

moving rightalong

OBLIGATIONS AND
OPPORTUNITIES FOR
OLDER DRIVERS



Information Sheet 6

Travel options



Government of South Australia

Department of Planning,
Transport and Infrastructure

moving rightalong

Moving Right Along: Obligations and Opportunities for Older Drivers encourages safer, greener and more active travel for older South Australians.

It comprises a series of Information Sheets 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.

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.

However, 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.
- Increased services 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 rail and bus services to many of the State's regional centres and tourist destinations. Holders of concession cards, including State Seniors Card, Mobility Cards 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*?

Seniors Card holders can travel free during off-peak periods on all buses, trains and trams. Off peak times are 9.01am–3.00pm on weekdays and all weekends and public holidays. At other times, Seniors Card holders pay about half price on all tickets. This is an initiative of the Government of South Australia and applies to Australian residents from any Australian State or Territory who hold a Seniors Card.

The Seniors Card is now also a Metrocard. It features a cash free method of payment for travel during peak times. Simply add credit to your Seniors Card and the Metrocard system will deduct the correct fare.

To validate simply hold your Seniors Card against a validation machine when you board a bus, train or tram during peak and off-peak periods. You'll also need to touch your Seniors Card on the gates when entering and exiting Adelaide Railway Station.

You can add credit to your Seniors Card:

- at Adelaide Metro InfoCentres located on the corner of King William and Currie Streets, City and at Adelaide Railway Station
- using the recharge machine on board trains and trams
- at over 100 metrocard agents across metropolitan Adelaide, including newsagencies and convenience stores.

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

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.

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

- from Adelaide Metro InfoCentres located on the corner of King William and Currie Streets, City and at Adelaide Railway Station

- by calling the Adelaide Metro InfoLine 1300 311 108
- online at www.adelaidemetro.com.au

Free travel around Adelaide

Bright yellow Adelaide FREE buses are in service on the 99C City Loop around the Adelaide CBD. The Loop travels in both directions along North Terrace, East Terrace, Grenfell Street, Pulteney Street, Wakefield Street, Grote Street, Morphett Street, Hindley Street and West Terrace.

The City FREE tram travels between South Terrace and the Entertainment Centre. 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
- screens and brochure displays promoting Adelaide's attractions and major events.

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.

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.

Your legal responsibility

As a licensed driver in South Australia and regardless of your age, you are **legally required** to advise the Department of Planning, Transport and Infrastructure in writing as soon as you are diagnosed with an illness, disease or disability, or take medication that could impair your ability to operate any motor vehicle effectively and safely.

Also, health professionals are **legally required** to notify the Department of Planning, Transport and Infrastructure 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**.

Department of Planning,
Transport and Infrastructure
GPO Box 1533, ADELAIDE SA 5001

The consequences for failing to notify the Department of Planning, Transport and Infrastructure of a reportable medical condition and continuing to drive are severe.

If involved in a crash:

- you may be charged with related driving offences and with failing to notify the Department of Planning, Transport and Infrastructure of 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.

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:

Information Sheet 8

Motorised mobility scooters

Moving Right Along Information Sheets

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For resources and contact details of relevant government departments and other organisations refer to:

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ISBN: 978-0-7590-0171-8

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