

Getting around without a car

Road Safety and Medical Review

This information update explains alternative mobility and transport options as well as services available for people who do not drive, or are considering stopping driving.

How do I decide if it is safe to continue driving?

You may need to make the decision to reduce or stop driving. This could be due to:

- a medical or eyesight condition that affects ability to drive safely
- advice from family, friends, doctor or other health professionals
- feeling that driving is becoming difficult or stressful
- failing an on-road driving test.

How do I get around without a car?

The key to making the transition to a non-driving lifestyle is good planning to suit your individual needs. It is important to be informed about alternative transport options and what community services are available locally to help you maintain your mobility and quality of life.

Ideally, if you have the opportunity, it is best to start trying other transport options while still driving and make a gradual transition to use other options and stop driving.

What are my alternative transport options?

The Victorian public transport system of trains, trams and buses can get you to most places efficiently. Public transport in metropolitan Melbourne is often accessible and can be cheaper than owning a car and driving.

- To plan your journey and view timetable information check the Public Transport Victoria website ptv.vic.gov.au or call 1800 800 007 from 6am to midnight daily (all night Friday and Saturday).
- If you are new to public transport you will need to purchase a myki. This reusable travel card is for trains, trams and buses in Melbourne and regional Victorian centres.

Where can I buy a myki?

- Online at ptv.vic.gov.au
- By calling Public Transport Victoria on 1800 800 007.
- At the ticket window at Premium Stations (stations that are staffed and have a customer service centre, e.g. Flinders Street, Southern Cross).
- Selected retailers where you see a myki sign.

Assistance Animal Pass

You can apply for an Assistance Animal Pass to enable a trained assistance animal to accompany you on public transport.

Not all animals are eligible, so it is important to check the PTV website: ptv.vic.gov.au and search for 'Assistance Animal Pass'.

Guide Dogs

Guide Dogs and hearing dogs (working or in-training) can already travel free and don't need an Assistance Animal Pass.

Am I eligible for discounts on public transport?

Many people are eligible for a discount (concession fare) to travel on public transport. If you are over 60 and don't work full time, you may be eligible for the Victorian Seniors Card which gives you discounted public transport. Visit the Seniors Card website seniorsonline.vic.gov.au/seniors-card

People on a Disability Support Pension, other Pension types, and Carer payment recipients may also be eligible for discounted public transport travel.

For more information about concession fares on public transport contact Public Transport Victoria on 1800 800 007 or visit ptv.vic.gov.au

What public transport options are available in regional Victoria?

V/Line trains and coaches can take you to all areas of Victoria.

- For regional timetable information or to make a booking visit the V/Line website vline.com.au or call V/Line on 1800 800 007.

What help is available to support me to travel independently?

'Travellers Aid' is an organisation that offers a wide range of travel support services for people who wish to travel on the Victorian public transport system.

Services include:

- Connection assistance for people transiting through Southern Cross and Seymour stations
- Trained, volunteer companions to accompany people to and from essential appointments
- Personal care assistance for people travelling through Southern Cross and Flinders St Stations
- Mobility equipment hire.

They operate from four service sites at Southern Cross and Flinders Street Stations in Melbourne, and Ballarat and Seymour Railway Stations in regional Victoria.

For more information visit the Travellers Aid website: travellersaid.org.au/our-services/ or call (03) 9654 2600.

What taxi services are available?

There are a variety of taxi companies, and ride share companies, that operate throughout metropolitan Melbourne and regional Victoria.

Talk to your doctor to see whether you qualify for reduced taxi fares.

Check whether you are eligible to become a member of the Multi Purpose Taxi Program (MPTP). Details are available at safetransport.vic.gov.au/on-the-road/multi-purpose-taxi-program/mptp-members/

What if I prefer to walk or cycle?

Walking

Walking is a form of moderate physical activity that has great health benefits. Think about how you can mix walking with other means of transport, such as walking to the bus, tram stop or railway station.

For pedestrian safety tips visit the Transport Victoria website transport.vic.gov.au/road-rules-and-safety

What if I have difficulty walking?

You may be able to improve walking safety by using different aids like walking sticks and frames. A physiotherapist or occupational therapist may be able to assist.

People who are unable to walk or have difficulty walking distances are legally allowed to use a motorised mobility device in the community.

You will need to seek advice from your doctor and ask for a referral to a physiotherapist or occupational therapist (OT). An OT will assess your ability to use a motorised mobility device.

Cycling/tricycles

If you have previously cycled, you could consider using a bicycle as a way of getting around.

You should seek advice from your doctor or physiotherapist who can assess your ability to use a bicycle/tricycle safely.

If you are interested in taking up cycling, you could begin by joining a local bike club to learn new skills, visit bicyclenetwork.com.au.

For cycling safety tips visit the Transport Victoria website transport.vic.gov.au/road-rules-and-safety

How about travelling with friends, neighbours or family?

Travelling with friends, neighbours and family can be an easy way to get around if you do not drive. You could join them on regular trips they make to local shops.

What community transport is available?

Many Victorian councils and local organisations offer community transport schemes using buses or cars, providing low cost and flexible transport.

Some councils provide accessible buses for wheelchair and mobility scooter users.

For more information on community transport options in your area contact your local council.

What services can I access from home?

Older adults may be eligible for the 'Commonwealth Home Support Programme' or a 'Home Care Package'. These services provide support for essential daily tasks including transport assistance if this is identified as a need to support independence while living at home.

Both require an assessment and are accessed via MyAged Care.

For more information see the 'Help at Home' page on the myAged Care website: myagedcare.gov.au/help-at-home.

What should I do with my car if I'm no longer able to drive?

If you decide to sell your car you can advertise your vehicle using online car selling websites.

For information about your rights when selling a car, check the Consumer Affairs Victoria website consumer.vic.gov.au or call Consumer Affairs Victoria on 1300 55 81 81 or 132 VIC (132 842) and select option 4.

If you decide to keep your car for others to use, it must be registered and insured in their name.

What other support services are available to me?

Contact your doctor to discuss what counselling and other support services are available to meet your individual needs.

Find out more



If you have any questions please email us at medicalreview@roads.vic.gov.au or visit our website.

Call: (03) 8391 3226

Web: transport.vic.gov.au/medical-review



Language Loop (formerly Victorian Interpreting & Translating Services - VITS) call (03) 9280 0783, then ask for 13 11 71.