

## Who can help me?

Drive me to places?

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Give me support?

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It is useful to put both names  
and contact numbers on this  
page

## Useful Information

### Travel links

[www.national-express.com](http://www.national-express.com)  
0871 781 8181

[www.the-trainline.com](http://www.the-trainline.com)

### Community Car Schemes

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Dial a Ride

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### Organisations who can help

Mobility Centre contact details



## Driving Retirement Plan

Supporting you with  
changes in mobility



**Driving Mobility**

[drivingmobility.org.uk](http://drivingmobility.org.uk)  
[info@drivingmobility.org.uk](mailto:info@drivingmobility.org.uk)  
0800 559 3636

Planning and trying alternatives to driving before you have to stop driving are proven to make the transition more successful. Keeping independent in a different way is key to success.

### How will I know when to stop?

**Some common signs include:**

- Family make comments
- Other drivers seem intolerant hooting horn or gesticulating
- Hitting kerbs
- Using a co-pilot
- Confusion at exits /junctions
- Drifting across lanes
- Failure to notice road signs

### Independent assessment

Is available at Driving Mobility Centres across the country, the specialists in driving assessments. Includes: a full cognitive, physical and visual assessment by qualified professionals. On and off-road assessment with a comprehensive report recognised by DVLA and the NHS.

### Where do I want to go?

- 1.
- 2.
- 3.
- 4.

### How do I get there?

- 1.
- 2.
- 3.
- 4.

### Where do I need to go?

- 1.
- 2.
- 3.
- 4.

### How could I get there?

- 1.
- 2.
- 3.
- 4.

## My Local Transport Services

### Bus Services

### Taxi Companies

### Community Transport