

Dorset

**OLDER
DRIVERS
FORUM**



Managing without a car?
...it may be easier than you think

Visit **www.olderdriversforum.com**

Supported by:



www.dorset.police.uk
Emergency telephone: 999
Non-emergency telephone: 101



www.dorsetforyou.gov.uk
dorsetdirect@dorsetcc.gov.uk
Telephone: 01305 221000



www.poole.gov.uk
transportation@poole.gov.uk
Telephone: 01202 262000



www.wessexdriveability.org.uk
enquiries@wessexdriveability.org.uk
Telephone: 02380 554 100



www.safewise.org
bournemouth@safewise.org
Telephone: 01202 591330
weymouth@safewise.org
Telephone: 01722 691507



www.bournemouth.gov.uk
Road.Safety@bournemouth.gov.uk
Telephone: 01202 454654



www.ageuk.org.uk
Telephone: 0800 678 1174

Driving and Mobility Centre

West of England

drivingandmobility.org
mobserv@drivingandmobility.org
Telephone: 0117 965 9353

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We're a not-for-profit organisation made up of experts in road safety from across Dorset - with

representatives from the emergency services, to charities, local authorities and businesses specialising in keeping older people on the road.

We do not perform any legal function and do not have the authority to remove driving licences. We are merely here to assist you, or the older person in your life, to stay mobile for as long as possible.

Talking about giving up driving can be an emotionally charged topic - especially when for some, it means giving up independence.

But while hanging up their car keys can be a major milestone in an older person's life - it does not signal the end of a busy and fulfilling life.

For more local information and advice then visit our web site at www.olderdriversforum.com

For national advice visit www.olderdrivers.org.uk

The aim of this booklet is to help you get around without your car.

It includes information on:

- Transport services which are available Dorset¹
- Help available towards the cost of travel
- Other useful information and advice

We have tried to offer as many alternatives as possible, to give you the opportunity to choose the travel option which best suits your need. Deciding to stop driving doesn't have to mean losing your independence.

¹ Please check all information is correct with the provider prior to making any booking



Getting older is never easy. In fact, personally, I find it almost unbelievable that, as life goes on, I am forced to accept that many things I used to take for granted are slipping out of my reach.

I accept invitations, go along with plans, only to be forced to admit that I no longer have the energy or the fitness or even the capacity, to make them realistic. That's why we older drivers must take driving extra seriously. I have driven since I was at Cambridge, half a century ago, but now I realise that I must start to take more care since my reactions are no longer as sharp as they once were, for my own sake as much as anything.

The Older Drivers' Forum is not about taking people off the road. Quite the reverse. It is about keeping them behind the wheel for as long as they can reasonably and safely be there. The moment we should consider retiring from driving comes to all of us and it must be reassuring to learn that there are now so many alternative methods of transport available, so many more choices in how we can get around than there used to be, and we can help with these. But I repeat, we don't want to take anyone off the road who ought to be there, only to make sure that driving is safer for longer.

We want to provide you with alternatives, so you can learn about 'Managing without a car,' should you feel that it's time to retire from the road.

- Lord Julian Fellowes

Transport services



Public bus and train services

You can find details of what bus and train routes are available in your area and the times these operate in Dorset, Bournemouth and Poole (respective colours indicate area).

In the first instance it is recommended you refer to traveline at www.travelines.com where you can plan your journey or obtain timetable information or call **0871 200 22 33** (call charges apply).

National Rail Enquiries for further information at Bournemouth, Poole and Weymouth main stations.

www.nationalrail.co.uk

03457 484950

Dorset County Council Travel for general information about bus and rail timetables visit www.dorsetforyou.gov.uk/travel-dorset/public-transport-bus-and-rail

01305 224537

or use **Traveline South West** by visiting www.travelinesw.com or emailing dt@dorsetcc.gov.uk

First Wessex, Dorset and Somerset

www.firstgroup.com/ukbus/dorset

08700 106022

Bournemouth Rail & Coach station enquiries: Bournemouth Council provide an enquiry office underneath ASDA on the coach concourse opposite the main rail station. The office is open daily and provides advice on all forms of public transport and timetables.

www.bournemouth.gov.uk/travelandtransport/PublicTransport/Train/RailandCoachStation.aspx

01202 451 451

Yellow Bus enquiries, Bournemouth

www.bybus.co.uk/contact-us

01202 636110

Morebus Enquiries, Poole

enquiries@morebus.co.uk

01202 338 420



Taxis

Taxis provide a cost effective alternative to using your own car and can often be found to be cheaper than owning and running your own vehicle.

- Many taxis can be hailed at the side of the road.
- Pre-booked taxis may be cheaper and often have fixed rates for certain journeys.
- Most taxi companies allow you to set up an account with them.

Details of taxi companies are available in the telephone book or via the Internet.

Wheelchair taxis

Disabled Transport Services: **01202 480111**

Total Mobility: **07745 602059**

United Taxis: **01202 556677**

Liberty Cars: **012102 748819**

PRC Streamline Taxis: **01202 373737**



Voluntary car schemes

A number of voluntary organisations in Dorset use volunteers in their own cars to provide transport to those who need it.

Many of these schemes are Good Neighbours groups who primarily provide transport to hospital and medical appointments, although some may also provide social journeys. Passengers will generally be asked to contribute towards the cost of this transport. Rates will vary between organisations. Individual schemes will also have their own criteria for who can use their service.

There are in excess of 80 community transport schemes available across Dorset and detailed information on all schemes can be found at www.dorsetforyou.gov.uk/community-transport.

Age Concern North Dorset - Country Car Scheme is available to older people who are unable to use or access public transport.
ac.northdorset@surfwisec.co.uk **01258 475582**

North Dorset Community Accessible Transport (NORDCAT) is the community transport directory for all schemes in Dorset.
info@nordcat.org.uk **01258 472164**

South East Dorset Community Accessible Transport (SEDCAT) provide a voluntary car scheme for hospital and medical appointments.
info@sedcat.org.uk **01202 309433.**

POPP Community Development Worker Volunteer Driver and Car Schemes **01305 224841**

Poole Community Transport Service provides a voluntary car service for Poole residents who do not have access to a car and would qualify for a bus pass. **01202 262220**



Dial-a-Ride, Bus2Go and further community transport

These services provide door to door transport using specially adapted minibuses.

Dial a Ride is for people who find it difficult or impossible to use public transport because they are frail or disabled. These services are popular so it is best to book several days in advance.

For information on local **Dial-a-Ride** call **0845 130 6195**.

Bus2Go is low cost affordable community transport for outings in the villages in and around Blandford area in association with Dorset Community transport. Call them on **01258 880559**.

Bournemouth Accessible Transport (BAT) provides a bus for door to door shopping.

info@sedcat.org.uk

01202 399700

Poole Community Transport Service offers a fully accessible Dial-a-Bus shopping service for Borough of Poole residents who do not have access to a car and are unable to use public transport.

www.poole.gov.uk

01202 262220

Other schemes may run in your area through your local church, Rotary Club, Lions Club or Dorset Country Car Scheme, including

www.ageuk.org.uk.

Travel concessions



Dorset, Bournemouth and Poole concessionary travel scheme

There are a number of travel concessions which are available to residents in our county who meet the required eligibility criteria.

Older Persons Bus Pass

Older residents, using a bus pass, can take advantage of free off-peak travel on local buses throughout Dorset and the rest of England. Time restrictions apply.

If you were born before 6 April 1950, both men and women are eligible on their 60th birthday for a bus pass. If you were born after 5 April 1950, the eligible age for both men and women is the state pensionable age of a woman.

Disabled Persons' Bus Pass or Travel Vouchers

Residents over the age of five who have specific disabilities can take advantage of free travel on local buses throughout Dorset and the rest of England. Although time restrictions apply when using outside Dorset.

You are eligible for a disabled person's travel concessions if you are aged five years or older and:

- blind or partially sighted, or
- profoundly or severely deaf, or
- without speech, or

- have a disability, or injury, which has a substantial and long term effect on your ability to walk, or
- have no arms or have long-term loss of the use of both arms, or
- have a severe learning disability, including an arrested state of development from birth, or
- have been prevented from holding or would have been refused a driving licence under Part III of the Road Transport Act 1988, under section 92 of the Act (physical fitness) on grounds other than persistent misuse of drugs or alcohol, or
- a member or veteran of the Armed Services who has been seriously injured in service.

Companion Pass

In addition to the disabled persons travel concessions you may also be entitled to a companion pass if your disabilities mean that you are unable to travel unaccompanied.

Visit www.dorsetforyou.gov.uk/travel-dorset/bus for more information or www.poole.gov.uk and search “bus passes” or for Bournemouth visit

www.gettingabout.co.uk/Bus/Free-Bus-Pass.aspx



Discount coach card

National Express offer concessionary coach cards for over 60's, and those who are registered disabled, at a cost of approximately £10 plus £2 p&p per year.

The concessionary passes entitle the traveller to 1/3 off travel on most National Express services.

Bookings: **08717 81 81 81**

Advice: **0371 781 8181**

www.nationalexpress.com



Railcards

Senior Railcard

If you are aged 60 or over, you can apply for a Senior Citizen's Railcard providing a discount of up to 1/3 off the price of most first class and standard rail fares.

The card costs approximately £30 and is valid for one year. You can buy a Senior Railcard online, by phone, or at a staffed station ticket office. You will need a valid passport or UK driving licence in order to prove you are eligible.

For more information call **0345 3000 250** or visit www.senior-railcard.co.uk or email railcardhelp@railcards-online.co.uk

Disabled Persons Railcard

The Disabled Persons Railcard costs £20 and is valid for one year. It entitles you to a 1/3 off the price of most first and standard class rail fares. If you are accompanied by another adult, they can also travel at the same discounted fare. Application forms are available online, from rail stations and main post offices.

For further information contact the Disabled Persons Railcard Helpline Tel: **0345 605 0525** Textphone: **0345 601 0132** or email disability@atoc.org www.disabledpersons-railcard.co.uk

Other useful advice



Mobility scooters

A mobility scooter may meet some of your mobility needs, particularly for local visits or shopping.

Remember to try and keep walking as much as possible to keep fit, whether with assistance from a walking frame or wheeled trolley if required. Only use a scooter, even if you own one, when you feel you need that assistance.

The Motability Scheme enables disabled people to lease a scooter or powered wheelchair by exchanging their Government funded mobility allowance. If you receive either the Higher Rate Mobility Component of Disability Living Allowance, the Enhanced Rate of the Mobility Component of Personal Independence Payment, The War Pensioners' Mobility Supplement or the Armed Forces Independence Payment you may be eligible to join the Motability Scheme.

If you are in receipt of the higher rate Mobility Component of the Disability Living Allowance or are a war pensioner, you may be eligible to purchase a mobility scooter through the Motability Scheme.

These benefits could also help towards the cost of taxi fares. For more information call on **0845 456 4566** or www.motability.co.uk

Awareness courses surrounding the use of mobility scooters are available at our SafeWise centres in Weymouth and Bournemouth. For information visit www.safewise.org or call **01722 691507** for Weymouth or **01202 591330** for Bournemouth.



Shopmobility

You do not have to be registered disabled to use Shopmobility schemes. They provide disabled or frail people with manual or powered wheelchairs and powered scooters so that they can easily get around town to shop or sightsee.

The schemes are either free or have a nominal charge and can be used by anyone either permanently or temporarily disabled.

The National Federation of Shopmobility website contains an online directory of all UK schemes. This can be used to search for schemes in your local area.

shopmobility@bhta.com

01933 229644

The National Federation of Shopmobility brings together Shopmobility schemes up and down the country.

nfsuk.org

www.wheelsforfreedom.talktalk.net provide assistance in Dorset and at events.

01202 661770

Shopmobility Scheme based in Castlepoint shopping centre in Bournemouth

01202 598295

and Sovereign Centre in Boscombe **01202 249700**

Shopmobility in Poole

www.pooleshopmobility.org.uk



Blue badge scheme

The blue badge belongs to the disabled person who qualifies for it (who may or may not be a car driver).



The badge allows parking concessions for cars carrying people who:

- receive the mobility component of Disability Living Allowance at the higher rate
- receive a War Pensioners Mobility Supplement
- are registered severely sight impaired
- receive a Personal Independence Payment (PIP) award that indicates in the 'moving around' activity of the mobility component that you cannot walk further than 50 metres
- have been both awarded a lump sum benefit at tariffs 1-8 of the Armed Forces Compensation Scheme, and certified as having a permanent and substantial disability which causes inability to walk or very considerable difficulty in walking.
- have a severe disability in both arms and cannot turn the steering wheel of a vehicle by hand, even if a turning knob is fitted, and cannot use parking meters

You may be awarded a badge subject to further assessment if you:

- have a permanent and substantial disability
- are unable to walk or you have considerable difficulty in walking

Evidence of your ability to meet the above criteria will be required.

You do not qualify if...

- You have a psychological disorder, learning or behavioural problems. This will not normally qualify you unless your impairment causes very considerable, and not intermittent, difficulty in walking.
- You have a disabling condition that is only temporary, such as a broken leg.

Legislation requires that, from 1 April 2012, an independent mobility assessment be carried out where it is unsure whether a person qualifies. The issuing authority is not allowed to use medical doctor/consultant reports any longer.

Blue Badge holders must always check signs to see what the rules are when parking. There are different rules for yellow lines, on street parking meters or pay and display machines and disabled parking bays. The Blue Badge is not a licence to park anywhere. Like other road users, you must obey the rules of the road, as laid out in the Highway Code.

Copies of a comprehensive leaflet can be downloaded from the GOV.UK website www.gov.uk/government/publications/the-blue-badge-scheme-rights-and-responsibilities-in-england

Useful information from the Government web site about getting Blue Badges can be found at www.gov.uk/government/publications/blue-badge-can-i-get-one

The Blue Badge scheme is run by the Department for Transport, but badges are issued by Dorset County Council.

The fee for a Blue Badge is £10.

Dorset County Council

01305 224321

Bournemouth Blue Badge Scheme

www.bournemouth.gov.uk

01202 458744

Poole Blue Badge Scheme

www.poole.gov.uk

01202 633605



Other travel tips

Useful information from the Government website about Transport for the disabled can be found by visiting www.gov.uk/transport-disabled.

For transport to health appointments speak to the medical centre or hospital to see what support you may be entitled to.

- Ask friends, neighbours, family to take you shopping when they go or for them to do your shopping for you.
- If you are able to use the internet, on-line shopping is very easy and convenient.
- Use a delivery service via your local farm shops who deliver organic vegetable boxes and companies who deliver fresh or frozen meals.





You don't need a car to keep yourself busy

Activity and day centres are run by a range of different organisations across the voluntary and private sector, as well as by the Health Service and by Adult Services.

Activities include crafts, gardening, games, quizzes and exercises. Many provide regular outings into the community and offer access to college courses.

Dorset's 2 Age UKs, 10 Age Concerns and 1 Friendship Centre have entered into a working partnership and become official friends of Age UK. While all are independent charities and provide a diverse range of services, they all share the same aim of promoting the wellbeing of all older people, aiming to make later life an enjoyable and fulfilling experience.

Tricuro offers a wide range of services and opportunities for adults of all ages and needs.

www.tricuro.co.uk

01202 797888

Luncheon clubs and social clubs

Lunch clubs provide a great way to meet people and have a hot meal in the middle of the day at a reasonable cost. They are run by a variety of organisations including Age Concern.

Dorchester

01305 269444

Christchurch

01202 488311

Bournemouth

01202 530530

You can also find out about organisations offering day activities near you by visiting the online directory at www.accessdorset.org.uk.

Care charity **Brendoncare Club Dorset** offers a mix of lunch and

social clubs. They give people the opportunity to meet new friends, be entertained by a variety of speakers and enjoy activities and club outings. There are currently 45 clubs throughout the county.

www.brendoncare.org.uk

01962 852133

Contact the Elderly have volunteers who host a Sunday afternoon tea party in their own homes providing a lifeline of friendship to people aged over 75 who live alone and have little or no contact with family or friends. Volunteer drivers transport you to the party to enjoy conversation, companionship and laughter. To join as a member or a volunteer call **0800 716 543** or visit www.contact-the-elderly.org.uk.

www.walkingforhealth.org.uk offer guided walks to keep healthy and stay active in Bournemouth and Poole.

Poole Health Walks Scheme offers a number of free, led walks, which take place around Poole every week. All walks are short in length, typically between 1 and 2 miles and take place on firm level ground.

www.poole.gov.uk/leisure-and-culture/sports-clubs-fitness/healthy-walks.

Day activities in care homes for non-residents

www.housingcare.org offers information on local care homes and their social activities.

www.mylifemycare.com for information and advice about care and support.



Top tips and further advice

If you are concerned about driving or have concerns about a family member and their ability to drive, please see the below for top tips and ideas of where to find information.

When you turn 70, the DVLA will send you a form to renew your licence for a maximum of three years. You need to declare on this form that you are still fit and able to drive safely, so it remains your responsibility to judge this. If you're not confident you can make this judgement yourself, you can get professional advice from Driving & Mobility Centre or Wessex DriveAbility. You will have to renew your licence in this way every three years and you can renew your licence for free online or pick up an application form from the post office.

You must tell the DVLA about a medical condition or disability.

If you have a driving licence you must tell the DVLA if:

- you have a 'notifiable' medical condition or disability
- your medical condition or disability has got worse since you first got your licence
- you develop a new medical condition or disability

'Notifiable' medical conditions and disabilities include epilepsy, strokes and other neurological conditions, mental health problems, physical disabilities and visual impairments. Your GP can also assist you with notifying the DVLA and will advise you on whether you ought to retire from driving. They can also liaise with the DVLA independently.

If you do not suffer from a medical condition but are concerned about driving, consider refresher driving courses with Dorset Driver Gold or with Driving & Mobility centres and Wessex Driveability.



Useful local contacts

Dorset POPP is primarily a partnership between Dorset County Council, Dorset Clinical Commissioning Group, the Third Sector and older people. However, the programme has developed a robust working partnership that extends beyond this and includes a range of other service providers, including Dorset Fire and Rescue, Dorset Police, libraries, community matrons, community pharmacies and others across Dorset, Bournemouth and Poole.

Contact the POPP administrator **01305 224841**

Dorset Accessible Homes Service provides practical help with home adaptations, repairs and improvements

www.millbrookhealthcare.co.uk **0333 003 0010**

The Silver Line is the only free confidential helpline providing information, friendship and advice to older people, open 24 hours a day, every day of the year.

www.thesilverline.org.uk **0800 470 80 90**

Age UK can provide further advice and a variety of activities and services including hairdressers, mobile library and shopping.

www.ageuk.org.uk **0800 678 1174**

Whether you're looking for information about travelling to work or for leisure; local cycle routes; walking maps; links to public transport; or accessible transport you can access it all here

www.gettingabout.co.uk **01202 451451**

Dorset, Bournemouth and Poole adult care and support services

www.carechoices.co.uk/region/south-west/dorset
01305 221016

Driving and Mobility Centre (West of England)
The Vassall Centre, Gill Avenue, Fishponds, BRISTOL
BS16 2QQ

mobserv@drivingandmobility.org **0117 965 9353**

Please note: All prices and contact details in this leaflet are correct at time of printing.



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