

Mobility Planning for Transition to Non-Driving

Plan for change and involve the transitioning driver. Remind people that they have control over the situation. Information is power –so teaching them about all of the options helps them to make better decisions. Use the following worksheets to help a retiring driver make a mobility plan that will work with their schedule and lifestyle to reduce stress and uncertainty. Use other strategies such as calling friends or meeting at a senior center instead of driving, or pick them up for family activities. Arrange for products to be delivered when possible or help them shop on-line.

Local Community Transportation Services Information*

Type of Alternatives	Name and phone number	Area Serviced	Days, Hours of Services	Cost
Public Bus Service				
Local Paratransit Service (curb to curb)				
Senior Transportation Only (no assistance) (door to door)				
Taxi Service				
Other Services Available (medical, volunteers, civic groups, veterans)				

* Excerpt from "Driving Retirement: Planning and making it work," Iowa Department of Transportation

Personal Transportation Network*

Friend, family or neighbor	Name	Address	Phone number	Likely Destinations
1.				
2.				
3.				
4.				

My Transportation Plan*

Activity	Time and Frequency	Location	First Choice	Alternative
Doctor/Dentist/Vision Appointments				
Pharmacy				
Activities				
Groceries				
Other shopping				

* Excerpt from "Driving Retirement: Planning and making it work," Iowa Department of Transportation