

PLAN AHEAD

Forward planning will make getting around easier. Here are some things to think about:

Where you live

How close are you to family, friends, shops, medical centres and groups you belong to? Is your neighbourhood easy to walk around? Are you on a bus route, and if so how far to your closest bus stop? Are there good taxi services or community transport options? Do you have footpaths suitable for using a mobility scooter?

Activities you need and enjoy

What are your essential activities — like shopping trips, seeing the doctor or visiting the pharmacy that you need to plan for?

What about recreation activities — seeing friends and family, getting some exercise, going to a film or event, or attending church, clubs or voluntary work?

Friends and neighbours

Who else do you know who needs to get around? Talk to them about what they do, or the possibility of sharing lifts with friends or family, sharing taxis, or exploring public transport options together. Remember you're not the only one not driving or adjusting to a new way of doing things.



MORE INFORMATION

There's plenty of information available in your community about getting around. Good places to hunt out what's available include:

Local Government —
City and District Councils,
and Regional Councils

Age Concern

Grey Power

Citizens Advice Bureau

Community centres

Community service
providers

Doctors' surgeries

Libraries and
recreation centres

Neighbourhood
support groups

Local community
noticeboards

Word of mouth

Find your local council:
localcouncils.govt.nz

NZ Transport Agency:
nzta.govt.nz

SuperGold Card:
supergold.govt.nz

FOR LOCAL INFORMATION CONTACT


OFFICE FOR SENIOR CITIZENS
TE TARI KAUMĀTUA
Administered by the Ministry of Social Development



New Zealand Government

No car? No problem!

Getting around your
community without a car.



PLAN
AHEAD.
KEEP
MOVING.

HOW DO YOU GET AROUND YOUR LOCAL COMMUNITY?

The key to getting around is to plan ahead; plan for the future now. Investigating your options ahead of time can save any problems later.

For some, getting older may mean using your car less. For others, alternative forms of transport are occasionally used but now may need to be used more often, or as the only way to get around. Independence and freedom are still possible. Some solutions include:

- using public transport such as buses, or in some cities, trains
- getting lifts from family or friends
- using community transport like community buses
- walking more often
- using a mobility scooter
- using taxis
- letting others use your car to drive you places
- selling your car and putting the funds into a special transport account
- moving to an area with better access to good transport options.

SOLUTIONS YOU CAN USE

COMMUNITY TRANSPORT is operated throughout New Zealand. Many community organisations provide access to low cost/no cost transport for people to attend activities, or to get around the neighbourhood. Local communities may be providing solutions that you're not aware of. Hospitals and medical centres sometimes provide transport for patients, and some shopping malls provide shoppers' buses.

MOBILITY SCOOTERS are gaining in popularity as an excellent way to get around easily for shorter trips. Some regional or local authorities provide mobility scooters that can be borrowed to help you get around the city centre. Some destinations such as shopping malls or local attractions may also provide mobility scooters on site.

WALKING AND CYCLING can also be a very good solution to get around. They cost nothing, and promote health and independence.

PUBLIC TRANSPORT like buses and trains, can be excellent ways to easily get around. How useful these solutions are to you will depend on how regular and reliable services are in your area, how accessible the buses are and whether there are bus routes close to your home. The **SuperGold Card** provides free off-peak times of travel for public transport especially for those living in larger urban centres. However, SuperGold also offers other transport related discounts in different parts of the country which you might want to investigate.

TAXIS AND SHUTTLE BUSES can be a convenient and flexible way to get around. Sharing taxi rides with friends can help keep costs down.

Companion driving is another option in some areas. The **Total Mobility Scheme** run by Regional Councils may also be worth investigating, offering discounted taxi fares for those with limited mobility.

Different solutions suit different people. It all depends on your circumstances and needs. It pays to plan ahead by considering your options now.

