bus Pass Program. Call 1-866-866-0800 for details.

