



Transportation

Mobility outside the home supports independence and choice, but many rely on a car to get around – to maintain social connections, participate in various activities, shop or go to appointments. If driving is your main mode of transportation, planning for healthy aging includes thinking about your transportation needs when you can no longer safely operate a vehicle. Most people outlive their ability to drive safely by seven to 10 years, so it is important to identify and practice using other transportation options before you need to give up your licence.

Questions to think about when planning for your transportation options:

Might taking a taxi from time to time be more affordable than owning a car, if you don't need to drive every day? The Canadian Automobile Association's 2012 book on [Driving Costs](#) gives national averages and approximate figures to help you determine how much it costs to operate a vehicle.

Do you have an alternative to driving such as walking, or riding a bike? Do you feel safe and comfortable doing so?

Do you live within walking distance to shops, services and other supports you need?

Do you keep a list of phone numbers handy for people who can assist you in getting to appointments, buying groceries, or visiting friends?

Do you know how to access public transportation in your community?

Do you have a list of transportation options (listed by type, availability and accessibility) to use/contact in case of an emergency?

- [Transportation](#) (link)
- [Driving Costs](#) (CAA Publication)
- [Planning for Healthy Aging](#) (link)