

Planning Ahead Worksheet

If you've done the [Think About Your Driving Review](#), tried the [Practice Knowledge Test](#) and used the [Safe Driving Checklist](#), it's now time to make a plan that can help you adapt to the changes you are facing.

Making a plan of action is an important commitment that can help you stay safer on the road. Make sure you follow through and begin to take the steps you identify on this worksheet.

Taking responsibility means striving to become a safer driver, changing your habits or, if necessary, deciding to retire from driving and use other forms of transportation.

Your driving

Write down the steps you need to take to help you be safer on the road.

My driving: I am going to... - *avoid left-hand turns.*

My vehicle's safety features: I am going to...

My driving skills and knowledge: I am going to...

Other ways of getting around

For many of us, there may be other ways to get around. Have you thought about what alternatives are available in your community? Which options would work best for you?

Public transportation (bus, SkyTrain, etc.)

Is public transportation an option in your community? Yes No

If yes, do you currently use public transportation? Yes No

If no, do you know how to get around using public transportation? Yes No

Are bus stops/stations accessible to you? Yes No

Is there HandyDART service in your area? Yes No

Do you know how/where to find out more about public transportation in your area? Yes No

For more information on public transportation, go to www.busonline.ca

Local transportation specifically for seniors

Are there any local transportation services in your area that are specifically for seniors? Yes No

Do you know how /where to find out more about services in your area? Yes No

Contact your local senior's centre for more information on transportation alternatives in your community.

Family and friends who drive

Do you have any family members or friends who you could ask to take you places? Yes No

Who could you ask?

Someone else driving your car

Do you have a vehicle? Yes No

Has the vehicle been recently maintained? Yes No

Do you have any neighbours or acquaintances you could ask to drive you using your own vehicle? List them. Yes No

Walking or riding a bicycle

Do you walk or ride a bicycle to do your shopping or get to other places? Yes No

Have you asked your doctor if your state of health/fitness is appropriate for walking or riding a bicycle as a way of getting around? Yes No

Are walking or riding a bicycle feasible options for you? Yes No

Deliveries and online shopping

Does your grocery store deliver? Yes No

Does your pharmacy deliver? Yes No

Is online shopping an option for you? Yes No

Other transportation alternatives

Are other transportation alternatives available to you? Yes No

What are the alternatives?

What can you do to find out more?

Your home

Now that you've had a chance to think about other ways of getting around, it's important to look at the location of your home and your own specific transportation needs – for now and in the future.

	How do you currently get there?	Would you be able to get there in the future if you felt uncomfortable driving or were no longer able to drive?
Shopping		
Visiting family		
Visiting friends		
Other places you socialize		
Recreational facilities		
Place of worship		
Your doctor		
Other places (list them)		

Think about your responses in the column on the right. If it would be difficult or impossible to get to these places in the future, what impact would that have on your lifestyle and quality of life?

Comments:

Would relocating make it easier for you to get where you want and need to go? Yes No

Comments:

Is moving at some point an option (now or in the future)? Yes No

Comments:

Where might you consider moving to that would make it easier to get where you want and need to go?

Your future mobility

Write down what steps you are going to take now and in the future to ensure you can continue to get where you want and need to go.

In the next two weeks, I am going to:

Within the next six months, I am going to:

Within the next year, I am going to:

Within the next two years, I am going to:

My longer term plans (beyond two years) include the following steps:

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