

Obligations and opportunities for older drivers

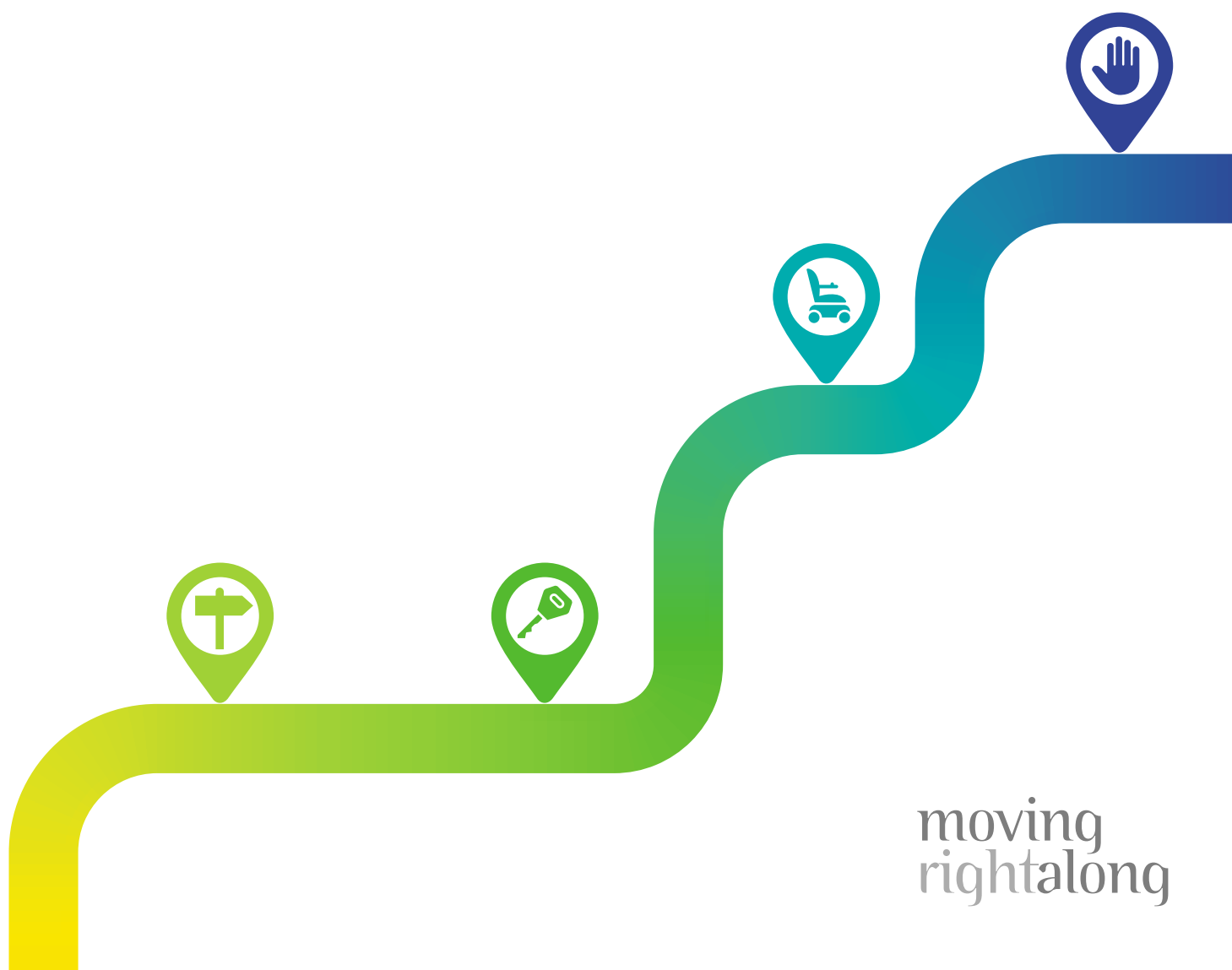


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Moving Right Along: Obligations and Opportunities for Older Drivers

Encouraging safer, greener and more active travel for older South Australians.

This booklet contains information about fitness to drive and legal responsibilities, driver assessments, ideas for maintaining the ability to drive safely and planning for the time when you, a family member or friend will decide to drive less or stop driving altogether.



moving
rightalong



Road safety and older drivers

Older drivers are generally safe, experienced and careful. A characteristic of their age group is that aspects of the ageing process can affect driving skills.

- The ability to process information slows as people age. Older drivers must be aware that their reactions to unexpected situations can be slower than they previously were.
- Good health and flexibility are also very important in driving safely and being able to respond quickly and correctly to road and traffic conditions. Many people experience deterioration of vision and hearing.
- Medications can change the perception of hazards, reaction time, judgement and decision making skills while driving.
- Many medical conditions seem to commence or worsen with age.

Why are you reading this?

You are probably an older driver and just want to know more, or you may be concerned about a family member or friend and need information to help you discuss their driving with them.

You could be interested because you are concerned about your driving and aware that your driving skills are not what they used to be. Maybe there are a few little scrapes along the side of the car that were not there last year. Are you finding that driving is difficult but you still need to drive for specific reasons?

Maybe you want to continue driving and cannot imagine ever giving up your licence.

Has someone said that they will not travel with you any more because they feel unsafe when you are at the wheel?

You could have already decided that driving is just too hard and you want to hand in your licence but do not know how to go about it.

Has someone told you that you have to find out more about the responsibilities of being an older driver?

Amongst all of these reasons, one thing is mostly true – few of us like being told what to do; we prefer to get the information and make up our own minds.



Statistics and older drivers

In South Australia persons aged 70 and above are overrepresented in lives lost on South Australian roads, they make up 14% of the population yet account for 22% of lives lost and 14% of serious injuries.

The trend in the number of lives lost among road users aged 70 and over has increased slightly over the last 5 years^[1] (2017-2021). The proportion of lives lost is expected to increase, relative to the ageing trend of the State's population.

Over half (55%) of the older road users who lose their life or are seriously injured on the roads are drivers, and 18% are passengers. A further 16% are pedestrians, 6% motorcyclists and 4% are cyclists.

Older drivers are generally more cautious and tend to exhibit less illegal

and dangerous driving behaviour than other age groups, and older drivers typically control their exposure to risk when driving by avoiding driving at night or in peak hours.

Older drivers are more likely to be involved in crashes resulting in a life lost or serious injury at intersections involving right angle crashes, and as they get older they are also more likely to be responsible for crashes they are involved in.

Statistics also show that when older people are involved in crashes they are more likely to suffer more serious injuries and take longer to recover because of their frailty.

In the same crash circumstances, a 75 year old is four times more likely to suffer serious injuries than a younger person, or suffer minor injuries when a younger person may remain uninjured.

[1] Older Road Users – Road Crash Factsheet, Department for Infrastructure and Transport, June 2022



Fitness to drive

As you age, you may become aware of small changes in your physical and mental abilities – it might be more difficult to turn your head, or perhaps you have noticed that your response to an unexpected situation is a little slower than it used to be.

Some other changes you may notice as an older driver could be:

- feeling uncomfortable or nervous while driving, especially in heavy traffic
- awareness of changes in your judgement of distances when you are driving at night e.g. closeness to other vehicles, anticipating when to slow down to turn or stop
- having difficulty maintaining concentration while driving
- having trouble judging gaps in traffic and at intersections
- having more near misses or getting small dents and scratches on your vehicle
- having friends and family not wanting to drive with you
- having difficulty in checking your blind spot when changing lanes
- getting lost when you are driving

- having a slower response to an unexpected situation
- having difficulty scanning the road environment for pedestrians, parked cars and hazards
- feeling that driving has become an ordeal, instead of being a pleasure.

Any of these factors could influence your fitness to drive.

Both your safety and the safety of other road users are influenced by your fitness to drive. Fitness to drive is your ability to drive safely without being adversely affected by your physical ability, injury, a medical or mental health condition, or by medication you are taking.

Most drivers do not like having their driving ability questioned. It is when the driver does not acknowledge that there is a problem with their driving that they become a danger to themselves and others.

Being honest with yourself by asking questions, getting answers and making decisions could make a difference to your life. Even a simple decision could save your life, or the life of someone you love.

I'm not sure if I'm fit to drive What will I do?

- As a first step, talk to someone – a close friend, a trusted family member, someone who you know will be honest with you. Ask them to help you and to give their opinion of your driving ability. Ask them for the truth.
- Take some driving lessons with a licensed motor driving instructor to update your driving skills and knowledge of the Australian Road Rules.
- The Driver's Handbook is designed to support all road users and contains essential information about the South Australian driver licensing system, road rules and useful road safety tips. The Driver's Handbook is available for purchase from Service SA Customer Service Centre (listed in Section 11) and most newsagencies or online at the My Licence website:
www.myllicence.sa.gov.au
- Revise your knowledge of the Australian Road Rules by doing the online road rules refresher quiz on the My Licence website.
- Collect the road rule refresher pocket guide from a Service SA, public library, local council office, RAA and police stations, or you can print or order a copy from the My Licence website.





- Consult your health professional for an assessment of your overall health, including your eyesight.
- If you have a medical condition and are not sure of how it may affect your fitness to drive please discuss this with your health professional.
- As a result of this assessment, or independent of it, your health professional may recommend to the Department for Infrastructure and Transport that you undertake a Practical Driving Assessment to determine your continued ability to drive a motor vehicle safely. The recommendation may include that certain conditions or restrictions are placed on your driver's licence, enabling you to continue driving but at specified times and within a specified radius of your home, or suspension of your licence.
- You could decide to stop driving for a short while to consider any driving problems, explore travel options and review your situation.

If you have a class of driver's licence other than for a standard car which you no longer need, you can change it back to a **class C (car)**. When you advise the Department for Infrastructure and Transport of your decision you will be issued a new licence.

Compulsory self-assessment

'C' class (car) licence holders 75 years or older, who do not have a medical condition recorded against their licence, are required to complete a compulsory self-assessment every year. You will receive a form in the mail if the compulsory self-assessment applies to you.

For further information please contact a Service SA customer service centre www.sa.gov.au/contact-us or call 13 10 84.



I have decided to stop driving. What will I do with my licence?

Some older drivers know when they should stop driving. They realise that they could possibly be a danger to themselves, their passengers and other road users.

If you have decided to stop driving, you may either return your licence to a Service SA Customer Service Centre in person or post it to the Department for Infrastructure and Transport with a letter stating your decision. You will receive a refund for the unexpired portion of your licence.

Department for Infrastructure
and Transport
GPO Box 1533, ADELAIDE SA 5001

If you decide to stop driving, there are many other ways in which to travel. Using public transport, community bus or taxi and walking to close destinations are all travel options.

For more Information please refer to:
Section 4: Driver Medical Assessment
Section 5: Practical Driving Assessment
Section 6: Travel options



Driving and your health

Your health is vital to your continuing role as a safe driver. Maintain regular health checks, get plenty of sleep and be aware that medical conditions and medications may affect your fitness to drive. Remember – it's your health and your responsibility.

Staying healthy

- Eat a healthy, balanced diet and drink lots of water.
- Have a regular eyesight check and keep spectacle prescriptions current. Even small changes in your eyesight should be checked.
- Keep medications current.
- Loss of hearing is not a reason to stop driving but it may affect your ability to hear warning signals and emergency sirens. People who are completely deaf can be licensed to drive.
- Get plenty of exercise to improve flexibility, strengthen your arms and legs, keep you alert and contribute to a good night's sleep.

Your general health

As your body ages you may become aware of little changes that can affect your movement and mobility. You might have noticed that you respond more slowly or feel confused in an unexpected situation. A debilitating health condition may make some movements painful. Medication may make you feel drowsy, nauseous or dizzy. You may notice that you bump objects when walking or have to ask people to repeat what they have just said to you. Any of these factors could influence your ability to drive safely. To find out more, talk about your concerns with your health professional. No one wants to take your licence from you while you can drive safely. There are many ways that enable you to continue driving for as long as possible.

The importance of a good night's sleep

A good night's sleep can make a big difference to how you feel and can affect the skills and concentration you need to be a safe driver. Older adults need about the same amount of sleep as younger adults – seven to nine hours per night – but may sleep less deeply and wake more often during the night.

To improve your sleep at night:

- establish and maintain a regular schedule – try to go to sleep and wake up at the same time, even on weekends
- try not to nap too much during the day – you might be wide awake at bed time
- exercise daily to improve the quality of your sleep and help you to sleep more soundly
- enjoy a milk-based hot drink or herbal tea late in the day instead of drinking caffeine beverages that keep you awake
- create a safe and comfortable place for sleep and develop a bedtime routine. Do the same thing each night to tell your body that it is time to unwind. Some people read a book or soak in a warm bath.

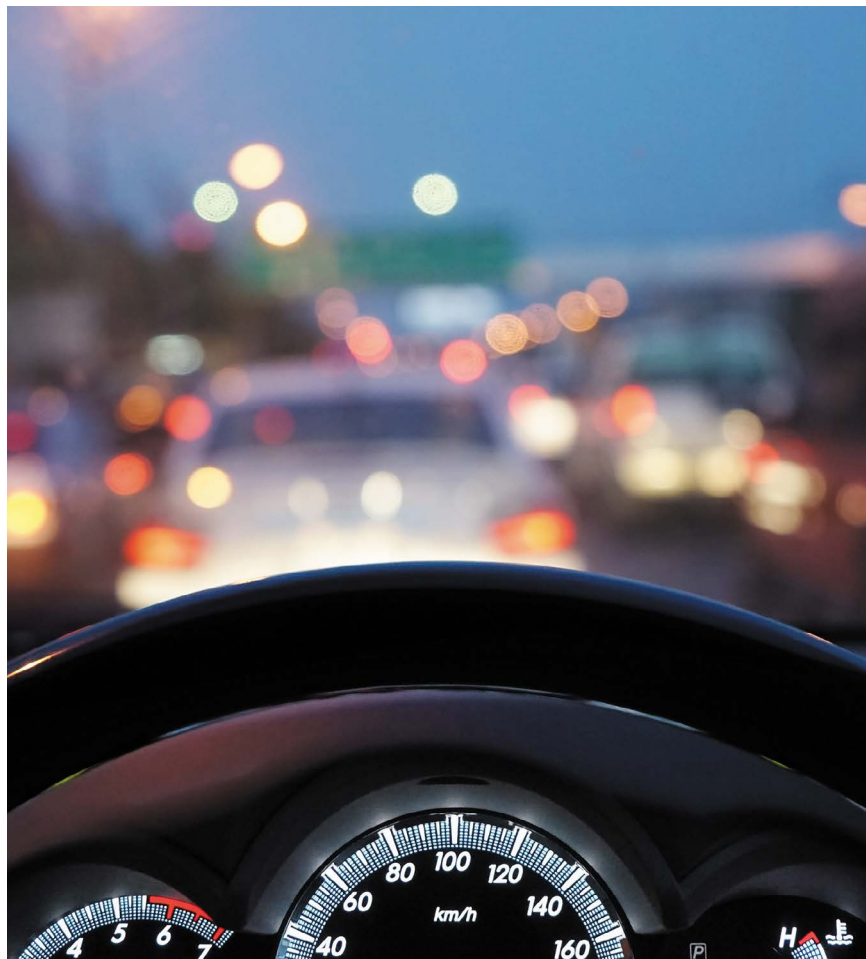
If you are so tired during the day that you cannot function normally and this lasts more than 2–3 weeks, see your health professional for help and advice.

Sleep disorders

Poor sleep is not a normal part of ageing. It contributes to fatigue, depressed moods, attention and memory problems, excessive daytime sleepiness and use of medication. In particular, fatigue makes you less alert to what is happening on the road and less able to react quickly and safely if a dangerous situation arises.

The most common sleep disorders among older adults are insomnia (difficulty falling asleep), sleep-disordered breathing, such as snoring and sleep apnoea (pauses in breathing during sleep), and movement disorders like 'restless legs' syndrome.

Obstructive sleep apnoea is more common among older adults and



people who are significantly overweight. It can result in the sufferer being starved of oxygen during the night. Obstructive sleep apnoea greatly increases a person's risk of high blood pressure, stroke and heart disease and can lead to other health problems.

Your health professional can advise and refer you to a sleep specialist if they believe you are suffering from a sleep disorder.

For more Information please refer to:
Section 2: Fitness to drive

How can I tell if I have a condition that could affect my driving?

If you are in any doubt at all, ask your health professional for advice on specific medical conditions and the effects that they may have on your fitness to drive. Support groups and foundations also give information and assistance.

The Department for Infrastructure and Transport can also help with information about driver licence requirements related to specific medical conditions.

Depending on their severity, some medical conditions (e.g. arthritis, Parkinson's disease, dementia, glaucoma, cataracts, macular degeneration and others) may require:

- regular reviews
- licensing restrictions
- an Assessment and/or a Practical Driving Assessment to determine if you can retain your class of licence.

It is important for the safety of yourself and other road users that your condition is stable and controlled.

For more Information please refer to:
Section 4: Driver Medical Assessment
Section 5: Practical Driving Assessment

Dementia

Dementia is a broad term used to describe the symptoms of a large group of illnesses that cause a progressive decline in a person's mental functioning. These include loss of short and long-term memory, decline in intellect, rationality, social skills and normal emotional reactions.

Most people develop symptoms of dementia gradually over a period of years. Its progress is unpredictable and is different for each individual. With the ageing of our population, the incidence of dementia is estimated to increase significantly in coming decades.

Dealing with dementia is very difficult – for the people who have dementia, for their families, carers and friends. It requires sensitive care and understanding.

Facts about dementia

- There are currently over 425,000 Australians living with dementia – this figure is estimated to rise to over 1.1 million by 2056.
- More than 70 medical conditions can cause dementia, with Alzheimer's disease being the most common.
- Dementia is the single greatest cause of disability in older Australians (aged 65 years or older).
- Dementia most commonly occurs in people over the age of 65 years, but can occur in people in their 40s and 50s.
- 3 in 10 people over the age of 85 and almost 1 in 10 people over 65 have dementia.

Dementia and driving

A diagnosis of dementia does not mean that you are immediately incapable of driving. However, dementia often produces progressive and irreversible loss of mental functioning, and eventually will affect a person's ability to drive safely. In addition to memory loss, dementia can cause reduction in concentration, sight problems and judgement. When your ability to drive is affected you will be a risk, not only to yourself but to others on the road.

Some people recognise their declining ability and decide to limit their own driving or give up driving altogether. However, others may not see that their driving ability has deteriorated and may resist advice to reduce or stop driving. Some may simply forget that they can no longer drive safely.

Remember that some conditions have similar symptoms to dementia and can be effectively treated. It is worth asking your health professional to explain your condition carefully and discuss any available treatment that might help you continue driving for longer.

Warning signs

Warning signs that dementia is affecting your driving behaviour may have been occurring for some time without being recognised. Signs can include:

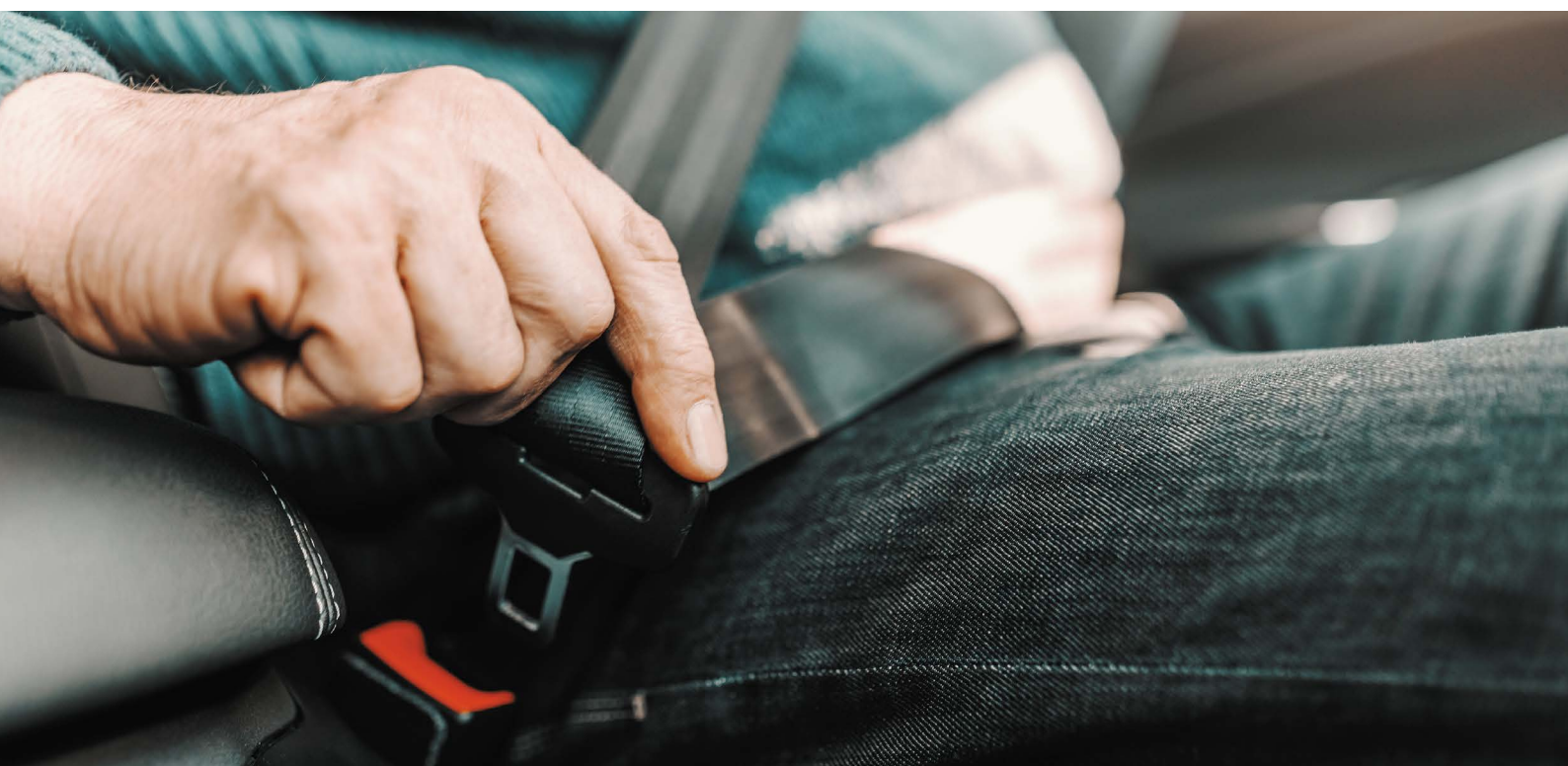
- reaction time – can you turn, stop or accelerate your car quickly?
- problem solving – do you become upset and confused when more than one thing happens at the same time?
- coordination – have you become clumsy and started to control the car differently because you are uncoordinated?

- alertness – are you aware of what is happening around you?
- decision-making – can you tell the difference between left and right?
- memory – do you become confused on familiar routes or get lost easily?
- can you read a road map easily?
- mood – does your mood change when you are driving? Some previously calm drivers may become aggressive or angry.

Talk about your problems openly with a trusted person. Ask them to help you make the decision to stop driving and find ways to maintain your travelling independence.

For more information please refer to:
Section 2: Fitness to drive

For resources and contact details of relevant government departments and other organisations refer to: Section 10: For more information





Driver Medical Assessment

Various health problems, medical conditions, injuries, disabilities and medications may affect our ability to drive. As we get older we may also notice a change in both physical and mental abilities that may affect our ability to drive.

Both your safety and the safety of other road users are influenced by your fitness to drive. Fitness to drive rules are designed so that licence holders are able to operate and drive a vehicle safely on our roads.

Fitness to drive responsibilities:

- the Registrar of Motor Vehicles is required to ensure that driver's licence holders are medically fit to drive in accordance with the national fitness to drive guidelines.
- you are required by law to report any medical condition that may affect your driving. If you develop a new medical condition that affects your ability to drive safely, you must report it as soon as possible.
- you may be required to undergo a medical examination with a health professional to confirm your fitness to hold a driver's licence. Compulsory medical assessments are required for some drivers and for some classes of licence.

- health professionals are required to report if a patient is diagnosed with a medical condition that may affect their ability to drive. The health professional is required to examine the person in accordance with the national fitness to drive guidelines.

Assessing Fitness to Drive is available online www.austroads.com.au
Hard copies can be ordered online, or phone to order from CanPrint Communications; phone 1300 889 873.

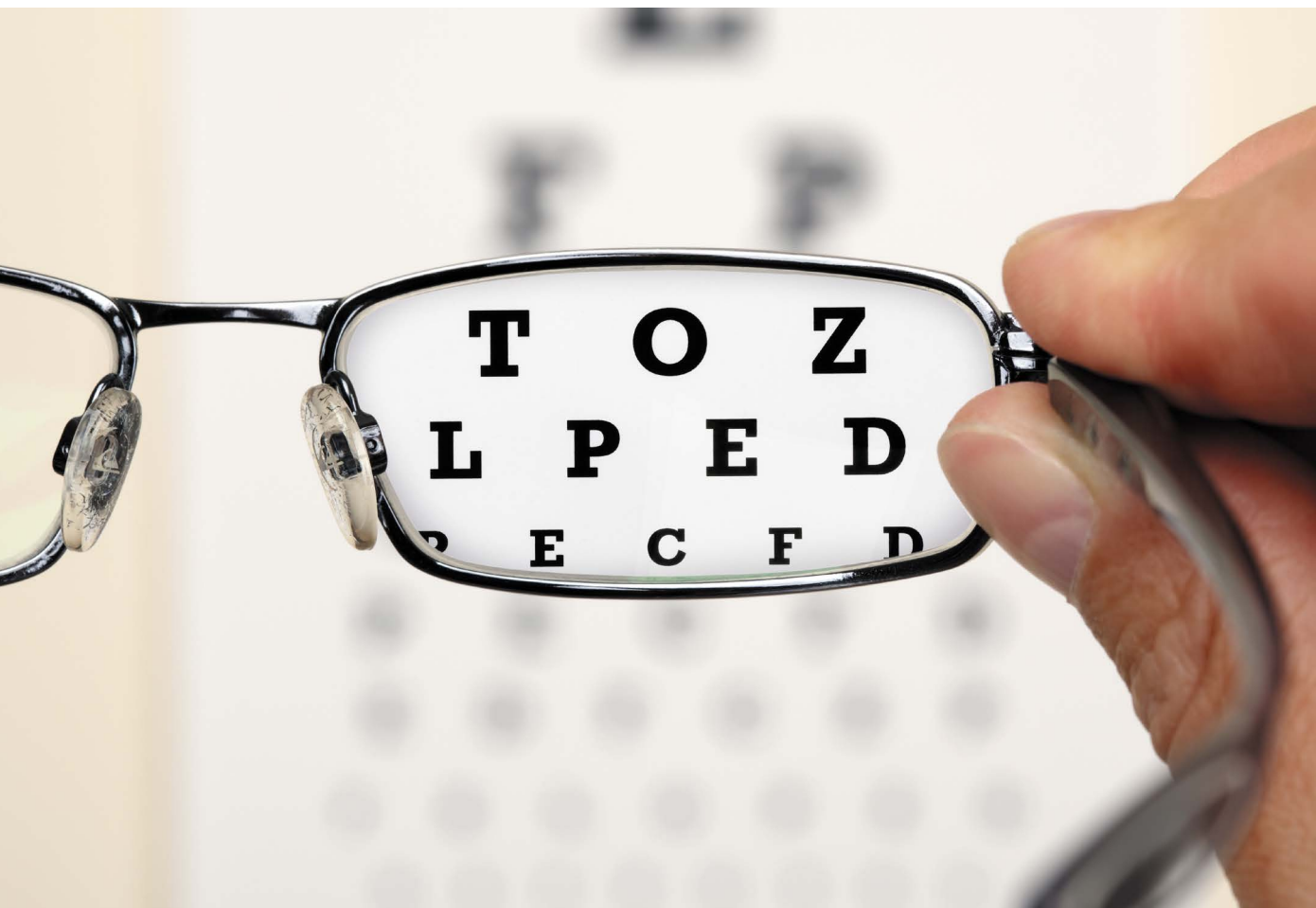
How to report a medical condition

Please contact a Service SA customer service centre www.sa.gov.au/contact-us or call 13 10 84 for information about reporting a medical condition.

Medical assessments and practical driving assessments

You will be asked to submit a compulsory medical assessment if:

- you have a medical condition recorded against your driver's licence, or
- you are aged 70 and older and hold a class of licence other than for a car e.g. LR, MR, HR, HC, MC, R-DATE or R licence classes (annual requirement).



You will receive a Certificate of Fitness form in the mail which you must take to your health professional to complete and you must return it by the due date or your licence may be suspended. You are responsible for the doctor fees.

You must pass a Practical Driving Assessment (PDA) if:

- your doctor requests that you have a PDA with an assessment officer to help determine your fitness to drive, or
- you are 85 years of age or older and hold a class of licence other than a C Class (car) licence e.g. LR, MR, HR, HC, MC, R-DATE or R.

The PDA is not the same as the driving test that learner drivers are required to pass. It is an assessment of your ability to control the vehicle and to comply with road laws.

Will your medical condition affect your licence?

How your licence or permit will be affected will depend on your medical condition, any medications you take and your health professional's recommendations.

Your licence or permit may be:

- issued without any changes (subject to ongoing medical review)
- amended to still allow you to drive, but under a driving restriction (e.g. driving in daylight hours only whilst wearing prescribed glasses, or a vehicle fitted with hand controls)
- suspended temporarily
- cancelled.

You have a right of appeal against any licensing decision you disagree with.

If your medical condition means that you cannot drive, or you simply don't want to, you should hand in your licence.

Medical conditions that can affect driving

There are a wide range of medical conditions, or combinations of medical conditions, that can affect your fitness to drive. Some of the most common are listed below. Further information on how these conditions can affect driving can be obtained from your health professional or from the national fitness to drive guidelines (Assessing Fitness to Drive).

Some of the medical conditions that can affect driving are:

- alcohol/drug dependency
- arthritis and other joint conditions if they are severe
- dementia and Alzheimer's disease, depression or other mental health conditions like schizophrenia, bipolar disorder, psychosis
- diabetes
- epilepsy
- eyesight – conditions such as glaucoma, cataracts, macular degeneration are medical conditions that will require a medical assessment. If you need to wear glasses or contact lenses whilst driving this will be recorded as a condition on your licence but it is not a medical condition that will require a medical assessment.
- heart disease
- high or low blood pressure

- injuries and disabilities, including limb amputation or paralysis
- Parkinson's disease and other neurological disorders
- sleep disorders like sleep apnoea
- stroke.

More information

Safe driving tips for older drivers
<https://mylicence.sa.gov.au/safe-driving-tips/older-drivers>.

Medical conditions and your insurance

- Most motor vehicle insurance companies require information about any factors that could affect your driving. If you have a crash and submit an insurance claim, it may be at risk if the insurance company considers that, at the time of the crash, the driver was not legally eligible to drive.
- You have a duty to declare any risks that may affect your insurance.

If you are in doubt about reporting an existing illness or disability to the Department for Infrastructure and Transport, consult your health professional. Your insurance company can also advise of any related clauses in their motor vehicle insurance policy that may put an insurance claim at risk.

Summary of fitness to drive requirements in South Australia

All driver's licence holders regardless of age	<p>Must report any medical condition or medication that may affect your ability to drive a motor vehicle safely.</p> <p>Drivers who have a medical condition recorded on their licence must complete compulsory medical assessments.</p> <p>If you are sent a medical assessment form you must complete it and return it by the due date to avoid licence suspension.</p>
Licence holders aged 70 and older who hold a class of licence other than a for a car e.g. LR, MR, HR, HC, MC, R-DATE or R licence classes	<p>Must submit an annual medical assessment form due to the increased crash risk that driving these vehicles pose.</p>
C Class (car) licence holders aged 70 and above	<p>Car licence holders (C Class only) aged 70 and older who do not have a medical condition recorded against their licence do not need to visit a medical practitioner each year to submit a medical assessment to retain their licence.</p> <p>Drivers who already have a medical condition recorded on their licence still need to submit compulsory medical assessments.</p>
Licence holders aged 85 years of age or older who hold a class of licence other than for a car e.g. LR, MR, HR, HC, MC, R-DATE or R	<p>Must pass a practical driving assessment annually to maintain that licence class.</p>



Practical Driving Assessment



In South Australia, there are NO mandatory age-based driving assessments for class C (car) driver's licence holders. As long as you are fit to drive safely, you may do so.

- You **must** undertake a Practical Driving Assessment every year if you: are a driver **aged 85 and over** AND **hold any class of licence except a class C (car).***
- Your health professional **may recommend** to the Department for Infrastructure and Transport that you complete a Practical Driving Assessment with an Assessment and Accreditation Audit Officer. This may be necessary to check your skills and knowledge for driving safely and can be recommended **at any time regardless of age or class of licence.**
- There is no cost to you for a Department for Infrastructure and Transport Practical Driving Assessment.
- A health professional may refer you to a driver-trained occupational therapist who assesses your driving and can show you how to improve your ability to drive safely. There is a charge for a driving assessment conducted by an occupational therapist.
(This assessment is provided to your doctor and does not change your licence status).

Department for Infrastructure and Transport Practical Driving Assessment

The purpose of a Practical Driving Assessment is to determine your continued ability to drive a motor vehicle safely. Prior to the assessment, you will receive a letter from the Department for Infrastructure and Transport outlining what you should expect.

- An Assessment and Accreditation Audit Officer from the Department for Infrastructure and Transport conducts your assessment at a location in South Australia that is most convenient to you.
- This assessment consists of a short drive of about 45 minutes and considers your ability to control the vehicle and demonstrate safe driving in light to medium traffic while complying with the road rules.
- If you pass this assessment, you will retain your licence. You will fail if you do not demonstrate that you can safely operate the vehicle and interact with traffic while complying with the road rules.

* Information correct as of May 2023.



- If you fail, your licence will be suspended. A conditional (restricted) permit may be issued to allow you to practise your skills and revise your knowledge of road rules prior to having a further assessment.
- If an Occupational Therapist or other medical professional has recommended that you only drive a vehicle that has been modified to suit your needs e.g., hand controls or a spinner knob on the steering wheel, you will be required to undertake a Practical Driving Assessment to have those modifications endorsed on your driver's licence.
- Your health professional may also recommend that certain conditions or restrictions are placed on your driver's licence e.g. that you drive only during daylight hours, or drive only within a nominated radius of your home address.
- This Practical Driving Assessment is not the same as the one that a learner driver does to obtain a provisional licence.

What if someone else has concerns and advises the Department for Infrastructure and Transport?

If a family member, friend or someone else (such as a Police Officer) has concerns about your driving and advises the Department for Infrastructure and Transport, you may be required to undergo a Driver Medical Assessment.

If this assessment shows that you have a medical condition that can affect your ability to drive safely you may be required to undergo a Practical Driving Assessment to determine if you can retain your class of licence.

For more Information please refer to:
Section 4: Driver Medical Assessment

If you or your family are concerned about your driving ability, a good option is to undertake some driver refresher lessons with a licensed motor driving instructor or discuss concerns with your treating health professional.

For more information please refer to:
Section 2: Fitness to drive



Travel options

For many of us, driving a car provides independence and convenience. Whether driving a car or not, it is important to maintain mobility and quality of life for as long as possible.

While you may not be ready to retire from driving, trying other ways of travelling could benefit your health – and your bank balance – while maintaining your quality of life.

Planning for the transition from driver to non-driver can be smooth and have minimal effect on your lifestyle.

Public transport

There are three modes of public transport in Adelaide – buses, trams and trains. Public transport offers great advantages to older people.

- It is relaxing to travel on public transport. You do not have to concentrate on driving but can talk, read or just watch the world go by instead.
- Travelling with a group of friends is easy. No-one needs to be distracted by road and traffic conditions.
- A wide range of service options and upgraded facilities allow people to travel in comfort. Transport operators continue to upgrade and now offer low-floor buses and trams that allow

easier access to these vehicles for all community members.

- Public transport is environmentally friendly, convenient and the safest way to travel.
- South Australia also has bus services to many of the State's regional centres and tourist destinations.
- When travelling on regional services, holders of concession cards, including State Seniors Card, Mobility Pass and Federal and State Concession Cards, are entitled to up to 50% discount on ticket costs. Conditions may apply.
- Instead of going on a driving holiday, why not travel to Darwin, Perth or Sydney on The Ghan or Indian Pacific? Flying can also be a great option.

South Australian Seniors Card members can travel free on Adelaide Metro buses, trains and trams – all day, every day. This is an initiative of the Government of South Australia and applies to South Australian residents who hold a Seniors Card.

Interstate Seniors Card members can access free travel during off peak times on weekdays as well as all day on Saturdays, Sundays and public holidays by collecting a 14 day free travel pass. At other times, a concession fare is required.

The South Australian Seniors Card with the Adelaide Metro logo in the corner is also a metroCARD.

To access free travel simply hold your South Australian Seniors Card against a validation machine when you board a bus, train or tram. You'll also need to touch your South Australian Seniors Card on the gates when entering and exiting Adelaide Railway Station.

You will only need to add credit to your Seniors Card if you want to access the discounted parking at the Tea Tree Plaza Park 'n' Ride.

For more information, please visit www.adelaidemetro.com.au or call the Adelaide Metro InfoLine on 1300 311 108 (7am-8pm daily).

**I have driven all my life.
How can I find out more
about public transport?**

Information about trip planning, route maps, timetables, fares and concessions is available:

- by calling the Adelaide Metro InfoLine 1300 311 108
- online at www.adelaidemetro.com.au
- or in person at the InfoCentre at Adelaide Railway Station



Adelaide Metro can help you plan your journey.

You could also ask a family member or friend who is familiar with using public transport to explain how it works. Plan some outings together so you can share the experience.

Free travel around Adelaide

Free City Connector buses are in service on the 98 and 99 routes which travel around the Adelaide CBD (99) and through North Adelaide (98).

The City FREE tram travels between South Terrace and the Entertainment Centre and along North Terrace to the Botanic Gardens. Travel along Jetty Road, Glenelg is also free.

These buses and trams are fully accessible and feature:

- air conditioning
- low floors to make getting on and off easier
- a ramp for easy access, including wheelchair access, through the central door on buses
- an allocated space for people using mobility aids
- bright yellow handrails to assist vision impaired people

Have you considered car pooling?

Do you know a group of people who regularly travel to the same venue, at the same time, who live reasonably close to each other? Maybe you could consider forming a car pool and share the driving. Car pooling can be a convenient, secure, efficient and fun way to travel.

Taxis

Consider sharing the cost of a taxi if you are travelling with a small group to the same destination. People who no longer drive say that they have saved a surprising amount of money in not owning a car, yet travelling by taxi whenever they need to.

www.sa.gov.au/topics/driving-and-transport/transport-industry-services/taxi-and-passenger-transport/passenger-services

Ride sharing

Ride-shares (such as Uber) were introduced in South Australia on 1 July 2016, allowing private vehicles to be used to provide a transport service, offered to passengers through an accredited booking service. Ride sharing provides another transport option for people no longer driving their own vehicle.

South Australian Transport Subsidy Scheme (SATSS) and Plus One FREE COMPANION card

This is a State Government subsidised passenger transport program. It is for people with permanent and severe disabilities who, because of their disabilities, either cannot safely use public transport independently or when they are accompanied by a companion/carer.

Red Cross Transport team

The Red Cross Transport team provides a volunteer service to assist people in Adelaide, the South East and Eyre Peninsula who have no access to other means of transport to attend medical appointments or social and recreational occasions.

Car sharing

Some families and groups of friends share the ownership and use of a vehicle. While requiring cooperation and good timetabling, car sharing is a way of maintaining independence, while sharing resources, saving money and reducing the number of cars on our roads.

Community transport services

Many Councils offer community bus services or organise volunteer drivers to pick you up and drive you to your destination. Some volunteer organisations and church groups offer similar services.

Mobile services and delivery

There are a range of service providers available to come to the homes of residents or to deliver products for free or a small cost. This includes doctors, veterinarians, physiotherapists, hairdressers and most supermarkets.

Walking and cycling

Choosing to travel actively, whether walking to the shops, jogging in the morning or cycling in the park, is good for you. Active travel keeps joints flexible, strengthens your arms and legs, assists your agility, keeps you alert and can help you sleep well at night – all of which contribute to your ability to drive safely, for longer.

When you are walking:

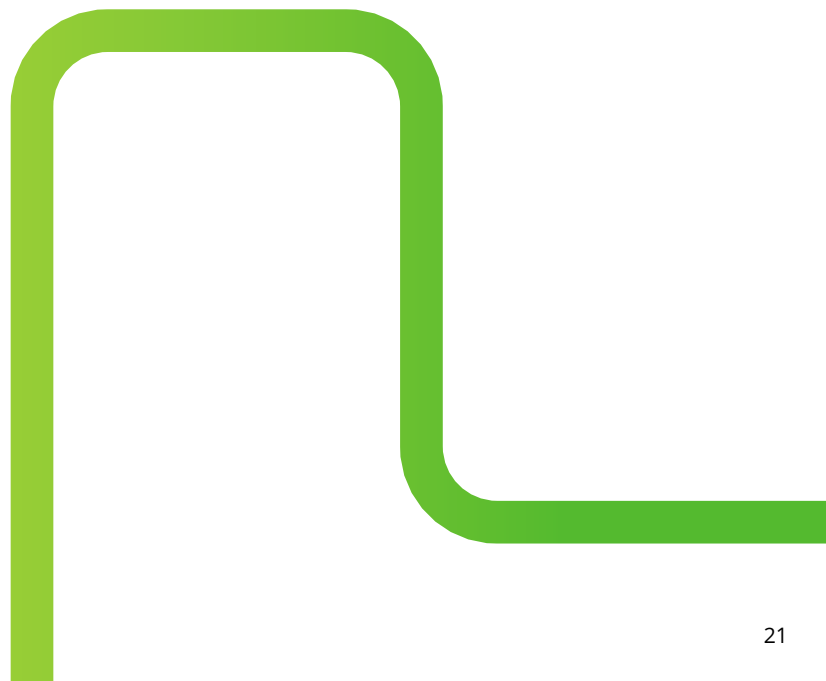
- wear brightly coloured clothes so you are visible to other road users
- cross roads at pedestrian lights or marked crossings
- use painted medians or narrowed crossing places to cross the road more safely
- make eye contact with drivers before commencing to cross the road.

When you are cycling, remember these safety guidelines and always wear your bicycle helmet.

Motorised mobility scooters

Many older people enjoy mobility and independence by using motorised mobility scooters.

For more information please refer to:
Section 8: Motorised mobility scooters





Buying a safer car

If you are thinking of changing your car, consider purchasing the newest and most suitable vehicle you can afford. New cars generally have the latest safety technology, making them safer than those of the past.

Research shows that if we all drove the safest car in its class, the number of lives lost and serious injuries would reduce dramatically.

A safer vehicle

When buying a vehicle, there are many safety features to consider, including:

- cars with a 5 star safety rating and latest date stamp provide the best safety for occupants and other road users
- Anti-lock Braking System (ABS) and Electronic Stability Programs (ESP) – assist in controlling the car
- Autonomous Emergency Braking – detects obstacles in front of a vehicle and automatically applies the brakes if an imminent crash is detected
- Lane Keep Assist – recognises lane markings and alerts the driver if the vehicle is leaving the lane without indicating
- Blind Spot Monitoring – warns a driver that there is a vehicle present in an adjacent lane in their ‘blind spot’

Safety Restraint System (SRS) includes:

- > Airbags – in the event of a crash, front, side, curtain and knee airbags deploy to reduce the risk of driver and passengers hitting the steering wheel, dashboard or side windows of the car and receiving serious or life-threatening injuries
- > Seatbelt pre-tensioners – in the event of a crash these tighten the seat belt to help hold the vehicle occupants in their seat reducing their risk of injury
- > Reinforced doors with side intrusion bars and crumple zones – absorb impact energy and protect occupants in the event of a crash
- headrests – minimise the risk of whiplash injuries
- vehicle size – most larger cars offer better protection than smaller cars but they may be more difficult to manoeuvre. Consider purchasing the size of car that you are comfortable driving and remember that vehicle size should suit all people who will drive the vehicle
- colour – light and bright colours are more visible to other road users
- power steering – less physical effort is needed to turn and control the car
- visibility – good visibility through all the windows and mirrors is important for safety

- window tinting – reduces the harshness of full sunlight but tinting may reduce visibility at night
- window and mirror size – larger size could make a difference to visibility.

Other things to consider are:

- automatic transmission
- clear and easy to read instrument panel
- air conditioning
- audible alarms for reverse parking, low fuel and seat belt warning
- adjustable steering column and driver's seat positions
- adjustable seat belt height on the door pillar
- adaptive cruise control
- fuel type for more efficient engine performance and fuel economy
- electric mirrors.

A greener vehicle

Now could be the time to find out more about cars that are designed to use alternative fuels. They produce less pollution and have a positive impact on air quality.

Several major vehicle manufacturers are producing cars with fully electric or hybrid engines, requiring less fuel per kilometre of travel and generating less pollution. This means that you spend less money on fuel. It is worth finding out more about these vehicles – one of them could suit you!

Australasian New Car Assessment Program (ANCAP)

ANCAP provides star ratings for new cars and information about the level of occupant protection provided by vehicles in serious front and side crashes.

ANCAP safety ratings are available at www.ancap.com.au. Some car dealers also have this information on their websites.



Second-hand vehicles

The Used Car Safety Ratings are published for a range of second-hand vehicles. These ratings show that some used vehicle models offer much better protection than others in the event of a crash.

Used Car Safety Ratings are available at www.mylicence.sa.gov.au/road-rules/the-drivers-handbook/safer-vehicles.

Roadworthiness

The Australian Road Rules require that you keep your vehicle in a roadworthy condition. Continue to regularly check the following and have them included in the regular servicing schedule for your car:

- brakes and brake fluid
- headlights, parking lights, brake lights and indicators
- oil levels and engine leaks
- steering and suspension
- trailer and caravan connections
- tyres and tyre pressure
- windscreen, wipers and water levels.



Motorised mobility scooters

Motorised mobility scooters improve mobility and independence for people who have difficulty when moving due to disability, illness or injury. They are also known as mobility scooters, motorised wheelchairs, motorised mobility devices (MMD) or 'gophers'.

Motorised mobility scooters and your health

Check with a health practitioner about your suitability to use a mobility scooter. You do not have to obtain a Driver Medical Assessment, but if you have a condition that prevents you from driving safely, it may also affect your ability to successfully use a mobility scooter. Some medications can also affect the ability to operate a mobility scooter safely.

There are a number of essential skills required for the safe use of a mobility scooter. Consider your:

- hearing
- coordination and strength
- physical balance and endurance
- muscle or joint stiffness
- vision
- perception
- concentration
- reaction time.

Choosing a motorised mobility scooter

It is important that you find out as much as you can before choosing a mobility scooter for your own use. It is helpful to consider some of the following questions:

- **Is a motorised mobility scooter the right choice for me?**

For example: Will a motorised mobility scooter be able to safely perform the tasks I need? Will it operate effectively in my local environment and terrain, considering the routes where I plan to travel? Would other forms of transport better meet my needs?

- **Am I the right person for a motorised mobility scooter?**

For example: Do I have a physical condition with a reasonable need to use the scooter (a requirement of the Australian Road Rules)? Do I have the cognitive and physical abilities to safely operate a motorised mobility scooter? Could my medications affect my ability to operate a motorised mobility scooter safely?

- **What type of motorised mobility scooter is best suited to my needs?**

For example: What design, size, power, features and accessories suit my needs? Does my preferred



motorised mobility scooter comply with the Australian Road Rules? Is my preferred motorised mobility scooter a good match for the environment in which I need to travel? Does it need to be disassembled for transporting in a car or airplane? Do I need to use it on public transport or will I need to use tram or train pedestrian crossings and if so, does it meet the size requirements (i.e. length, width, height and weight)?

- **Is my motorised mobility scooter suitable for public transport?**

There are certain requirements for mobility scooters to be suitable for use on public transport along with navigating surrounding public transport infrastructure such as pedestrian maze crossings on tram and train lines.

Motorised mobility scooters or other motorised mobility devices (MMD) produced after July 2018 are required to have a Blue or White Label defining their suitability for use on public transport and/or road related-areas (Technical Standard TS 3695.3:2018).

Blue Label: Identifies that the mobility scooter or MMD is compatible for use on road-related areas (e.g. footpaths) as well as accessing public transport such as buses, trains and trams, and public transport-related infrastructure such as tram and train crossing points.

White Label: Identifies that the mobility scooter or MMD is compatible for use on footpaths and other road-related areas **only** and does not meet the requirements for a Blue Label. These cannot be used on public transport and related infrastructure.

For more information on suitability of a mobility scooter or MMD on public transport visit: www.adelaidemetro.com.au/Using-Adelaide-Metro/Accessibility-Disability or collect a brochure at the Adelaide Metro Info Centre at Adelaide Railway Station.

- **Am I considering purchasing a secondhand motorised mobility scooter?**

For example: Does the motorised mobility scooter meet the same safety criteria for a new scooter? What is the condition of the motorised mobility scooter? Has it sustained any damage? What is its service and maintenance history? Is the original owner's manual and other product information available?

Registration and insurance

- If you suffer from a physical infirmity which requires the use of a motorised mobility scooter, you are not required to hold a driver's licence or register the device.
- Compulsory Third Party (CTP) insurance provides third party bodily injury insurance for claims involving incidents that occur on the road or footpath in which the rider of the mobility scooter is at fault. A panel of insurers who provide insurance is used.
- In the event of a crash in which the driver of a registered motor vehicle was at fault, that driver's third party insurance covers claims.
- Contact an insurance company or broker to check personal liability and insurance cover for the mobility scooter. Most household insurance policies cover legal liability for injury to other persons or damage to

their property occurring on private property, but it is unusual for the insurance to include accidental damage to your mobility scooter. It is worth checking your policy to ensure that this is covered.

Being safe

- Know, understand and practice using all of the scooter controls and functions.
- Have the scooter regularly serviced and undertake safety checks on a regular basis.
- Plan safe routes that provide footpaths and safe crossing points when travelling to places you usually visit.
- Be visible – wear brightly coloured clothing, attach a flag to your scooter.
- Consider fitting headlights for extra visibility.
- Travel at speeds suited to the conditions such as slowing down to take corners and when travelling in busy pedestrian areas.
- Always travel up and down ramps in a straight-on position, not at an angle, to avoid rolling over.
- Get off on level surfaces.

Accidental acceleration of the scooter can occur under some circumstances. To avoid this, consider taking the following precautions:

- store packages and bags safely
- avoid hanging objects off the handles
- secure loose clothing
- remove the key from the key switch before getting on and off the scooter.

Australian Road Rules

The Australian Road Rules state that a person using a mobility scooter is classed as a pedestrian if the **maximum speed** on level ground **cannot exceed 10 km/h**. As such the rider:

- must observe the same road rules that apply to pedestrians
- must not obstruct the path of any driver or other road user
- must not travel along a road if there is a footpath or nature strip adjacent to the road, unless it is impracticable to travel on the footpath or nature strip
- if travelling along a road, you must keep as far to the side of the road as possible – travel facing the approaching traffic unless it is not practicable to do so
- can use shared paths, off-road bike paths and shopping malls
- does not need to have a driver's licence.

These mobility scooters must have an **unladen weight of less than 170kg**. They do not need to be registered and the rider does not need to wear a helmet or a seatbelt when travelling on a mobility scooter.

Most, but not all, mobility scooters available in Australia comply with these requirements, stated in the *Australian Road Rules*. It is important to check carefully before you buy e.g. if you need to travel up a slope to your home you may require a scooter that has a more powerful motor. This would mean that the scooter has to comply with different rules. If in doubt – check it out!

A motorised mobility scooter should suit your specific needs and abilities, and the specifications of the vehicle you choose should comply with the **Australian Road Rules**, the **Road Traffic Act 1961** and/or the **Motor Vehicles Act 1959**.

For advice and information, contact: **Independent Living Centre of South Australia (ILCSA)**. This is an information service that can help with advice and product information about mobility scooters and motorised wheelchairs. Staff are specialised in providing information about individual needs and understand the importance of making sure that the scooter you buy will comply with the law.

Independent Living Centre SA:
ilcsa.com.au or 1800 455 272.

- Shops selling mobility scooters also provide information.
- Other users of mobility scooters may be interested in answering your questions about features of their scooters e.g. stability, ease of use, access to controls and ease of battery recharge.



Retiring from driving

A smooth and successful transition from driving to occasional driving and then to not driving at all happens best when it is planned. Too often planning for retirement does not include the issue of retiring from driving. Good planning means there is very little loss of mobility or independence, if any.

It is important to understand that people can become annoyed and angry if they feel that their decisions are being made for them. They may experience symptoms of grief at having to give something up and these can worsen if they feel that they had no part in making the decision.

Ceasing driving can also cause a negative impact on their wellbeing and create a feeling of being isolated from their community.

It does not have to be this way. If there is recognition that giving up driving is not because of age but because of losing the ability to manage the complicated tasks associated with driving, many issues can be addressed prior to making that decision.

By recognising and understanding the changes that occur as you age, it is possible to gradually reduce the

complexity of the driving and adjust to the lifestyle changes this creates.

Easy decisions to start with

Research shows that many older drivers self-regulate by restricting their driving to short trips, during good weather and daylight hours.

A study by the Centre for Automotive Safety Research at the University of Adelaide has shown that many older drivers respond to age-related changes in ability by reducing driving in certain difficult conditions, such as at night time and in rainy weather. The researchers also found that older drivers, as a result, tended to have less crashes at night and in wet weather.

You can make simple decisions to self-regulate your driving.

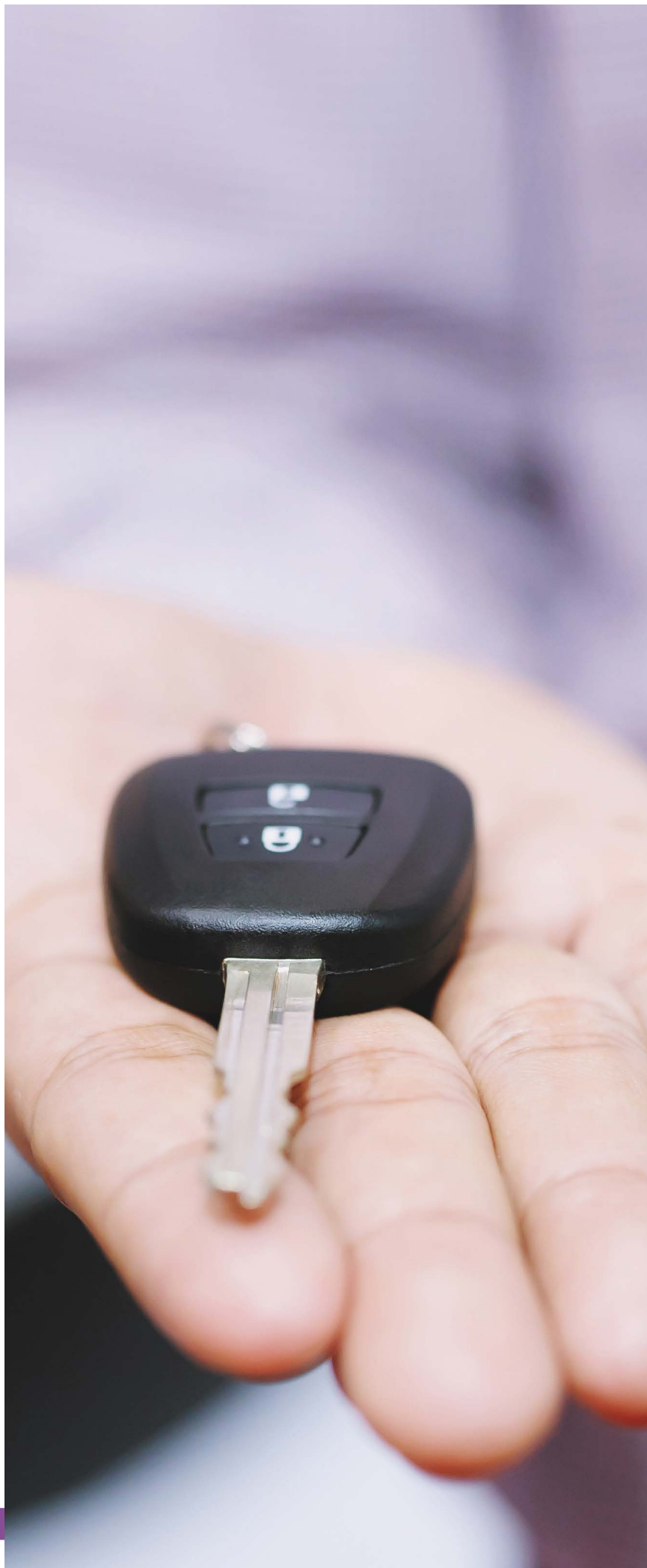
- Choose to drive for short trips only, and use other transport for longer journeys.
- Change driving patterns to suit your capabilities, such as not driving during peak hour times, at night or in bad weather.

- Plan to make fewer trips – organise to do your shopping on the same day that you visit the library, go to the post office and have an appointment.
- Plan each trip so that you cross busy intersections where there are traffic lights with turning arrows when possible.
- Find out how to use the public transport services in your local area. Taking trips and understanding public transport while you are still able to drive will make it much easier to use when you retire from driving.

Situations to avoid

The following situations may distract or make driving difficult:

- peak hour traffic and busy intersections
- driving in rain, fog, hail or in windy or stormy conditions
- driving at times when you would normally be asleep - you are more likely to feel tired at these times and your concentration will not be as good



- driving a car with dark tinted windows
- stickers on car windows and ornaments hanging from the mirror may obstruct your view
- wearing sunglasses or tinted glasses at night, unless your eye specialist prescribes them. Deciding to avoid driving at night still allows for safe travel during the day.

Some medical conditions require a change in the amount of driving that people can do. Early consultation with your health professional will help you develop a plan for the extent of your driving.

Long distance travel

- Be aware of medical conditions and sleep disorders that may make it difficult to drive long distances.
- Travel by bus, train or plane – they are safer alternatives, take stress off the trip and you can watch the world go by.
- Share the driving on longer trips. Swap drivers or plan shorter driving stages if you tire quickly.

Some ideas to help you continue driving safely

- If you are buying a replacement car, make sure that all the people who will drive it are comfortable with your choice.
- Maintain your fitness to drive. Do an on road refresher driving course with a licensed motor driving instructor.
- Keep healthy and physically active to maintain flexibility and strength.

- Changes are made to the road rules over time. Make sure you keep up to date by referring to the Australian Road Rules or doing online tests on the Royal Automobile Association (RAA) website or by doing the online road rules refresher quiz at www.mylicence.sa.gov.au

Choosing a retirement location

Research has shown that many older adults often do not plan for the day when they will no longer drive. Some people move to different areas when they retire and have to learn about the services in their new community. As part of planning for your future, investigate the availability of public transport and community services in the suburb or town where you plan to live.

- Are the shops within walking distance?
- Are there medical services close by?
- How close are you to friends and family?
- Does the location provide the lifestyle choices that you enjoy?
- Are there social activities for you?

For more information

Government		
Agency	Services	Contact
Department for Infrastructure and Transport (DIT) Mail: GPO Box 1533 ADELAIDE SA 5001	<ul style="list-style-type: none"> • Notification of medical conditions • Practical Driving Assessments 	Internet: www.dit.sa.gov.au
Local Government Association of South Australia (LGA) Council Finder	If you don't know which Council you are looking for, enter an address or suburb/ town name in the search function.	Internet: www.lga.sa.gov.au/councils
Service SA Customer Service Centres Adelaide / Elizabeth Marion Mitcham / Modbury Port Adelaide / Prospect Regency Park Seaford Meadows / Tranmere Berri / Gawler / Kadina Mount Barker/ Mt Gambier Murray Bridge / Naracoorte Port Augusta / Port Lincoln Port Pirie / Whyalla	<ul style="list-style-type: none"> • The Driver's Handbook • Hand in licence if no longer needed 	Phone: 13 23 24 TTY – telephone typewriter for deaf and hearing impaired: 13 36 77 All Service SA Customer Service Centres have Hearing Assistance Devices and are accessible for disabled people. Internet: www.sa.gov.au/topics/about-sa/directories/customer-service-centres/locations-and-opening-hours
South Australian Government	<ul style="list-style-type: none"> • The Driver's Handbook • Road safety Information 	Internet: www.myllicence.sa.gov.au
	<ul style="list-style-type: none"> • Concessions information • Taxi fare subsidy scheme • Seniors Card and Ageing 	Internet: www.sa.gov.au
	<ul style="list-style-type: none"> • Cycling and walking maps • Cycle Instead Journey Planner 	Internet: www.sa.gov.au/cycling maps.sa.gov.au/cycleinstead
Australian Government My Aged Care		Phone: 1800 200 422 Internet: www.myagedcare.gov.au

Health

Agency	Services	Contact
Alzheimer's Australia SA 27 Conyngham Street GLENSIDE SA 5065 See also: National Dementia Helpline	<ul style="list-style-type: none"> • Online information and resources • Support for carers • Workshops and information sessions 	Phone: 08 8372 2100 Fax: 08 8338 3390 Email: sa.admin@alzheimers.org.au Internet: www.alzheimers.org.au
Australian Council on the Ageing (COTA) 16 Hutt Street ADELAIDE SA 5000 Mail: GPO Box 1583 ADELAIDE SA 5001	<ul style="list-style-type: none"> • Events • Online ordering of publications • Information 	Phone: 08 8232 0422 1800 182 324 (free call) Email: cotasa@cotasa.org.au Internet: cotasa.org.au
Austroads	<ul style="list-style-type: none"> • Assessing fitness to drive 	Internet: austroads.com.au/drivers-and-vehicles/assessing-fitness-to-drive
Carers Australia SA 66 Greenhill Road WAYVILLE SA 5034 Mail: PO Box 410 UNLEY SA 5061	<ul style="list-style-type: none"> • Online publications • Support for carers • Events 	Phone: 1800 422 737 (free call) Internet: www.carerssa.com.au
Dementia See Alzheimer's Australia SA and/or Dementia Support Australia		
Heart Foundation 155 Hutt Street ADELAIDE SA 5000	<ul style="list-style-type: none"> • Information about CPR, warning signs of heart attack • Events • Healthy living 	Phone: 08 8224 2888 Information: 13 1112 Email: contactus@heartfoundation.org.au Internet: www.heartfoundation.org.au
Independent Living Centre of South Australia (ILCSA) 1/47 Tynte Street NORTH ADELAIDE SA 5006 Mail: PO Box 220 NORTH ADELAIDE SA 5006	<ul style="list-style-type: none"> • Information on a wide range of assistive technologies • Product descriptions • Publications 	Phone: 1800 455 272 Email: information@ilcsa.com.au Internet: www.ilcsa.com.au

Health continued

Agency	Services	Contact
National Dementia Helpline	<ul style="list-style-type: none"> • Phone support 	National Dementia Helpline Phone: 1800 100 500 Interpreter Service: Phone: 131 450
Dementia Support Australia	<ul style="list-style-type: none"> • Phone support 	Phone: 1800 699 799 (free call 24 hours/7 days) Internet: www.dementia.com.au/contact-us
National Sleep Foundation (USA)	<ul style="list-style-type: none"> • eNewsletter registration • Information • Online community 	Internet: www.sleepfoundation.org
Healthy Bones Australia 118 Richmond Road MARLESTON SA 5033	<ul style="list-style-type: none"> • Information • Magazine • Translated fact sheets • Events 	Phone: 1800 242 141 (free call) Internet: healthybonesaustralia.org.au
Parkinson's SA 25 King William Road UNLEY SA 5061 Mail: Locked Bag 1, REGENCY PARK SA 5010	<ul style="list-style-type: none"> • Support groups • Information sheets • Education sessions • Advocacy • Counselling service 	Phone : 08 8357 8909 1800 644 189 Email: contactus@fightingparkinsons.org.au Internet: fightingparkinsons.org.au/
Sleep Disorders Australia See also: National Dementia Helpline	<ul style="list-style-type: none"> • Fact file • Treatments • FAQs 	Internet: www.sleepoz.org.au
Patient Assistance Transport Scheme (PATS) Adelaide Office PO Box 3017, Rundle Mall ADELAIDE SA 5000	<ul style="list-style-type: none"> • Information • Application forms 	Phone: 1300 341 684 Email: pats@sa.gov.au Internet: www.pats.sa.gov.au

Travel		
Agency	Services	Contact
AdelaideMetro Adelaide Railway Station North Terrace ADELAIDE SA 5000	<ul style="list-style-type: none"> • Tickets • Timetables • Information about accessible buses and routes for people with disabilities • Travel information for Seniors Card holders 	Phone: 1300 311 108 (7 am–8 pm, 7 days a week) Internet: www.adelaidemetro.com.au www.sa.gov.au/publictransport
Access Taxis	<ul style="list-style-type: none"> • How to book an access taxi • Information 	Phone: 1300 360 940 Email: info@accesstaxis.com.au Internet: www.sa.gov.au/topics/driving-and-transport/disability/access-taxis
Australasian New Car Assessment Program (ANCAP)	<ul style="list-style-type: none"> • Crash test results • Australasian New Car Assessment Program (ANCAP) Results 	Email: ancap@ancap.com.au Internet: www.ancap.com.au
Australian Red Cross	Volunteer transport service for the elderly and those living with a disability	Phone: 08 8100 4500 Email: saclientservices@redcross.org.au Internet: www.redcross.org.au/services/patient-transport-services-non-emergency/
Cars Guide	Online buyers and sellers guide	Internet: www.carsguide.com.au
Royal Automobile Association of South Australia (RAA)	<ul style="list-style-type: none"> • Travel • Insurance • Road safety • Online road rules test • ANCAP and Used Car Safety Ratings brochures 	Phone: 08 8202 4600 TTY – telephone typewriter for deaf and hearing impaired: 08 8202 4750 Internet: www.raa.com.au
South Australian Community Transport Association (SActa)	<ul style="list-style-type: none"> • Community transport options • Information sharing and networking 	Email: info@sacta.org.au Internet: www.sacta.net
Transport Accident Commission (TAC) Victoria	<ul style="list-style-type: none"> • Used Car Safety Ratings • Facts for drivers 	Internet: www.howsafeisyourcar.com.au



Your legal responsibility

As a licensed driver in South Australia and regardless of your age, you are **legally required** to report any medical condition or medication that may affect your ability to drive a motor vehicle safely to the Registrar of Motor Vehicles. Please contact a Service SA customer service centre www.sa.gov.au/contact-us or call 13 10 84 for information regarding reporting a medical condition.

Also, health professionals are **legally required** to notify the Department for Infrastructure and Transport as soon as they consider that you suffer from a physical or mental illness, disability or deficiency, or take medication that would be likely to endanger the public if you drive a motor vehicle.

The health professional does not need your permission as this notification is **compulsory by law**.

The consequences for failing to notify a reportable medical condition and continuing to drive are severe.

If involved in a crash:

- you may be charged with driving offences and with failing to notify a reportable medical condition
- you may be sued for any damages to people or property caused by the driver in that crash
- your private car insurance coverage may be affected.

Department for Infrastructure
and Transport

GPO Box 1533, ADELAIDE SA 5001

Telephone 13 10 84

www.movingrightalong.sa.gov.au

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