

## Information update

December 2017

# Getting around without a car

## Road safety and Medical Review

This information update explains alternative mobility and transport options as well as services available for people who do not drive.

### How do I decide if it is safe to continue driving?

You may need to make the decision to reduce or stop driving. This could be due to:

- a medical or eyesight condition that affects ability to drive safely
- advice from family, friends, doctor or other health professionals
- feeling that driving is becoming difficult or stressful
- failing an on-road driving test.

### How do I get around without a car?

The key to making the transition to a non-driving lifestyle is good planning to suit your individual needs. It is important to be informed about alternative transport options and what community services are available locally to help you maintain your mobility and quality of life.

### What are my alternative transport options?

The Victorian public transport system of trains, trams and buses can get you to most places efficiently. Public transport in metropolitan Melbourne is often accessible and can be cheaper than owning a car and driving.

- To plan your journey and view timetable information check the Public Transport Victoria website [ptv.vic.gov.au](http://ptv.vic.gov.au) or call 1800 800 007 from 6am to midnight daily (all night Friday and Saturday).
- If you are new to public transport you will need to purchase a myki. This reusable travel card is for trains, trams and buses in Melbourne and regional Victorian centres.

### Where can I buy a myki?

- Online at [ptv.vic.gov.au](http://ptv.vic.gov.au).
- By calling Public Transport Victoria on 1800 800 007.
- At the ticket window at Premium Stations (stations that are staffed and have a customer service centre, e.g. Flinders Street, Southern Cross).
- Selected retailers where you see a myki sign.

### Am I eligible for discounts on public transport?

Many people are eligible for a discount (concession fare) to travel on public transport. If you are over 60 and don't work full time, you may be eligible for the Victorian Seniors Card which gives you discounted public transport. Visit the Seniors Card website [seniorsonline.vic.gov.au/seniors-card](http://seniorsonline.vic.gov.au/seniors-card).

For more information about concession fares on public transport contact Public Transport Victoria on 1800 800 007 or visit [ptv.vic.gov.au](http://ptv.vic.gov.au).

### What public transport options are available in regional Victoria?

V/line trains and coaches can take you to all areas of Victoria.

- For regional timetable information or to make a booking visit the V/Line website [vline.com.au](http://vline.com.au) or call V/Line on 1800 800 007.

## What help is available to support me to travel independently?

The Travellers Aid Access Service (TAAS) is a free service that promotes independence and inclusion by assisting seniors or travellers with a disability with their personal care and mobility needs. TAAS is available at:

- Flinders Street Station from Sunday to Thursday 8am - 8pm and Friday to Saturday 8am - 10pm.
- Southern Cross Station from Monday to Friday 11am - 5pm and Saturday to Sunday 11am - 4pm.

For more information visit the Travellers Aid website [travellersaid.org.au](http://travellersaid.org.au) or call (03) 9654 2600.

## What taxi services are available?

There are a variety of taxi companies, including Uber, that operate throughout metropolitan Melbourne and regional Victoria.

- To book a Melbourne metropolitan taxi call 13CABS on 132 227.
- To find the number for your local taxi service check the Taxi Services Commission website for details [taxi.vic.gov.au/passengers/taxi-passengers/catching-a-taxi/taxi-companies](http://taxi.vic.gov.au/passengers/taxi-passengers/catching-a-taxi/taxi-companies).
- Talk to your doctor to see whether you qualify for reduced taxi fares.
- Check whether you are eligible to obtain discounts via the Multi-purpose taxi program, details are available at [taxi.vic.gov.au/passengers/mptp](http://taxi.vic.gov.au/passengers/mptp).

## What if I prefer to walk or cycle?

### Walking

- Walking is a form of moderate physical activity that has great health benefits.
- Think about how you can mix walking with other means of transport, such as walking to the bus, tram stop or railway station.
- For pedestrian safety tips visit the VicRoads website [vicroads.vic.gov.au](http://vicroads.vic.gov.au).

## What if I have difficulty walking?

- You may be able to improve walking safety by using different aids like walking sticks and frames.
- People who are unable to walk or have difficulty walking distances are legally allowed to use a motorised mobility device in the community.
- You will need to seek advice from your doctor and ask for a referral to a physiotherapist or occupational therapist (OT). An OT will assess your ability to use a motorised mobility device.
- The Independent Living Centre provides free, independent advice to help you choose a mobility device. Call Yoralla on (03) 9362 6111 or visit the Yoralla website [yoralla.com.au](http://yoralla.com.au).

### Cycling/tricycles

- If you have previously cycled, you could consider using a bicycle as a way of getting around.
- You should seek advice from your doctor or physiotherapist who can assess your ability to use a bicycle/tricycle safely.
- If you are interested in taking up cycling, you could begin by joining a local bike club to learn new skills, visit [bicyclenetwork.com.au](http://bicyclenetwork.com.au).
- For cycling safety tips visit the VicRoads website [vicroads.vic.gov.au](http://vicroads.vic.gov.au).

## How about travelling with friends, neighbours or family?

Travelling with friends, neighbours and family can be an easy way to get around if you do not drive. You could join them on regular trips they make to local shops.

## What community transport is available?

Many Victorian councils and local organisations offer community transport schemes using buses or cars, providing low cost and flexible transport. Some councils provide accessible buses for wheelchair and mobility scooter users.

For more information on community transport options in your area contact your local council.

## What services can I access from home?

The commonwealth funded Home and Community Care Program (HACC) provides services to assist people to remain in the community. This includes assistance with transport. For more information free call 1800 200 422 or visit the Department of Health website [agedcare.health.gov.au](http://agedcare.health.gov.au).

## What should I do with my car if I'm no longer able to drive?

- If you decide to sell your car you can advertise your vehicle using online car selling websites.
- For information about your rights when selling a car, check the Consumer Affairs Victoria website [consumer.vic.gov.au](http://consumer.vic.gov.au) or call Consumer Affairs Victoria on 1300 55 81 81.
- If you decide to keep your car for others to use, it must be registered and insured.

## What other supports are available to me?

Contact your doctor to discuss what counselling and other support services are available to meet your individual needs.

### More information is available:

- About alternative transport options and for help planning your travel, call the Royal Automobile Club of Victoria (RACV) on 13 72 28.
- Or download the Transport options for seniors brochure from the RACV website [racv.com.au](http://racv.com.au).