

Conversation Tips

Planning for eventual
retirement from driving



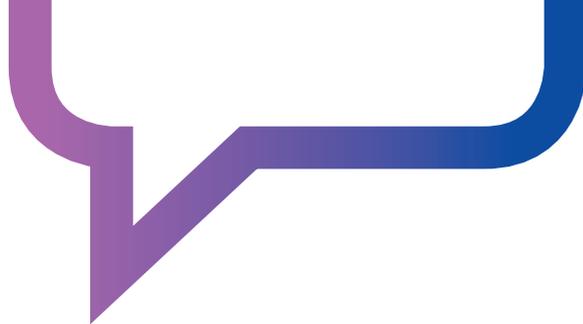
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Are you worried about someone's driving?



Government of South Australia

Department of Planning,
Transport and Infrastructure



For many drivers the day will eventually come when they need to begin retiring from driving. We all plan to retire from work, and similarly, we should plan ahead and consider alternative travel options when the time is right. A smooth and successful transition from driving to occasional driving and then to not driving at all happens best when it is planned.

For some general tips on how to approach this type of conversation, see Conversation Tips – Are you worried about someone’s driving?

It may be worthwhile to have a conversation about the benefits of planning for eventual retirement from driving:

- If the person is planning on moving house or down-sizing in the future, encourage them to consider the availability and proximity of public transport and community services in the suburb or town where they plan to live.
 - Are the shops within walking distance?
 - Are there medical services close by?
 - How close will they be to friends and family?
 - Does the location provide the lifestyle choices that they enjoy?
 - Are there social activities for them to participate in?

- Encourage them to consider what their travel options are. Most of these will include planning for alternative modes of transport, for some or all journeys:

- Continue driving with no change
- Altering their driving behaviours
- Driving less
- Stop driving later
- Stop driving now.

- If using other transport options seems likely, assist the person to focus on the positive aspects. Try asking ***“What do you see as the good things that could result from using other transport options?”***
- Assist the person to problem solve any issues that may prevent them from trying alternative travel options. Try asking ***“What would make it difficult or easy for you to reduce the amount of driving you do, or to stop driving all together?”***
- Encourage them to consider the weekly running costs of having a car. It can often be cheaper to sell a car and use alternative travel modes and taxis to get around. For more information about vehicle running car costs visit the [RAA website](#).
- It’s important that suggestions are realistic and address the specific issues the driver raises.

Discuss various travel options with the person, (prepared from the Conversation Planner) and any research you have found in relation to services and concessions. Obligations and Opportunities for Older Drivers resource and [My Licence](#) website provide information about transport options.



Below are some scenarios you may encounter when discussing eventual retirement from driving.

The person assumes that talking about retiring from driving will mean giving up driving / their licence immediately.

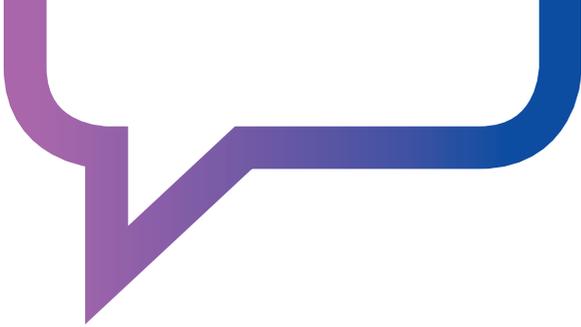
- Reiterate that a smooth and successful transition from driving to occasional driving and then to not driving at all happens best when it is planned.
- Reinforce that planning for the transition to driving less does not necessarily mean giving up their licence.
- Ask what concerns them most about the plan / changes
- Clarify what trips they undertake
- Discuss all options i.e. driving less, using alternatives, driving a safer car, giving up driving completely
- Try asking *“What do you see as the good things that could result from using other transport options for certain trips?”*

Acceptance of retiring from driving, or introducing alternative travel options is difficult.

- Acknowledge feelings of grief or loss
- Encourage the person to talk with others who have reduced or retired from driving
- Try asking *“What do you see as the good things that could result from using other transport options?”*

A person who usually drives to a social group in a country location may not be able to catch a bus instead.

- Are there other group members who could pick the person up? As a supporter, it might help to either suggest this or to speak with other members of the group together.
- If they intend to sell their vehicle, the cost of a weekly taxi could be a cheaper option than continuing to run their vehicle.



The person has concerns about maintaining their travel needs and lifestyle.

- Acknowledge the difficulties and issues they may face
- Ask what concerns them most about the plan /changes
- Unpack the potential negative and positives about trialling alternative options
- Be realistic about options available to address specific issues
 - Research what alternative options may exist in their local area
 - Explore additional support options for trips that have limited alternatives for travel i.e. home assistance or home delivery
- Try asking *“What would make it difficult or easy for you to reduce the amount of driving you do, or to stop driving all together?”* If they intend to sell their vehicle, the cost of a weekly taxi could be a cheaper option than continuing to run their vehicle.

The person doesn't believe the way forward is possible.

- Ask what concerns them most about the plan / changes
 - Identify support networks i.e. family and friends
 - Ask the person to trial the travel alternative for a specific amount of time / occurrences
 - Create a back-up option if things don't go to plan i.e. taxi
- See Things to consider following the conversation.



What will the next steps be? It can help to identify this together and ask the person to make a commitment to these actions. Set a goal and be specific.

What will the back-up plan be, if a planned transport arrangement doesn't work, unexpectedly?

Negotiating an agreed way forward:

- Come to an agreed way forward
- Be specific and include a timeframe e.g. *"I will trial catching the bus to do shopping for a month."*
- Create a back-up option if things don't go to plan i.e. taxi or contacting someone identified within their support network.

Below are some scenarios you may encounter when supporting somebody to make change.

Making a commitment to trial the community bus.

- Gain a commitment for the person to contact the local Council to book the community bus for shopping by the end of the week (rather than a general commitment to driving less).
- You could try calling the Council together.

The person is overwhelmed or unsure on how to undertake the committed action.

- Create a plan and/or list of actions and who and how they will be completed. Break this into smaller steps if need be.
- Consider finding a support person or friend (who has undertaken this action previously) to trial the agreed action with the person
- Consider what tasks you can complete to support the person.

