

Useful services

Home delivery

- Most major supermarkets and department stores offer online or over the phone shopping.
- Meals on Wheels can also deliver meals directly to a person's home if they are unable to shop or cook regular meals.

Support Groups

There are many seniors groups, community groups and health associations which offer support to members who are going through lifestyle changes.

These groups may provide additional information, their own transport services and forums for open discussion.

Contact COTA on 6231 3265 for more information on support for older Tasmanians.



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Having the conversation
about life beyond driving

Fitness to Drive



We are all responsible for safety on our roads.

If you are worried about the driving ability of a friend or family member, discussing your concerns with them is a good place to start.

It may not be an easy conversation to have, but may help the driver realise they need to make some changes, now or in the future, to be able to drive safely.

This does not necessarily mean the driver will need to give up their licence – there are a number of things a person can do to ensure they remain safe on the road.

Having the difficult conversation

The following strategies may help you to raise your concerns with the driver:

Planning ahead

- Know how to best approach the subject and try to anticipate the driver's concerns.
- Know the options available and be prepared for your view not to be accepted.
- Allow time for a long conversation. If you allow the driver to reminisce on their driving experience, it may help them to come to terms with, and gradually accept the transition.

Raising your concerns

- Have the discussion in a quiet environment when the driver is calm. Try to avoid raising your concerns directly after a driving incident, as the driver may be angry and defensive.
- You may choose to initiate the discussion by asking direct questions such as: "Do you feel that driving is not as easy for you now? How would you feel if you caused an accident or injury?"

- Give examples of specific driving incidents you have noticed.
- Make eye contact, be understanding and emphasise that you are on their side.
- Acknowledge that giving up driving is a hard decision that many people will eventually need to make.

Closing the conversation

- Concentrate on the person's strengths and the positives of stopping/reducing driving. For example, the financial benefits of selling the car and increased safety.
- Help the driver to identify realistic options and alternatives.
- Suggest they see their doctor for an objective opinion. With appropriate treatment or changes to their licence or driving habits, they may be able to continue driving.

If the driver refuses to take action

You can confidentially notify the Registrar of Motor Vehicles if you believe a person to be unfit to drive.

Your details will not be disclosed to the driver unless it is authorised or required by law.

As a result of your notification, the driver may be required to undergo a medical fitness to drive assessment with their doctor, or an on-road driving assessment.

To notify you can:

- write to the Registrar of Motor Vehicles, GPO Box 1002, Hobart 7001
- complete a Third Party Notification Form available at www.transport.tas.gov.au
- email driver.licensing@stategrowth.tas.gov.au

Please include your details, the drivers' details and the reasons for your concerns in your notification.

Ways to reduce driving

Limiting driving, or giving up the keys altogether, does not mean the end to an active, independent life. The driver may like to consider the following options when making their decision.

Limiting driving

The driver may decide to limit their driving, or transition out of driving slowly. Options include:

- only driving during daylight hours
- only driving with another person that they trust
- limiting driving to familiar, local areas.

Sharing the load

Family and friends may offer transport assistance if the driver decides to stop driving. Organising a roster may be handy in this instance.

Walking

This is a healthy alternative at any time of life. Avoid peak traffic times and wear bright clothing if possible.

Taxi

This might be more convenient and can work out cheaper than running a car. Maybe consider having a regular driver? Taxi fare concessions are also available through the Transport Access Scheme to anyone with a severe or permanent disability. Call 1300 851 225 for enquiries.

Mobility scooter

These are to be used on the footpath only. Registration and a driver licence are not required if the maximum speed of the scooter is 10km/h or less.

Public transport

Metro, Phoenix and Merseylink bus lines service urban Tasmania, with multiple lines servicing rural areas.

Community transport

These services provide social and non-emergency medical transport to the frail aged and younger people with a disability.