



Gloucestershire

**OLDER
DRIVERS
FORUM**



Living without a car
It's easier than you think

www.olderdriversforum.com/Gloucestershire

www.facebook.com/ODFGloucestershire

@odfglos

FOREWORD

The joy of driving and riding on four and two wheels has been a big part of my life, both personally and professionally. But I recognise there will come a time when my sight, hearing, reaction-time, and judgement of speed and distance may not be as sharp as they were once were. It will then be time to think about hanging up the keys.

I have talked with hundreds of older drivers and their families who have gone through this process and understand how emotionally charged this can be. The consistent message I received was the importance of timing and planning to minimise this stress. This involves planning for a transition over time, with a gradual reduction on reliance on a car to minimise any sudden change in lifestyle.

This booklet has been produced by the Gloucestershire branch of the Older Drivers Forum for older drivers or their families planning such a transition in Gloucestershire. Similar booklets are available for other areas and can be downloaded from our website www.olderdriversforum.com. We hope this is helpful. We also welcome any feedback so that we can constantly improve and update the content.

ROB HEARD
Chair and Founder of the
Older Drivers Forum

Member of the
National Older Drivers Taskforce



LIVING WITHOUT A CAR

It's easier than you think

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INTRODUCTION

The Older Drivers Forum is a team of road safety experts and volunteers focused on how to keep older drivers driving safely, for longer.

It is supported by the charitable trust fund of Rotary, and MPs Alex Chalk (Cheltenham) and Siobhan Baillie (Stroud).

Retiring from driving is a major milestone but it does not need to be the end of a busy and fulfilling life and brings with it many positives.

These include:

- Improvement in fitness as the use of alternative means of transport leads to more exercise
- Saving money
- Increased opportunities for social interactions
- Spending more time with family and friends
- Getting out and about more often

For local information and advice

www.olderdriversforum.com/Gloucestershire

www.facebook.com/ODFGloucestershire

@odfglos



For national advice:

www.olderdriversforum.com

OUR AIM

This booklet provides information on:

- Transport services available in Gloucestershire
- Help towards the cost of travel

We have tried to offer as many alternatives as possible, so that you can choose the options which best suit your needs.

If you are viewing this in a digital format click on the links to go to the website.

Please check terms of business and prices before booking, as these may have changed since our initial research.

FIRST STEP

Make a list of regular journeys. Then use this information to plan what suits your needs. At the back of this publication there is a handy chart to help you plan your weekly outings.

Don't forget to ask family, friends and neighbours to help. You may be able to help them in another way at another time.



TRANSPORT SERVICES

PUBLIC BUS & TRAIN SERVICES

Links to timetables of bus and train routes can be found below. Next Buses provide information to find your nearest bus stop and when the next bus is due.

For buses

www.gloucestershire.gov.uk/transport/public-transport-information
www.nextbuses.mobi

For trains

www.nationalrail.co.uk/stations_destinations/default.aspx

TAXIS

Taxis provide a cost-effective service that can often be cheaper than running a car. To make a comparison use our cost calculator at:
www.olderdrivers.org.uk/retire-from-driving/cost-calculator/

There are two types of vehicles that can carry fare-paying passengers:

- Hackney carriages on taxi ranks where no pre-booking is required. Set fares are displayed with the precise fare calculated by a meter
- Private hire vehicles are pre-booked, often cheaper and may have fixed rates for certain journeys. Make sure the fare is agreed before the journey begins. Most taxi companies allow a monthly account to be set up.

TAXI, CAR & MINIBUS SHARE SCHEMES

Contact your local taxi companies to see if they offer a share scheme service. Where there are no bus services there may be car journey-share services available:

- Register with the service and book in advance
- Some services offer wheelchair accessible taxis

For information on car sharing

www.travelwest.info/drive/car-sharing

www.carsharegloucestershire.com

www.liftshare.com

www.gocarshare.com

For information on minibus sharing

www.glosminibusscheme.co.uk

Tel: 01453 762 221

Email: office@glosminibusscheme.co.uk

COMMUNITY TRANSPORT

This voluntary sector service plays an important role in areas where there are no local buses and trains:

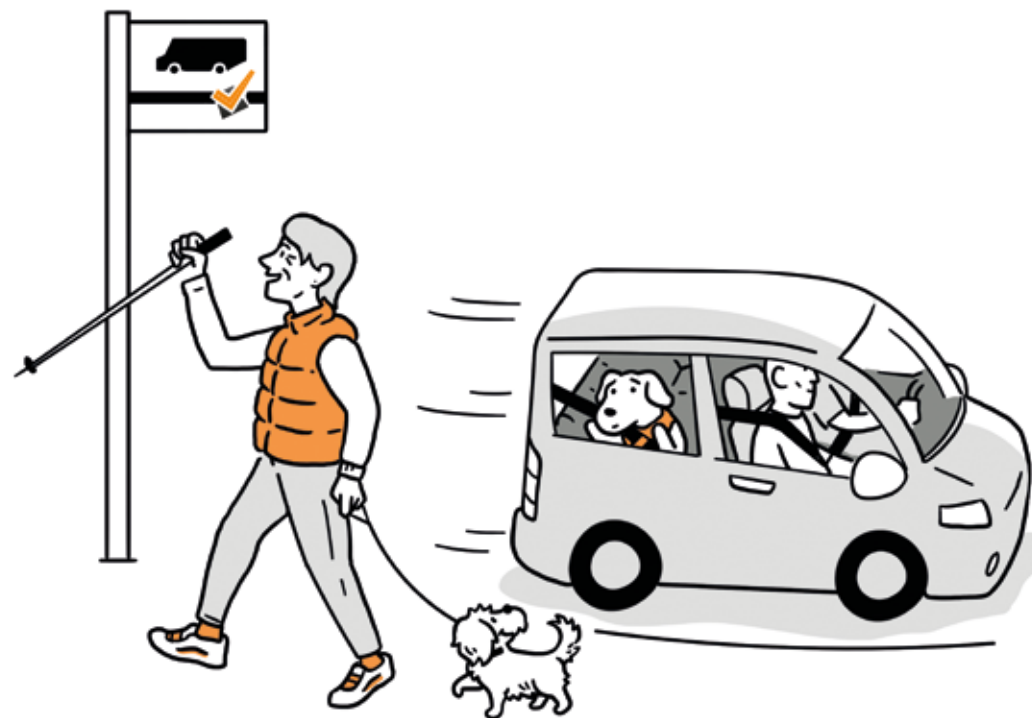
- These include door-to-door car services, community busroutes, group bookings and vehicle loans. These can include vehicles with wheelchair accessibility
- Providers use employed qualified drivers and trained volunteers
- Some require users be registered with them and charge an annual fee
- Charges for each journey are at a subsidised rate and bus passes are accepted
- Donations are appreciated to cover vehicle maintenance and fuel

www.gloucestershire.gov.uk/transport/community-transport/
www.housingcare.org/service/list/s-85-transport-services/l-439-gloucestershire.aspx
www.yourewelcome.to/gloucestershire/comunity-transport-in-gloucestershire

HEALTH APPOINTMENT SERVICES

Doctors Surgeries

GP practices are required to form a Patient Participation Group (PPG), many of which provide volunteer transport services for patients attending a surgery, hospital, or other medical facilities. Check with your GP practice to see if they offer such a service.



Hospitals

If you are registered with a GP, the NHS may help you get to the hospital if your health condition impacts on your ability to use normal transport services:

- Call the Patient Transport Advice centre on the number below
- Have your NHS number available
- You will be asked about your needs and, if you qualify, they will book transport on your behalf with Arrive Transport Solutions Ltd
- If you do not qualify, they may be able to suggest alternative transport to help you get to your appointment

Tel: 01278 726 968 (8:30-18:30 Monday to Friday)

Some hospitals have contracted taxi services.

Gloucestershire Royal Hospital Taxi Service

This contract is currently held by Associated Taxis. They offer wheelchair and disability accessible cars and have a Freephone service.

www.associated-taxisgloucester.co.uk
Freephone: 0800 262 048

Home Delivery of Prescriptions

This service is available free of charge from many pharmacies. Check what is available in your area.



TRAVEL CONCESSIONS

GLOUCESTERSHIRE COUNTY COUNCIL CONCESSIONARY TRAVEL SCHEME

Pensioners or residents who are disabled are entitled to free off-peak travel on local buses. Check on the site below to confirm the age and disability criteria.

Older Persons Travel Pass

- Applications can be made online
- A passport photograph is required
- Applications take approximately three weeks to process
- The pass is free, apart from postage
- It can be used 9:30 to 23:00 Monday to Friday and anytime over the weekend and Bank Holidays
- It is valid for five years

Disabled Persons Travel Pass

- Applications can be made online
- A passport photograph and evidence of disability are required
- Applications take approximately three weeks to process
- The pass is free, apart from postage
- It can be used 9:30 to 23:00 Monday to Friday and anytime over the weekend and Bank Holidays
- It is valid for one to five years depending on the nature of the disability

Companion Pass

In addition to the disabled person travel concession you may also be entitled to a companion pass if your disability means that you are unable to travel unaccompanied.

www.gloucestershire.gov.uk/transport/apply-for-a-free-concessionary-bus-pass/applying-for-a-disability-related-bus-pass/

Tel: 01452 426 265

RAILCARDS

Senior Railcard

If over 60 you can apply for this card which provides a 33% discount on most rail fares:

- Cards costs £30 and are valid for a year
- A three-year card is available for £70
- Cards can be bought online, by phone, at a staffed station ticket office or at a National Rail licensed travel agent
- A valid passport or UK driving licence is required. A birth certificate can be used if purchasing at a staffed station
- A debit or credit card is also required
- There are offers and rewards schemes that come with the card offering discounts with partners such as museums and hotels

www.senior-railcard.co.uk

Tel: 03345 3000 250

Email: railcardhelp@railcards-online.co.uk

Disabled Person's Railcard

If you are disabled, you can apply for a disabled person's railcard which provides a 33% discount on adult fares:

- There are no restrictions on travel times
- The card costs £20 and is valid for one year
- A three-year card is available at £54
- Application forms are available online, from rail stations and main post offices
- Allow five working days for online applications and ten days for postal applications
- An adult accompanying a disabled person can also travel at the same discounted fare

- There are offers and rewards scheme that come with the card offering discounts with partners such as museums and hotels

To check eligibility

www.disabledpersons-railcard.co.uk

Tel: 0345 605 0525 (07:00 – 22:00)

Minicom/Textphone: 0345 601 0132

Email: disability@atoc.org

For special assistance on a journey

www.nationalrail.co.uk/stations_destinations/assisted-travel-faqs.aspx

Tel: 08457 484 950

Minicom/Textphone: 0845 606 600

DISCOUNT COACH CARD

If you are over 60 or are registered disabled, you can apply to National Express for a Senior or Disabled Coach Card. This provides a 33% discount on Standard and Fully Flexible fares:

- The cards cost £12.50 plus £2.50 postage and packing
- It is valid for a year
- A coach card can be bought online or over the phone
- Staff are trained in disability awareness. Wheelchair accessible coaches are available

For further information

www.nationalexpress.com/coachcards

Bookings

Tel 08717 81 81 81 (10:00 - 18:00)

Advice: Tel 0371 781 8181 (08:00 - 22:00)

Email: addl@nationalexpress.com

OTHER ADVICE

BLUE BADGE SCHEME

This scheme is available if you are registered severely sight-impaired or have permanent or hidden disabilities, even if you do not own a car. It gives preferential rights for the car you are travelling in to park close to the services you need to use.

The process involved in securing a badge is:

- Download an application form from the Gloucestershire County Council site below
- Provide the requested proof and a recent passport size photograph
- The application may take up to 12 weeks to process
- An assessment may be required by an expert Health Assessor
- There is an administration charge of £10
- The badge is valid for three years
- The sole decision on whether a badge will be issued rests with Gloucestershire County Council
- **WARNING:** Avoid official-looking third party websites charging up to £50 to process a Blue Badge application

For further information on qualification criteria

www.gov.uk/government/publications/blue-badge-can-i-get-one

www.gloucestershire.gov.uk/health-and-social-care/disabilities/the-blue-badge-scheme/

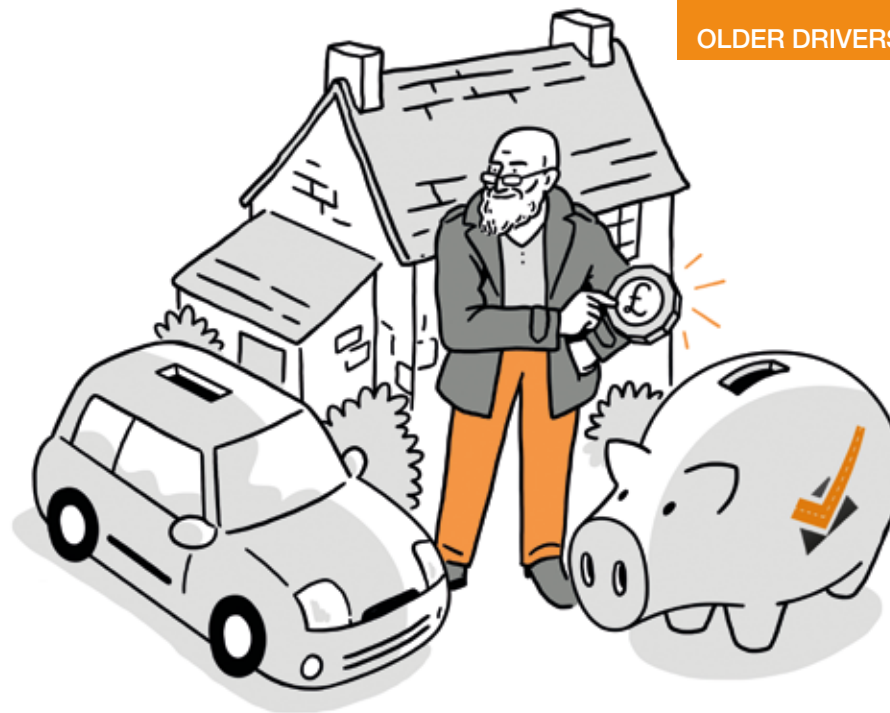
Tel: 01242 532 302

(09:00-17:00 Monday to Friday)

Email: bluebadge@gloucestershire.gov.uk

MOBILITY SCOOTERS

These could meet your mobility needs for local shopping and social visits. But if you get a scooter try and keep walking as much as possible to keep fit. Only use a scooter when you feel it is necessary.



Contact Disabled Living Foundation for details of your nearest provider

www.livingmadeeasy.org.uk/

www.ridc.org.uk/features-reviews/

Tel: 0300 999 0004

Before deciding on a scooter:

- Research which scooter best suit your needs
- Check that the provider offers training and service back-up
- Check what user insurance is required

See & Scoot

Provide an online training resource. www.testmydriving.com/see-scoot

For further information, including advice on other walking aids and wheelchairs

www.nhs.uk/conditions/social-care-and-support-guide/

www.ridc.org.uk/features-reviews/features-reviews/features-reviews

Organisations that provide funding support to purchase or hire a mobility scooter are:

Motability Scheme

If you are eligible for the higher rate Mobility Component of the Disability Living Allowance or are a war pensioner, you may be eligible to purchase a scooter through this scheme.

www.motability.co.uk

Tel: 0300 456 4566 Minicom/Textphone: 0300 037 0100

Better Mobility

This organisation provides a list of charities that assist in funding.

www.bettermobility.co.uk

Tel: 0808 295 9909

Email: sales@bettermobility.co.uk

SHOPMOBILITY

This is run by the National Federation of Shopmobility. It encourages the independence of the disabled through the provision of mobility equipment such as mobility scooters, wheelchairs, and power chairs. Their website provides information on members of the scheme:

- You do not have to be registered disabled to participate
- The service is either free or has a nominal charge
- Training in the use of equipment is provided

www.shopmobilityuk.org/

Tel: 01933 229 644 (09:30 -15:30 Monday to Friday)

Email: shopmobility@bhta.com

For further information on transport services for the disabled

www.gov.uk/transport-disabled

VIRTUAL MOBILITY

This is the ability, via the internet, to stay in touch with friends and family, shop online and manage your services from the comfort of your own home. There are numerous organisations offering free training and support to ensure you have the skills and confidence to use digital technology.

AGE UK Gloucestershire

www.ageuk.org.uk/gloucestershire

Tel: 01452 422 660 (10:00 -15:00 Monday to Friday)

Email: helpteam@ageukgloucestershire.org.uk

Ability Net

www.abilitynet.org.uk

Tel: 0800 269 545

Email: enquiries@abilitynet.org.uk

Online Centres Network

www.onlinecentresnetwork.org

Tel: 0114 349 1666

Friends Against Scams

www.friendsagainstscams.org.uk

ENJOYING LIFE WITHOUT A CAR

Numerous activities are run by the voluntary and private sector, and Adult Health Services. These include lunch clubs, interest societies, crafts, gardening, games, quizzes, and exercises. Many provide regular community outings and access to college courses.

AGE UK Gloucestershire

This independent charity has the laudable ambition to make Gloucestershire the best county in the country in which to grow older.

www.ageuk.org.uk/gloucestershire

Tel: 01452 422 660 (10:00 -15:00 Monday to Friday)

Email: helpteam@ageukgloucestershire.org.uk

Befriending Network

Provides a searchable directory of befriending organisations.

www.befriending.co.uk

British Red Cross

Local community teams to help people meet new friends and discover new interests.

www.redcross.org.uk

Tel: 0344 871 1111

Email: contactus@redcross.org.uk

Churn Project

Advice and support for older people in the Cotswolds to ensure they feel valued, safe, and supported and well-integrated in their community.

Tel: 01285 380 038

Email: info@thechurn.org.uk

Cotswold Friends

A local charity, helping and supporting older and vulnerable people in the North Cotswolds. Their voluntary services include community transport, befriending, carer respite and community activities.

www.cotswoldfriends.org

Tel: 01608 651 415 (09:30 - 15:30 Monday to Friday)

Email: info@cotswoldfriends.org

Independent Age

A team of volunteers who can make regular calls or visits.

www.independentage.org

Tel: 0800 319 6789

Email: advice@independentage.org

Rotary Club of Great Britain and Ireland

Rotary is one of the largest volunteer organisations in the world and are making a difference in their local communities in our county. To find your nearest club and discover activities use the club finder at:

www.rotarygbi.org

Rotarians will be happy to give lifts to non-drivers to attend meetings.

Roots Coffee and Community

Based in Kingsholm, provides a safe, friendly space for people to gather and to find friendship and support.

www.rootscoffee.org.uk

Tel: 01452 524 764

The Royal Voluntary Service

Mobilises volunteers to support those in need, in hospitals and in the community.

www.royalvoluntaryservice.org.uk

Tel: 0330 555 0310

The Silver Line

A confidential helpline for older people. Their specially trained team provides information and advice. They can link callers to local groups and services and offer regular friendship calls.

www.thesilverline.org.uk

Tel: 0800 470 8090

Email: info@thesilverline.org.uk



USEFUL CONTACTS

Citizens Consumer Advice

Tel: 03454 04 05 06

Text phone: 18001 03454 04 05 06 (09:00 - 17:00 Monday to Friday)

Crimestoppers

If you have information about a crime and want to tell someone you can trust, someone safe and totally independent, contact this charity 100% anonymously. They are open 24/7, 365 days of the year.

They will not ask your name. Will not judge. Just listen to what you know. And pass it on for you. When you hang up the phone or send an online form, you are done.

Tel: 0800 555 111

Online form: www.crimestoppers-uk.org

Gloucestershire County Council Adult Social Care

Solutions on how to stay independent. They work with partners and providers to offer the highest quality of support available.

www.gloucestershire.gov.uk/health-and-social-care/adult-social-care-information-advice-and-support

Email: edt@gloucestershire.gov.uk

Gloucestershire Bike Project

A network of older volunteer ambassadors who help reduce and prevent crime targeted at older people.

www.gloucestershirebikeproject.co.uk

Tel: 01452 690 979

GOPA – Gloucestershire Older Peoples Association

Promotes dignity, care, health, and independent living by providing a voice for those aged over 50 living in Gloucestershire.

www.gopa.org.uk

Email: gopa4672@hotmail.co.uk

Post Office

Locations of all post offices, including mobile facilities, can be found at:

www.royalmail.com/services-near-you

Your Circle

Help for anyone who has been affected by crime.

www.yourcircle.org.uk/Services/12958/Victim-Support-in-Gloucestershire

Tel: 0808 281 0112

Email: referralgloucestershire@victimsupport.org

Please provide us with any updates or fresh ideas.

Nigel Lloyd-Jones

Older Drivers Forum Gloucestershire

Email: odfglos@gmail.com

www.olderdriversforum.com/gloucestershire

[@odfglos](https://www.facebook.com/ODFGloucestershire)

FIRST STEP

Make a list of regular journeys.
Then use this information to plan what suits your needs.

Day	Current transport	New Plan
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Acknowledgements

Louise Rowlatt, Phase5Design
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