



PART 4: LIVING WITHOUT A CAR, POST LOCK-DOWN

The fourth of four safety bulletins to provide advice for older drivers during the lock-down period.

INTRODUCTION

The Older Drivers Forum consists of road safety experts and volunteers, focused on how to keep older drivers driving safely, for longer.

Lots of useful information can be found on our web site www.olderdriversforum.com

✓ OUR AIM

With older drivers following government instructions and **social distancing to save lives**, this means many are also taking a break from driving.

This bulletin provides advice for older drivers who feel it is time to retire from driving and how to plan alternative means of mobility to maintain independence.

REFLECTIONS

✓ DRIVING

Have you been thinking about how you feel about driving?

- Were you starting to feel anxious about going out for a drive?
- Were you getting intolerant of other drivers?
- Were you frequently missing traffic signs?
- Were you using your partner as a co-driver?
- Were you finding parking more difficult?
- Had you started to have minor accidents, like kerbing your car's wheels?
- Had you noticed family and friends becoming uncomfortable being a passenger?
- Were you no longer being asked to be a taxi service for your grandchildren?
- With the economic impact of lock-down are you concerned about affording to run a car?

Overall, is driving and owning a car becoming a more stressful aspect of your life?



✓ NEW WAYS OF LIVING

Since lock-down have you started to discover a new positive way of life without a car?

- Engaging with video chat apps to keep in touch with family, friends and interest groups.
- Using internet shopping and services for banking, communicating with service providers, streaming entertainment.
- The financial savings being made by not buying fuel.

If this resonates with you then maybe it is time to retire from driving.

PLANNING

✓ DOING THE MATH

To budget how to pay for alternative transport, gather the following costs for your car:

- Tax
- Insurance
- Servicing
- Wear and tear replacements such as tyres, battery, windscreen wipers
- MOT
- Fuel
- Parking
- Breakdown cover
- Interest on finance
- Depreciation of your car's purchase value.

(Your garage or a petrol-head friend will be able to help you with this. Alternatively look at sites such as www.autotrader.co.uk to get comparative values.)

Then use our calculator at www.olderdrivers.org.uk/retire-from-driving/Cost-Calculator to arrive at the annual running costs of your car.

It has been calculated if a driver drives less than 2,000 miles a year, then it would be cheaper to take taxis. The average mileage of an older driver is 2,045 miles, so retiring from driving is likely to save money.

✓ INVOLVING FAMILY & FRIENDS

- Tell your family and friends you are planning to retire from driving and enlist their support.
- For example, a family member could take responsibility for selling your car and a friend could set up an account for you with a local taxi company.



✓ ALTERNATIVE TRANSPORT PLANNING

- Make a list of regular weekly journeys.
- Research how each journey would be made without you driving a car, but without relying entirely on family and friends.
- To aid this process we have produced a booklet called 'Living without a car'. This gives an overview of the travel concessions and alternative transport that was available in Gloucestershire before the recent hiatus. It may not now be 100% accurate but should still give a good idea on general availability for an initial plan.
- This booklet is available for downloading from our website and Facebook page:

<https://olderdriversforum.com/managing-without-a-car/>

POSITIVE OUTCOMES

There are many, sometimes surprising benefits that come when retiring from driving.

- Spending more time with family and friends.
- Getting out and about more often than when driving.
- Improved fitness as alternative means of transport lead to more physical exercise.
- Increased social interactions using public or community transport.
- Discovering new friends in regular taxi and volunteer drivers.
- Saving money.