

In the driving seat

What you need to know
to stay driving for longer



Information and advice you need to help you love later life.

We're Age UK and our goal is to enable older people to love later life.

We are passionate about affirming that your later years can be fulfilling years. Whether you're enjoying your later life or going through tough times, we're here to help you make the best of your life.

Our network includes Age Cymru, Age NI, Age Scotland, Age International and more than 160 local partners.

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What this guide is about

Many of us enjoy the freedom and independence that driving gives us, and we don't want to give it up. There are negative stories in the media about older drivers that can lead to some people losing their confidence on the road and giving up driving before they need to. But, in fact, statistics show that older drivers are relatively safe.

Although your licence entitlement will expire when you turn 70, this doesn't automatically mean you have to stop driving – you'll just need to apply to the Driver and Vehicle Licensing Agency (DVLA) to renew it every three years. The DVLA should send you a renewal form automatically and renewal is free of charge.

However, some medical conditions that older people may develop can affect driving ability, and you must report relevant conditions to the DVLA, whatever your age. Often there will be a way to help you to carry on driving, although in some cases you may have to stop. This guide covers your legal obligations, as well as information about declaring medical conditions, tips on ensuring you drive safely, and adaptations that can help you to do so. It also gives advice about how to decide when it's time to stop and find alternative ways to get out and about.

As far as possible, the information given in this guide is applicable across the UK.

Key



This symbol indicates where information differs for Scotland, Wales and Northern Ireland.




This symbol indicates who to contact for the next steps you need to take.

Renewing your licence from 70

If you have a photocard licence, you'll be used to renewing your licence every ten years. However, once you reach 70, everyone needs to renew their licence and then do it again every three years. The DVLA will send you a D46P application form 90 days before your 70th birthday. There's no charge to renew.

If you already have a photocard licence, the form will tell you if you need to send a new passport-type photo with your application. If you have a paper licence, you will need to send an up-to-date passport-type photo with your application.

If you don't receive a D46P form, you can use the D1 Application for a driving licence form. Order it online from the Gov.uk website or ask for one at your local post office. Alternatively, you can renew your licence online at www.gov.uk/renew-driving-licence-at-70. When you register, you'll be given a user ID code and step-by-step instructions on how to renew your licence.

 In Northern Ireland, once you're aged 60 or over and you apply to renew your licence, it will be issued for a period ending on your 70th birthday, or for no less than three years. You'll then need to apply to the Driver and Vehicle Agency (DVA) to renew it. The DVA will send you a DL1R application around two months before your licence expires. If you don't receive the DL1R form call the DVA form ordering service (see page 27).

Remember that if your licence expires and you don't apply for a new one, you won't legally be allowed to drive.

When filling in the form to renew your licence, you'll be asked to mention any medical conditions you have. It's important to remember that you have a legal duty to declare any relevant medical conditions. You'll also be asked to confirm whether you can meet the eyesight standards for driving. See 'Declaring health conditions' on pages 5–6 for more information. If you need prescription glasses or contact lenses to drive, the code 01 will be added to the back of your photocard licence.

Make sure you read any correspondence from the DVLA carefully. For example, the DVLA might send you a letter which states that you can continue to drive as before, or they may send you a temporary driving licence only for use during a mobility centre driving assessment (see pages 7–9).

Remember to dispose of your expired licence and make sure you keep your new one safe.

The rules about licences for driving anything other than a car, for example, a campervan or a minibus, changed in 1997. If this affects you, contact the DVLA to find out if your licence is still valid.

what next?

For more information about renewing your driving licence, visit 'Renew your driving licence if you're 70 or over' on the Gov.uk website or visit www.olderdrivers.org.uk. In Northern Ireland, see the NI Direct website (see page 29).



Declaring health conditions




If you have developed a medical condition or disability that could affect your ability to drive safely, you must tell the DVLA (or the DVA in Northern Ireland), even if you are not yet due to renew your licence. This also applies if your condition has worsened since your licence was issued. It's a legal obligation for you to declare any relevant conditions. If you have an accident where your health condition may have been a factor and you haven't declared it, you could be fined or prosecuted and your insurance might not cover you.

Some of the medical conditions that you must declare are:

- dementia
- diabetes – if it is insulin-treated
- Parkinson's
- epilepsy
- any chronic neurological condition, such as multiple sclerosis
- any condition that affects both eyes, or total loss of sight in one eye.

You may need to declare other health conditions, depending on what kind of licence you have and how the condition affects you. If you are unsure whether you need to declare any health conditions to the DVLA, you can seek advice from your doctor or other health professionals. For a full list of medical conditions and disabilities you must declare, visit the Gov.uk website at www.gov.uk/health-conditions-and-driving. For example, you may need to declare if you've had a stroke or have cancer, depending on how it affects you. For information on driving and dementia see our free guide *Living with early-stage dementia*.

 In Northern Ireland, find out which medical conditions you must declare by contacting the DVA (see page 27).

After you have told the DVLA or DVA about a medical condition, it may:

- make a decision based on the information you provide
- contact your GP or consultant (with your permission) or arrange for a locally appointed doctor or specialist to examine you
- ask you to take a driving assessment, eyesight check or driving appraisal.

Many people worry that if they tell the DVLA or DVA about their medical conditions or disability they'll be forced to stop driving, but this is not necessarily the case. Having a relevant medical condition doesn't always mean that your licence will be taken away from you.

You may be able to keep your licence or get a new one, or you may be issued with a driving licence for one, two or three years and then reviewed after this period. The DVLA or DVA can also issue you with a licence that indicates that special controls need to be fitted to your vehicle to enable you to drive with your disability (see 'Adapting your car' on pages 12–13). If its medical enquiries confirm you are not fit to drive it can tell you to stop driving.

Remember to inform your insurance provider about any changes to your driving licence or adaptations to your car. Failure to do so could result in a fine and your policy being void.

**what
next?**

To find out more call the DVLA (see page 27) or visit www.olderdrivers.org.uk. In Northern Ireland, call the DVA (see page 27).

Reassessing your driving ability

If you've developed a medical condition you may need to have your driving ability assessed. Or it may be that you've simply decided yourself that you could benefit from an assessment.

Boosting your confidence

If you're still able to drive but simply want to feel more confident on the roads, or if you would like an honest and independent assessment of your driving skills, you can book an experienced driver assessment.

Many local councils offer driver assessment schemes. You can search for schemes near you on www.olderdrivers.org.uk. Alternatively you could contact IAM RoadSmart or the Royal Society for the Prevention of Accidents (RoSPA) for details and costs of their national schemes (see pages 28 and 29).

You shouldn't see this type of assessment as a test – it's an opportunity to get advice on how to improve your driving.

Mobility centre driving assessments

If you have developed a medical condition, you may need to have your driving ability assessed at a mobility centre.

Mobility centres have trained staff who can assess how your condition or disability affects your driving and look at what can help, including adaptations that could enable you to continue driving safely.

The DVLA can refer you to a mobility centre for an assessment but there may be a long wait. The DVLA will fund the assessment if they've asked you to take it after you've declared a medical condition, but otherwise you will need to pay for it yourself – the cost varies depending on the centre. In Northern Ireland assessments are carried out at the charity Disability Action's Mobility Centre (see page 26).



A mobility centre assessment is not a driving test and if at all possible the driving assessors will find a way to help you to continue driving.

The driving ability assessment will include:

- physical assessment to see if you can move your arms and legs easily and operate a car's pedals and other controls
- cognitive assessment to check your thinking skills
- visual assessment to check your eyesight
- on-road driving assessment in one of their own dual-controlled cars.


The assessor will also look at your posture and strength at the wheel, and decide whether there are any adaptations that could help you get in and out of your car and drive more easily and safely. After the assessment, the assessor will recap everything and help you to plan any changes required.

The car adaptations assessment gives you a chance to try out different types of adaptations to see how they suit you. These will vary depending on your needs, but they can include hand controls to use instead of foot pedals, switches to press for the secondary controls such as windscreen wipers, and pedal extensions. For more information about adaptations and how to fund them, see 'Adapting your car' on pages 12–13.

If the assessment shows that your medical condition makes it unsafe for you to drive, the DVLA or DVA can tell you to stop driving until your condition improves. The licensing body will provide you with a medical explanation and, if possible, state when you should reapply. If and when you do reapply you should talk to your GP as you will be asked to provide medical evidence which shows that your condition has improved.

To reapply, you need to get a D1 application form from the Post Office or order it online from the Gov.uk website.

 In Northern Ireland, get a DL1R form from the DVA form ordering service (see page 27).

 If you are told to stop driving, you'll also be given details of your right to appeal to a magistrates' court, or in Scotland to a sheriff court.

Inform your insurance provider if you stop driving. If you're stopping driving temporarily due to a health condition, the provider may be able to suspend your insurance rather than cancel it.

**what
next?**

For more information on mobility centres and to find your nearest one, contact Driving Mobility (see page 27).

Driving safely

Even if you've been driving for years or consider yourself to be experienced, it's important to think about whether you're driving safely.

The Highway Code may have changed since you passed your test, so it's a good idea to check it regularly. If you're worried that you're no longer safe on the roads, you could consider having your driving ability reassessed (see pages 7–9).

You may consider driving in conditions that don't cause you anxiety, for example:

- drive at quieter times of day or during daylight and on less busy, familiar routes
- plan your route before you set off
- give yourself plenty of time
- avoid driving in bad weather
- avoid doing manoeuvres that you find difficult by planning your journey or parking location around them
- don't be rushed or panicked by other drivers, even if they become impatient.

Check your car regularly and make sure you take it for its annual MOT test by the due date, and service it regularly. If you bought your car some time ago, is it still suitable for your needs? Could you choose a car with power steering, parking assistance or bigger windows, or might some adaptations help (see pages 12–13)? Choosing a smaller model might make all the difference to your confidence and could be more comfortable. Power steering and an automatic gearbox may help solve some driving issues.

If you change your type of car, for example from a manual to an automatic, you may want to consider paying for a driver assessment or driver training in your new car. For more information call Driving Mobility, IAM RoadSmart or the Royal Society for the Prevention of Accidents (RoSPA) (see pages 27–29).

Ensure you get your eyes tested every two years, or more often if advised, and your hearing checked regularly as sight or hearing problems can affect the way you drive. If you're prescribed glasses or contact lenses for driving, make sure you wear them. Legally, you must be able to read a number plate from a distance of 20 metres (67 feet) in order to drive. If you have an accident and you do not meet the legal standards of vision for driving you may be fined or prosecuted and your insurance might not cover you. If you're taking any medicines, ask your GP or pharmacist whether drowsiness is a side effect and take their advice. It is best not to drink any alcohol before driving. If you do, remember to stick to the legal alcohol limit for driving.

Many people in relationships start to rely on their partner to drive when they get older, but if you hold a licence you should try to drive regularly. Otherwise, it's easy to lose confidence and it can be difficult to get back into the driving seat after a long break. IAM RoadSmart and RoSPA offer short courses to help you regain confidence behind the wheel (see pages 28–29).

what next?

For more information see Rica's free guide *Driving safely for life* (see page 29) or visit www.olderdrivers.org.uk



To update your knowledge of the Highway Code, visit the Gov.uk website to read it free of charge, or buy it from a bookshop. In Northern Ireland, download the Official Highway Code for Northern Ireland from the NI Direct website (see page 29), or buy it from a bookshop.

Adapting your car

If you have a medical condition or disability that makes it difficult to drive or get in and out of your car, a mobility centre should be able to help you decide on some adaptations that are right for you (see pages 7–9). Having the right car can make a big difference. Contact Driving Mobility to find a local mobility centre that can offer advice on suitable vehicles and adaptations, and help you return to driving after an illness (see page 27).

There is a range of equipment available including car key holders, hoists to lift you and your wheelchair, and special cushions or swivel seats to help you get in and out of the car. It's sometimes possible to make modifications to car doors and seats. Contact Driving Mobility, Motability or Rica to find out what's available (see pages 27–29). Remember to inform your insurance provider if you make any adaptations to your car.

If you're receiving the higher rate of the mobility component of Disability Living Allowance (DLA), the enhanced mobility component of Personal Independence Payment (PIP), or the War Pensioners' Mobility Supplement, you can lease a car, wheelchair or scooter at an affordable price through the Motability Scheme, run by the independent charity Motability (see page 28).

Through this scheme you use your mobility allowance to pay for the hire of the car. You may also get VAT relief on the cost of leasing and adapting it. Motability holds 'One Big Day' open days around the country – call the helpline to find out whether there's one near you. If you've applied for funding through the Motability Scheme and are thinking about hiring through a dealer, it's still a good idea to have an assessment at a mobility centre as they can give you impartial advice.

You may also be able to get funding for vehicles and adaptations from charities or other sources. For more information, contact the Disabled Living Foundation (see page 26).

If your car is an old model, think about upgrading to a newer one. Newer models tend to have helpful safety features such as power steering and anti-lock braking. In some cases, power steering can be tailored to suit a person's strength. Many new models also feature parking sensors (or 'beepers') that can help you to park more easily. Think about whether you would find an automatic car easier to handle than a manual one, or whether it would be hard to adjust.

**what
next?**

For impartial information on what to look for when you're getting a new car, order the Rica guide *Choosing a car* (see page 29).

Getting his car adapted has helped Henry stay on the road.

Henry, 88, had his car adapted to help him drive despite his mobility problems.

'I passed my driving test in 1946, when I was in the army. My daughters and granddaughter live quite far away, so it's important for me to drive. In the winter I just use my car to go shopping, but every Sunday in the summer I go to Southport to meet up with family and to hear the brass band in the park.

'I can't walk very far and I'm recovering from a couple of bad falls. I was sent to a physio who really helped me, and my GP said it was okay for me to carry on driving. I've only ever had one minor accident and that was a long time ago. I'm careful though – I don't drive if the weather's bad.

'I was injured during the war and have a replacement knee, so I receive the War Pensioners' Mobility Supplement. I've always used automatic gears but five years ago I approached the Motability Scheme and I now lease a car from them. It's been adapted with an automatic gear change and a hoist at the back so I can get my scooter in. Motability has really helped me – they helped me work out what adaptations I'd need and met half the costs, and they cover my road tax and insurance. My only expense is petrol, although that's quite a big cost these days!

'I don't know if I'll still be driving in a few years' time. If my GP is worried about it, I'll stop.'



‘My car’s been **adapted** with an automatic gear change and a hoist at the back so I can get my scooter in.’

The Blue Badge scheme

The Blue Badge scheme helps you park nearer to your destination if you or your passenger has severe mobility problems. It gives you exemption from some parking restrictions and access to designated parking spaces.

- i** The scheme operates differently in England, Wales, Scotland and Northern Ireland and is managed by local councils. In England and Wales, Blue Badge holders are exempt from certain parking restrictions, including being allowed to park:
 - free of charge at on-street parking meters and in Pay and Display bays
 - on single or double yellow lines for up to three hours, except where there is a ban on loading or unloading.

Some local councils put additional restrictions on Blue Badge holders; check with the council in the area you're travelling to find out what the rules are. The scheme doesn't apply in certain boroughs in London, which offer their own parking concessions. To find Blue Badge parking bays across the UK, check the Gov.uk website (see page 28).

what next?

- i** In England, contact your local council or download the leaflet *The Blue Badge scheme: rights and responsibilities in England* from the Gov.uk website. In Wales, download the leaflet *The Blue Badge scheme: rights and responsibilities in Wales* from the Welsh Government website (see page 30). In Scotland, download the leaflet *The Blue Badge scheme: rights and responsibilities in Scotland* from www.mygov.scot. In Northern Ireland, find information about the scheme on the NI Direct website (see page 29), or call 0300 200 7818 for an application form.

Making the decision to stop driving

It can be difficult to accept when we're no longer able to do something safely. But if you think your driving ability has deteriorated or your reactions aren't as sharp as they used to be, it might be a good idea to consider stopping. If your driving is no longer safe, you may be putting yourself in danger, as well as pedestrians, cyclists, your passengers and other drivers and riders.

You must stop driving immediately if you have been advised to do so by the DVLA or your GP. If you've not been told to stop but your children, grandchildren, partner or someone you are close to thinks you should stop driving, ask them to explain why, and try to put your feelings aside. Remember they're likely to have your best interests at heart. You could also get a second opinion from someone you trust: consult your GP, or get an objective assessment of your driving skills (see page 7).

Make a checklist of things you currently rely on your car for, such as shopping, medical appointments and visiting friends, and think about the alternatives that are available (see page 18).


If you're considering giving up driving, you may be concerned about the costs of using public transport, especially if you don't qualify for the concessions and schemes mentioned in the rest of this guide. But try adding up the amount you spend on car tax, insurance, maintenance and fuel in a year – you might find that using the alternatives works out the same as, or less expensive than, running a car.

Alternatives to driving

Stopping driving doesn't have to result in losing your independence. If you think you'll have to stop driving in the near future, start looking into local public transport and think about how you would get to the places you go to.

If you live in a rural area, giving up your car can be a particularly difficult decision as public transport may be limited. However, you might find there are options you hadn't heard about before (see pages 20–23).

If there is public transport, try out different types and routes to see which you prefer. Older people are entitled to concessions or free travel on some local public transport.

-  You're eligible if you're over 60 in Northern Ireland, Scotland and Wales, or once you reach women's State Pension age (regardless of whether you're male or female) in England.



Try adding up the **amount you spend** on car tax, insurance, maintenance and fuel in a year – you might find that **using the alternatives** works out the same as, or less expensive than, running a car.


Getting around your local area

Driving often isn't the only way of getting around locally, although the public transport choices you have can vary depending on your area.

If you're able to, consider walking short distances – to your local shops, for example. This will help keep you healthy too.

- In England, older and disabled people are entitled to a bus pass for free off-peak bus travel on local buses anywhere in England. If you live in London, you can apply for a Freedom Pass for free travel at any time of day on the tube, bus, tram and the Docklands Light Railway (DLR).
- ① • In Northern Ireland you can get a pass offering free travel on buses and trains in Northern Ireland. At 65 you can get a Senior SmartPass, which allows free travel throughout Northern Ireland and the Republic of Ireland.
- ① • In Scotland, you're entitled to free local bus and long-distance coach travel.
- ① • In Wales, older and disabled people are entitled to a free bus pass for free travel on local buses at any time of day anywhere in Wales. If you're disabled and need help to travel you can request a 'companion pass'. In some rural areas where bus services are limited, the concessionary travel pass can be used on certain rail services. To find out more visit www.wales.gov.uk/topics/transport/public/concessionary.

If using public transport is difficult, check whether there is a community bus service. Some councils offer taxi token schemes for heavily discounted taxi travel if you are of State Pension age and can't use the bus. In some areas there are dial-a-ride minibus services for people who have difficulty accessing public transport, or voluntary car schemes where volunteers take you to appointments, the shops or to visit friends for a reasonable cost. There are also schemes in many areas to help transport disabled people to hospital appointments. Ask at the hospital whether they run a scheme or know of one.

-  In Northern Ireland, people who find it difficult to use public transport can use the Disability Action Transport Scheme (DATS) in urban areas, and the Dial a Lift and Assisted Rural Transport Scheme in rural areas. Contact your local council to find out whether these schemes are available. Your local library may also have useful information about public transport and other transport schemes.

If you have mobility problems, it might be appropriate to get a mobility scooter for travelling short distances. A mobility centre may be able to give you advice and offer you an assessment to help you choose the right model. In certain cases, you might have a right to an electric wheelchair from the local NHS wheelchair services, which you can use outdoors. Anyone who needs a wheelchair should have access to a self-propelling one. Speak to your GP if you think you could benefit from this.

Travelling by train and coach

Travelling by train and coach can be a good way to see new places and visit friends and family.

Although there are a lot of stories in the news about the increasing costs of rail travel, if you book ahead and travel at off-peak times you can often find good deals. If you're over 60, it may be worth buying a Senior Railcard, which gives you money off rail fares for a year. For more information, go to your nearest major railway station or visit www.senior-railcard.co.uk. If you receive disability benefits or are registered deaf or visually impaired, you can apply for a Disabled Persons Railcard, which gives discounts on travel for you and a companion.

To find out if your local council offers a concessionary travel scheme, visit www.nationalrail.co.uk/times_fares/46512.aspx or contact your local council Concessionary Travel office.

For information about trains and to book tickets, call the train company or National Rail Enquiries (see page 29), or visit your local train station. If you have mobility problems and would like help, let the staff at the railway station know in advance. Visit www.disabledpersons-railcard.co.uk/travel-assistance for more information.

If you're travelling by coach, National Express offers a Senior Coachcard for people who are over 60. It costs £10 for a year and gives you a third off your travel. Alternatively, if you're registered as disabled you can buy a Disabled Coachcard for £10 which will give you the same savings. Contact National Express for more information (see page 28).

There is currently no national concessionary scheme for travelling by coach but ask your local coach operation if they offer any discounts.

**what
next?**

For more information about using public transport safely, see our free guide *Staying safe*.

Stopping driving
doesn't have to
result in losing your
independence.

Using the internet to stay connected

If you used to rely on your car to visit friends and family and go shopping, try to think about other ways that you can socialise and make essential purchases.

The internet can offer convenient ways to keep in touch. If you aren't confident using the internet, ask your local Age UK (see page 25) if they offer training sessions or contact UK Online Centres (see page 30). Your local library might also offer computer training.

You can download free software called Skype (see page 30) which allows you to call people via the internet at no cost. It has a video option, so you can also see the person you are talking to if you both have a webcam. It can also be used to make calls to mobile and landline telephones, so if you don't have a computer but the other person does, they can use Skype to call you.

Social networking sites aren't just for younger people. Sites such as Facebook and Twitter allow you to stay in contact with friends and family, share photos, find old friends and meet new people at no cost.

Shopping online can be convenient if there aren't any shops in walking distance or it's difficult for you to get to them. Visit your favourite supermarket's website to see whether they offer home delivery. If you make purchases over the internet, make sure you take steps to keep your details secure. Our free guide *Internet security* has information about how to stay safe online.

Useful organisations

Age UK

We provide advice and information for people in later life through our Age UK Advice line, publications and online.

Age UK Advice: 0800 169 65 65

Lines are open seven days a week from 8am to 7pm.

www.ageuk.org.uk

Call Age UK Advice to find out whether there is a local Age UK near you, and to order free copies of our information guides and factsheets.

In Wales, contact

Age Cymru: 0800 022 3444

www.agecymru.org.uk

In Northern Ireland, contact

Age NI: 0808 808 7575

www.ageni.org

In Scotland, contact **Age Scotland** by calling Silver Line Scotland: 0800 470 8090 (This is a partnership between The Silver Line and Age Scotland)

www.agescotland.org.uk

The evidence sources used to create this guide are available on request. Contact resources@ageuk.org.uk

Alzheimer's Society

Offers advice, information and support in England and Wales to people with dementia, their families and carers through its helpline and local branches.

Helpline: 0300 222 1122

www.alzheimers.org.uk

www.alzheimers.org.uk/wales

www.alzheimers.org.uk/northernireland

In Scotland, contact **Alzheimer Scotland**

Helpline: 0808 808 3000

www.alzscot.org

Disability Action

Charity offering a range of services for people living in Northern Ireland, including driving mobility assessments through its Mobility Centre.

Tel: 028 9029 7880

www.disabilityaction.org

Disability Rights UK

Disability rights organisation providing information on living independently with a disability.

www.disabilityrightsuk.org

Disabled Living Foundation

Runs an equipment demonstration centre and provides information about equipment for daily living.

Tel: 0300 999 0004

www.dlf.org.uk

Disabled Motoring UK

Provides advice on driving, vehicle adaptation and the Blue Badge scheme.

Tel: 01508 489 449

www.disabledmotoring.org

Disabled Persons Railcard

Discount card for train travel for eligible people who have epilepsy, visual or hearing impairments, or receive certain disability benefits.

Tel: 0345 605 0525

www.disabledpersons-railcard.co.uk

Driver and Vehicle Agency Northern Ireland (DVA)

Government agency responsible for licensing and testing vehicles and drivers in Northern Ireland.

Tel: 0300 200 7861

www.nidirect.gov.uk/information-and-services/motoring

Driver and Vehicle Licensing Agency (DVLA)

Government organisation responsible for issuing driving licences. Also offers information on vehicle registration, MOT tests, and buying or selling a vehicle.

www.gov.uk/dvla

Driving Mobility

Has information for disabled people on outdoor mobility. There are also local mobility centres.

Tel: 0800 559 3636

www.drivingmobility.org.uk

Gov.uk

Government website that includes information about driving licences.

www.gov.uk

IAM RoadSmart

Road safety charity offering mature driver programmes and an advanced driving test.

Tel: 0300 303 1134

www.iamroadsmart.com

Mobility Choice

Charity responsible for organising an annual national Mobility Roadshow for people with mobility problems. For further information email info@mobilityroadshow.co.uk

www.mobilityroadshow.co.uk

Motability

Enables disabled people to exchange their Higher Rate Mobility Component of DLA, Enhanced Rate of the Mobility Component of PIP, or War Pensioners' Mobility Supplement to obtain a new car, powered wheelchair or scooter.

Tel: 0300 456 4566

www.motability.co.uk

National Express

National organisation for coach travel across the UK. You can book tickets for coach journeys via their website or customer contact centre and find out more information about their Senior and Disabled Coachcards.

Tel: 0871 781 8181

www.nationalexpress.com

National Rail Enquiries

National helpline and website giving details of train timetables and tickets. You can also book tickets for train journeys through the website.

Tel: 03457 48 49 50
www.nationalrail.co.uk

NI Direct

Government website that includes information about driving.

www.nidirect.gov.uk

Rica

Research charity publishing independent reviews of equipment for older and disabled people.

Tel: 020 7427 2460
www.rica.org.uk

Royal Society for the Prevention of Accidents (RoSPA)

Charity providing advice about road safety and accident prevention. Offers experienced driver assessments. They also have a website dedicated to older drivers.

Tel: 0121 248 2000
www.rospa.com
www.olderdrivers.org.uk

Senior Railcard

Discount card for train travel for over-60s. You can visit the website or apply for one at any main railway station.

Tel: 0345 3000 250
www.senior-railcard.co.uk

Skype

Software enabling you to make free video calls via the internet, and calls to phone lines.

www.skype.com

UK Online Centres

Network of local centres helping people to master basic computer and internet skills.

Tel: 0800 77 1234

www.ukonlinecentres.com

Welsh Government

Provides information on a variety of subjects and services, including the concessionary bus pass and Blue Badge Scheme in Wales.

Tel: 0300 060 4400

www.gov.wales

Can you help Age UK?

Please complete the donation form below with a gift of whatever you can afford and return to: Age UK, Tavis House, 1-6 Tavistock Square, LONDON WC1H 9NA. Alternatively, you can phone 0800 169 87 87 or visit www.ageuk.org.uk/donate. If you prefer, you can donate directly to one of our national or local partners. Thank you.

Personal details

Title:	Initials:	Surname:
Address:		
Postcode:		
Tel:	Email:	

By providing your email address and/or mobile number you are agreeing to us contacting you in these ways. You may contact us at any time to unsubscribe from our communications.

Your gift

I would like to make a gift of: £

I enclose a cheque/postal order made payable to Age UK

Card payment

I wish to pay by (please tick) MasterCard Visa CAF CharityCard
 Maestro American Express

(Maestro only)

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	Signature X
Expiry date	/	Issue no. (Maestro only)	<input type="text"/>	<input type="text"/>		

Gift aid declaration

(please tick) Yes, I want Age UK and its partner organisations* to treat all donations I have made for the four years prior to this year, and all donations I make from the date of this declaration until I notify you otherwise, as gift aid donations. I confirm I pay an amount of income tax and/or capital gains tax at least equal to the tax that the charity will reclaim on my donations in the tax year. Date: ___/___/___ (please complete). *Age Cymru, Age Scotland and Age NI



The Age UK Group may use the information you have supplied to tell you about our other charitable services or to ask you to support our work. Age UK (registered charity no 1128267) comprises the Charity, its group of companies and national partners (Age Cymru, Age Scotland & Age NI). If you would prefer not to hear from us do let us know by phoning 0800 107 8977 or by writing to us at our registered address. The registered address is Tavis House, 1-6 Tavistock Square, London WC1H 9NA.

Supporting the work of Age UK

Age UK aims to enable all older people to love later life. We provide vital services, support, information and advice to thousands of older people across the UK.

In order to offer free information guides like this one, Age UK relies on the generosity of its supporters. If you would like to help us, here are a few ways you could get involved:

1 Make a donation
To make a donation to Age UK, simply complete the enclosed donation form, call us on **0800 169 8787** or visit **www.ageuk.org.uk/get-involved**

2 Donate items to our shops
By donating an unwanted item to one of our shops, you can help generate vital funds to support our work. To find your nearest Age UK shop, visit **www.ageuk.org.uk** and enter your postcode into the ‘What does Age UK do in your area?’ search function. Alternatively, call us on **0800 169 8787**

3 Leave a gift in your will
Nearly half the money we receive from supporters come from gifts left in wills. To find out more about how you could help in this way, please call the Age UK legacy team on **020 3033 1421** or email **legacies@ageuk.org.uk**

**Thank
you!**

What should I do now?

For more information on the issues covered in this guide, or to order any of our publications, please call Age UK Advice free on **0800 169 65 65** or visit www.ageuk.org.uk/travelandlifestyle

Our publications are also available in large print and audio formats.



The Age UK Group offers a wide range of products and services specially designed for people in later life. For more information, please call **0800 169 18 19**.

If contact details for your local Age UK are not in the box below, call Age UK Advice free on **0800 169 65 65**.

