



**AGE
CONCERN
NEW ZEALAND**

He Manaakitanga
Kaumātua Aotearoa

Supported by



Driving
Miss Daisy®

We're There For You

Life without a Car

Transport options for Seniors



Plan ahead – do what you enjoy

Welcome and Kia ora

Throughout our lives we all want to stay connected with friends and family, maintain our independence and keep doing the things we enjoy.

There are many options for staying connected as we age, regardless of whether or not we continue driving a car. As we age, we may choose to drive our car less than we used to, for example, we may only drive familiar routes or drive only in the day time. Some of us may find we are medically unable to continue driving and have to relinquish our driver's licence.

There are many options that enable us to maintain our independence and keep doing the things we enjoy when we no longer drive a car. Many people of all ages get around without using a car for a variety of reasons. Reducing or stopping driving does not need to be a limiting factor that prevents you doing what you want, but it helps to think ahead about your future transport needs.

The information provided in this booklet will highlight options for older New Zealanders to remain active and connected. This will include some things to consider about where you live, community and public transport services, recreation activities as well as social outings.

This booklet covers:

- Vehicle operating cost savings
- Reduced cost transport schemes
- Transport options
- Accessing essential services and everyday activities
- Staying connected

There is space at the back of the booklet for you to write your own options for getting around in your community.

Your local Age Concern also offers various programmes that can help you stay connected:

- Social outings
- Exercise classes and groups
- Visiting Service
- Technology assistance and information

More information can be found on page 35.

Contact your local Age Concern to find out what they offer.

Age Concern _____ Phone _____

How much money is available for transport?

This section is designed to show the actual costs involved in operating a car and highlights the money you can save to use for other transport options if you no longer drive.

There are many options for staying connected as we age. The example below is based on using a new small petrol car to travel 14,000 kms per year at a petrol cost of \$2.28 per litre (91 unleaded).

Yearly costs

Average annual fuel cost	\$2,872
Motor vehicle registration	\$102.90
Warrant of fitness	\$78
Insurance	\$680
Annual servicing costs (oil, tyres, brakes)	\$580
Annual running costs	\$4,312.90

This calculation does not include parking costs, depreciation or the cost of replacing your car.

The AA estimate that with common fixed costs including expenses like vehicle insurance, Warrant of Fitness and vehicle licensing, depreciation for a small car could end up having a fixed yearly cost of \$5,000 which equates to \$13.70 per day. If you combine the fixed and flexible costs of running a small new car it could give a combined total of \$22 per day.

All of these savings from not driving a car can be put into a **TRANSPORT ACCOUNT** to spend on alternative transport options. The funds from selling your vehicle can also help you pay for alternative transport.

The AA data and figures used here are correct as at December 2022.



Reducing Transport Costs – SuperGold Card

The SuperGold Card is a discount and concession card issued free to everyone 65 years and over, and anyone under 65 who receives New Zealand Superannuation or a veteran’s pension, in recognition of their contribution to New Zealand society.

With the SuperGold Card you can get:

- **free** off peak travel on public transport. In most areas off-peak is 9am till 3pm and from 6.30pm on weekdays, as well as any time on weekends and public holidays
- discounts and offers from a range of businesses
- discounted services from your local council



To find discounts and offers near you, visit the supergold.govt.nz website or download the free SuperGold app.

Always ask if retailers and service providers offer a SuperGold discount, even if you cannot see the sign on display.





Reducing Transport Costs – Total Mobility Scheme

The Total Mobility scheme assists eligible people with long-term impairments, to access appropriate and affordable transport to meet their daily needs and participate in their community.



The Total Mobility Scheme is funded in partnership by local and central government through subsidised door to door transport services wherever scheme transport providers operate.

It provides:

- electronic cards to eligible scheme members, which subsidise the normal transport fare by 75% up to a maximum fare (maximum subsidy varies between regions and is set by the relevant regional council or Auckland Transport)
- funding to scheme providers to help purchase and install wheelchair hoists
- payment to the owner of the wheelchair accessible vehicle for each Total Mobility scheme member who requires the use of a wheelchair hoist or ramp on a trip

To be eligible for the subsidy, you must be assessed against the criteria and issued with an ID card from a particular region. Regional councils either issue cards, or accredit agencies like Age Concern to assess eligibility and to issue cards.

Once scheme users are issued with an electronic card they can receive 75% (as at April 2023) off transport with participating Total Mobility Scheme providers and up to a maximum fare. The maximum subsidy varies between regions.

If the total fare is more than the maximum subsidy, the user must meet the additional cost. Factors outside of the control of Waka Kotahi (NZTA) may influence the availability of the subsidy, such as individual regional council policies on subsidising out of town travel.

While the scheme has widespread support, individual transport operators may refuse to honour the card. It is recommended to book the transport service by phone or check with the operator that they accept the card before starting the journey.

You can find out more information about the Total Mobility Scheme by following this link:

www.nzta.govt.nz/assets/resources/total-mobility-scheme/docs/total-mobility-around-new-zealand.pdf

Reduced cost transport schemes

– Mobility Parking

A Mobility Parking permit card authorises the eligible person to be driven in any car and enables parking in spaces with a mobility parking sign.

These parking spaces are set aside to give Mobility Parking permit holders easy access to supermarkets, libraries, community centres and other venues.



To park: display a Mobility Parking permit in the front car window. Otherwise, it is illegal and will result in either a fine of \$150, or the vehicle being towed away.

Criteria to be eligible to hold a Mobility Parking permit:

- Unable to walk and always require the use of a wheelchair, or
- Ability to walk distances is severely restricted by a medical condition or disability. If for example, you require the use of a mobility aid, experience severe pain, or breathlessness, or
- You have a medical condition or disability that requires physical contact or close supervision to safely get around and cannot be left unattended e.g. disorientation, confusion, or severe anxiety

The doctor needs to confirm eligibility by signing the application form. This can be downloaded from CCS Disability Action website: www.ccsdisabilityaction.org.nz

Long-term permit

A long-term permit can be obtained by a person with a permanent medical condition that affects mobility. It is renewable every five years for \$50. For people over 90 years old, the renewal permit is free.

Short-term permit

A short-term permit is available for a temporary medical condition that affects mobility. These are issued for a minimum of three months and a maximum of twelve months.

This Mobility Parking permit scheme provides permits for over 130,000 people in New Zealand. It is managed in partnership with a number of groups:

- CCS Disability Action manages and issues permits and advocates to improve public attitudes to mobility issues
- Doctors assess people to determine their eligibility
- Local councils provide and monitor on-road parking spaces
- Waka Kotahi (NZTA) manages the legislation around parking requirements and fines

Disability equipment, modification, and information services

There are many organisations that supply disability equipment and modification services to help people with disabilities.

To find out more information, talk to your GP or health professional or visit your local Mobility Centre.

Getting around

– exploring transport options



Depending on circumstances and need, people will require different solutions. Don't be afraid to use the money you previously spent on your car for your transport costs.

As you adjust to either not driving or reducing your driving, try mixing and matching your transport options.

This can:

- Save costs
- Allow you to travel with others
- Enjoy new routes and places



Public Transport

– bus, train, harbour ferries

Free off-peak public transport for SuperGold cardholders

SuperGold cardholders can get FREE off-peak travel on rail, bus and harbour ferry services that form part of the public transport network across Aotearoa.

For most of the country, off-peak hours are:

- between 9am and 3pm on weekdays
- from 6:30pm to the end of service on weekdays
- any time on weekends and public holidays

As there are some regional differences, it is wise to check the use of the SuperGold Card on public transport when outside your own region.

Go to the website www.supergold.govt.nz, then to Q&A and then to Public transport.

Regional differences

In some areas it is sufficient to present your SuperGold Card to the bus driver, train staff or other transport operator. But in some regions, you may need to buy (at a small cost) an additional card to show when travelling.

There are regional differences in what a card can be used for (you may need to buy a ticket for a train or ferry), whether you need to tag-on and tag-off, and if cash fare is accepted. It is best to check with the relevant transport authority beforehand.

Auckland

To obtain the SuperGold concession on public transport in Auckland, you will need to buy an AT HOP Card (Gold). This card costs \$10.00, plus you will need to load a minimum of \$1.00 credit onto the card. In Auckland, off peak hours are after 9:00am on weekdays, and all day on weekends and public holidays.

Northland, Waikato, Bay of Plenty, Taranaki, Manawatū-Whanganui, Hawkes Bay, Nelson, Otago and Invercargill

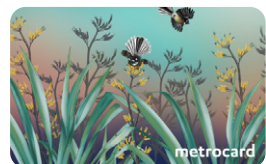
To obtain the SuperGold concession on public transport in Northland, Waikato, Bay of Plenty, Taranaki, Manawatū-Whanganui, Hawkes Bay, Nelson, Otago and Invercargill, a \$5.00 Bee Card is required.

For AT HOP and Bee Cards, you will need to buy a card, register/activate the card and load your SuperGold public transport concession onto the card.

Wellington and Christchurch

In Wellington and Christchurch, along with a few other places in Aotearoa, off-peak public transport is free when you present your SuperGold Card to the bus driver, train staff or other transport operator.

To travel during peak times, it will cost. You can pay with cash or purchase a bus card which may make travel easier. In Wellington, the bus cards are called Snapper cards and they can be used on Metlink trains and buses. In Christchurch the bus cards are called Metrocards and can be used on the bus network and the Lyttleton Ferry.



Personal Transport

Sometimes friends, neighbours, relatives or whānau/family make general “offers to help”. Taking people up on their offer by asking for a ride for a specific time or day can make getting around easier. Even a one-way ride can be helpful to fit in with appointment times.

Riding in the car together can be a great way to connect and catch up on each other’s news. Shared rides can also help to keep great relationships with people whose lives are busy so can’t pop in often.

Offering to cover petrol and parking costs can make it feel more like a two-way arrangement with benefits for both parties.

Do you know others who may be thinking about driving less or adjusting to getting around without a car? How do they get around? Could you share ideas, or even rides with them? Remember, you’re not the only one who may be getting used to new ways of getting around.

Taxis / Shared rides

Companion driving

There are various companion driving services, such as Driving Miss Daisy.

They can drive and accompany you to:

- Medical and other appointments
- Family/social occasions
- Companionship outings/scenic drives
- Take your pets to the vet
- Grocery or other shopping trips
- Airport departures and pick ups

Talk to your local Age Concern about other companion driving services that may be available.

Driving Miss Daisy – 0800 948 432

Freedom Companion Driving – 0800 956 956

Taxis

Many regions are serviced by taxis, and they can be a flexible and convenient way to get around. Taxis may seem expensive but there are ways that you can keep costs down such as:

- Asking if there is a SuperGold card discount
- Sharing taxi rides (also a great way to catch up with friends and family)
- Comparing taxi/shared ride providers in your area
- Taking a taxi for one way of an outing, such as taking the bus to the cinema and catching a taxi on the way back

Rideshares

Uber, Ola and Zoomy provide on-demand transportation through a smart phone app that connects drivers with riders.

Here's how it works

- First you need to download the app and create an account
- Then to be picked up: open the app, enter your destination, confirm your pickup point and click confirm. You will be matched with a driver who will come to pick you up
- Once the driver arrives, they will take you to your destination. You can see the driver's route the whole way, from when confirming the ride, to being dropped off
- After being dropped off, you and the driver can leave ratings and reviews, and the fare will be charged to the card linked to your account

You can look up their websites for more information:

- Uber: www.uber.com/nz/en/ride
- Ola: www.ola.co.nz
- Zoomy: www.zoomy.co.nz

Community transport

There are various community organisations that provide local transport for specific purposes. Talk with your local Age Concern to find out what is offered in your community. Some services have vans and use volunteers so donations/koha may apply

Examples:

Health purposes

e.g. Shuttles/vans to hospital appointments, Te Whatu Ora Health New Zealand, St Johns, Red Cross, National Travel Assistance scheme

Specific purposes transport

e.g. Cancer Society, Stroke club

Service clubs

e.g. Rotary, Pakeke Lions

Community groups

e.g. RSA, Kaumātua groups, churches

Local authorities

e.g. Community Trust, Rural Community Trusts

Active ways to get around

– walking and cycling

It is important that we maintain our fitness, physical strength, and balance for as long as possible. Walking and cycling is an ideal way to do this. Enjoy walking or cycling to activities or for recreation.

Tips on being a safe and confident pedestrian/cyclist:

Be safe and be seen

- Wear bright or light-coloured clothing and reflective materials
- Carry a torch when walking at night and cross the road in a well-lit area. When cycling, make sure to use reflective strips and bike lights
- Keep clear of buses, parked cars, being obscured by hedges, and other obstacles so drivers can see you. Vehicles coming out of driveways are supposed to give way to footpath users, cyclists, and road traffic but often have their vision blocked e.g. by fences, hedges, and gates
- Catch the driver's attention by making eye contact and waving or being visible in the driver's mirrors

Be alert

- Plan each trip to avoid hazardous conditions and busy traffic times
- Be predictable rather than changing direction suddenly
- Watch out for reversing vehicles. Look for vehicle lights and listen for engine noise
- Take additional care in parking areas, e.g. supermarkets and malls where cars reverse
- Wear suitable shoes
- Stay sober – walking or cycling while impaired increases your chance of being injured
- Avoid wearing headphones or talking on a mobile phone

Walking

Footpaths are now being used by pedestrians, prams/ pushchairs, wheelchairs – manual and ‘power chairs’, mobility scooters, non-powered scooters, skateboards, roller skates/ roller blades, segways, electric scooters, people wearing headphones/talking or looking at phones, and some cyclists.

Be alert to all types of footpath users

- they will appear unexpectedly regardless of whether they are legally supposed to be using other paths, cycle lanes or roadways
- they will travel at different speeds and from different directions

Be careful crossing: look before you step

- If the pedestrian crossing is controlled by lights, consider crossing at the beginning of the green pedestrian light to give you plenty of time to reach the other side
- Always look before crossing and watch for turning vehicles at traffic lights. Make sure the driver sees you and will stop for you
- Use footpaths where available but if there is no footpath, walk facing oncoming traffic, at the edge of the road

Physical activity can help with mobility, endurance and walking.

- Joining a Steady As You Go[®] strength and balance class run by Age Concern can be a fun and social way to increase balance, balance confidence, leg strength, flexibility and mobility
- Talk to your local Age Concern about Steady As You Go[®] and other physical activity groups near you

Walking groups

Walking groups can have multiple benefits such as, improving your physical health, providing a chance to connect with others, and to get you to your destination.



Information on exercising safely at home can be found online at: www.livestronger.org.nz

Cycling

Cycle safety is more important as we get older. For older people, there is greater risk of injury if they have a crash, even a minor crash, while out cycling.

Cycling safety tips

- Protect yourself. Always wear a helmet, this is the law and reduces head injury risks
- Show drivers what you plan to do in plenty of time. Always look and signal before you start, stop or turn
- Where possible use cycle lanes, paths, and stopping areas for cycles at traffic lights (advanced stop boxes)
- Be prepared for hazards e.g., be careful of parked car doors opening unexpectedly

Sharing with motor vehicles

- Keep to the left side of the road when practicable
- Use the correct lane
- Pass other vehicles safely
- Only ride next to another cyclist if it safe to do so, otherwise ride in single file
- Be aware that drivers of other vehicles may not be able to see you if you are in their 'blind spot'. Cyclists know if they are in a blind spot if they can't see the driver's eyes in the vehicle's rear view mirrors
- Thank other road users when you can. For example, let them know you are happy they waited for you by waving, smiling, or giving them a 'thumbs up'

- Don't weave through traffic as this makes it harder for trucks and buses to see you
- Never cycle up the left side of a truck or bus turning left, as these vehicles often have large blind spots where drivers cannot see you
- Be situated in the middle of the lane on left turns – to make sure that a car behind you doesn't turn into you
- Take up a visible position at lights – three metres out in front and not by the left kerb or very close to trucks or buses



Electric bikes

Electric bikes, commonly known as e-bikes, are a game-changing innovation for getting around our towns and cities. They make hills easier, journeys faster and taking off at intersections simpler.

Tips to help make riding an e-bike fun and comfortable for everyone

Safety on the roads

When riding an e-bike you'll probably be travelling at higher speeds than a regular bike. Extra caution should be taken at higher speeds. Ensure you scan well ahead, signal your movements and keep an eye out for cars turning in and out of driveways and side roads.

Power assist

Because e-bikes are heavier, when taking off at an intersection or up-hill, ensure that you have changed down to a low/slower gear. Pedal assist usually kicks in on the second rotation of the pedals, so if you have it in a high/faster gear you'll experience a surge in power and will take off quickly, so make sure you allow for this.

Passing cyclists

You might find yourself passing other cyclists on busy routes. Give sufficient space when passing and let the other people know you are passing by calling out, e.g. 'on your right' or by ringing your bell.

Shared paths

Shared paths are for slower more relaxed travel. On a shared path you should put your e-bike in a low power setting and cycle at a speed consistent with other users so that it does not put others at risk or make them feel uncomfortable when you pass.



For more information go to the Waka Kotahi (NZTA) website www.nzta.govt.nz and search: "e-bikes"

Mobility scooters, 'power chair' wheelchairs

Under traffic law, mobility devices are vehicles:

- designed and constructed for people needing help with mobility because of physical or neurological impairment
- powered solely by a motor of up to 1500 watts

A driver's licence is not needed to operate a mobility device and they are not required to have a warrant of fitness or registration.

But there are requirements for where and how to use them:

- on the footpath:
 - ride carefully and be considerate of others
 - do not ride at speeds that put other footpath users at risk
- on the road, keep as close as possible to the edge of the roadway
- obey road rules and any pedestrian signs
- speed must not be hazardous to other path users

Mobility vehicles are lighter than cars and offer no protection. This makes the user vulnerable especially if going onto the road.

It is recommended to use pathways and stay off the road wherever possible; but if using the road:

- wear bright clothing
- make your vehicle more visible, for example:
 - by attaching a flag
 - sticking visibility strips on the body of the mobility scooter



Some Age Concerns offer a Mobility Scooter Safety course. Ask your local Age Concern to find out more information.

Accessing essential services and regular activities



Groceries

Here are some ideas to ensure you can get your shopping done as easily as possible:

- Purchase a shopping bag or trolley on wheels
- Go to the store more often – this gives you more outings and is easier than one large shop
- New World and Countdown offer delivery and ‘click and collect’ options
- Check with your local supermarket if they deliver
- Some community and neighbourhood trusts have a day per week or fortnight that they take older people shopping
- Use a companion driving service, (eg Driving Miss Daisy), for shopping assistance.

GP / Nurses / Carers

In many regions, there are community vans and shuttles that can take people to medical and health related appointments.

There are GPs that offer video appointments. Speak with your GP to find out if this is a service that they offer.

Pharmacy/Medication

There are delivery services for medications. Speak with your pharmacy or health professional to find out more.

Dentists / Audiologists

There are a number of dentists and hearing clinics that provide discounts on using your SuperGold card. If you are not able to travel to them, there are mobile services that can visit you in your home. Contact your local Age Concern to find out about what is available in your area.

Meals

If you are not able to make a meal, go shopping, or would like to have a meal delivered to your home, some options are:

- Food delivery (Uber Eats, Deliveroo etc.)
- Frozen meals
- Meals on Wheels
- Takeaways and local delivery

Shopping

Online shopping can be a convenient and easy way to purchase most items, including clothes, shoes, hobby items, home décor etc.

However, it is important to be careful and be alert for online scams. If a deal seems too good to be true, have someone else take a look at it. Age Concern offers workshops and seminars that cover how to stay safe online.

Banking

Although banking has been made easier by being able to access most, if not all, services online or via telephone, you may need or prefer to visit your branch for personal assistance by a consultant.

In some areas there may no longer be as many branches as before. Some banks now have mobile units that are available at certain times in these areas to increase community access, if necessary you can enquire with your branch.

Hairdresser

Getting to the hairdresser is an outing that you may want to take on a regular basis. If you are not able to for any reason or just want the convenience of having it done at home, there are mobile hairdressers that will come to you. They provide the same service you would get at your hairdresser, in the comfort of your own home.

Podiatrist

It is important to take care of your feet as problems can occur if you are less mobile than you used to be. There are organisations that can provide a home service.



Vet / dog groomers

You may have a pet that will require medical attention, grooming or just their annual check-up. There are services available that make it easy to attend to your pet's needs, such as mobile vets and pet check nurses that can make house calls. If you find it difficult to groom your pet, there are mobile pet grooming services that can come to you and your pet. Use a companion driving service, (eg Driving Miss Daisy), to transport your pet, with or without you.

Home maintenance and repairs

If you have a need for home services, many Age Concerns have pre-screened tradespeople, gardeners, and home help services available. These service providers will come to you, providing the convenience of not needing transport to arrange work to be done. These services are available at reasonable rates and are flexible to meet your needs. Contact your local Age Concern to find out more.

Spiritual needs – church, temple, marae

You may want to talk with other attendees or the organiser about transport options, such as a shuttle service or ridesharing.

Library

Many libraries now have large collections of online resources, including books, audiobooks, magazines, and movies that can be accessed at home. Talk to your local library about showing you around their online resources.

Rubbish and unwanted items

There are community organisations that will collect unwanted household items, such as crockery. Check with your local RSA, Salvation Army, Anglican or Methodist Mission, Sports Clubs and Schools as they may be interested in the goods for their fundraising or garage sale events.

Holidays

Just like your everyday travels around your community, there are different ways of getting around when going on a holiday.

- Plane
- Buses, shuttles or charters
- Ferries and cruises



Staying Connected

Not using your car or using it less doesn't mean that you have to stop participating in social and personal activities that you enjoy.



Age Concern

Visiting Service

The Age Concern Visiting Service is a befriending service that matches older people who are lonely or socially isolated with volunteers who are keen to spend time getting to know them. The trained volunteers are police-checked and spend about an hour each week sharing conversation and activities with their older friend. Some visits take place in the client's home, and some involve going out together. Matches are made carefully, on the basis of personality, shared interests, cultural needs, and location, and are regularly reviewed.

Exercise Groups

Age Concern offers a wide range of exercise and physical classes, catering for different levels of ability, such as Steady As You Go®. Steady As You Go® is a falls prevention exercise class that has shown to improve strength and balance, reduce falls risk, improve sense of wellbeing, and provide social connection.

Outings and social groups

Many Age Concerns provide outings and run social groups, such as visiting local cafes, beaches, museums, art galleries, craft groups, and more! Companion driving services also take people for outings and scenic drives and they will often organise a group for these outings if required.

Technology information and help

Technology can be a fantastic tool to keep you connected, access essential services, and help you get around. Age Concern offers workshops and seminars to help you use your device, connect with family and friends, navigate the internet, and stay scam savvy.

Other organisations that provide outings with transport include:

- Local Councils e.g. Council Community Services Dept. outings
- Service Groups e.g. Probus, Lions
- Marae e.g. Kaumātua groups
- Companion Driving Services
- Community Groups e.g. Senior Citizens, church groups, U3A

My options for alternative transport to regular activities

Shopping

Doctor / Dentist / Health clinic / Pharmacy

Bank

Hairdresser

Clubs

Marae, church, spiritual needs

Other social or personal activities

Notes

Call Driving Miss Daisy and ride with a friend



Driving Miss Daisy is NZ's number 1 friendly and reliable companion driving service.



We can drive and accompany you to:

- Medical and other appointments
- Family/social occasions
- Companionship outings/scenic drives
- Take your pets to the vet
- Grocery or other shopping trips
- Airport departures and pick ups

75% discount on trips for Total Mobility Scheme clients up to the maximum Regional Subsidy. ACC contracted supplier. Bookings are essential.

To make a booking or discuss
your requirements call today:

0800 948 432
www.drivingmissdaisy.co.nz



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