

Driving, Mobility & Staying Healthy at 60+



Are you 60 or older?



Do you want to keep your independence as you age?

Are you worried you may become a burden to others over time?

Are you concerned about having the support you might need to maintain independence as you age?

Or do you have concerns about an older family member who needs help getting around?

Getting where you need to go safely on a daily basis is something many of us take for granted. But evidence shows that we may lose our mobility as we age.



MOBILITY: Your ability to get places you need to go safely—from driving to walking to getting in and out of bed



We are all at risk for losing our mobility. But you don't have to!

Take this short assessment and learn how you can protect yourself—or **someone you love**—now!

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FOR YOU OR SOMEONE YOU LOVE...

Take 5 minutes to answer these questions to see how you or **someone you love** are doing across the different aspects of life that can affect your mobility as you age.

Thinking about your life today, how would you rate yourself on the following?

TODAY	This is a problem for me	This is a problem for a loved one
Driving yourself to places you need to go	<input type="checkbox"/> YES	<input type="checkbox"/> YES
Getting places, like the doctor's, when you are unable to drive yourself by taking public transportation or using a community service	<input type="checkbox"/> YES	<input type="checkbox"/> YES
Getting places when you are unable to drive yourself by arranging a ride from a family member or friend	<input type="checkbox"/> YES	<input type="checkbox"/> YES
Doing everyday activities such as preparing meals and grocery shopping	<input type="checkbox"/> YES	<input type="checkbox"/> YES
Affording public transportation or assistive services to get places you need to go	<input type="checkbox"/> YES	<input type="checkbox"/> YES
Keeping your balance and flexibility	<input type="checkbox"/> YES	<input type="checkbox"/> YES
Managing multiple medications safely so as to not impair your driving	<input type="checkbox"/> YES	<input type="checkbox"/> YES
Remembering things—having good short-term and long-term memory	<input type="checkbox"/> YES	<input type="checkbox"/> YES

Which of these are you concerned about being a problem in the future?

IN THE FUTURE	I'm concerned for myself	I'm concerned for a loved one
Driving yourself to places you need to go	<input type="checkbox"/> YES	<input type="checkbox"/> YES
Getting places, like the doctor's, when you are unable to drive yourself by taking public transportation or using a community service	<input type="checkbox"/> YES	<input type="checkbox"/> YES
Getting places when you are unable to drive yourself by arranging a ride from a family member or friend	<input type="checkbox"/> YES	<input type="checkbox"/> YES
Doing everyday activities such as preparing meals and grocery shopping	<input type="checkbox"/> YES	<input type="checkbox"/> YES
Affording public transportation or assistive services to get places you need to go	<input type="checkbox"/> YES	<input type="checkbox"/> YES
Keeping your balance and flexibility	<input type="checkbox"/> YES	<input type="checkbox"/> YES
Managing multiple medications safely so as to not impair your driving	<input type="checkbox"/> YES	<input type="checkbox"/> YES
Remembering things—having good short-term and long-term memory	<input type="checkbox"/> YES	<input type="checkbox"/> YES

If you put a checkmark in any of the shaded columns above, please read on to see how to protect your ability to get where you want to go now, and as you age.

DRIVING, MOBILITY, & STAYING HEALTHY AT 60 +

Staying healthy and active, being social and connected, and having a plan will give you the best chances of maintaining your freedom to get places you need to go as you age.

CHECK OUT OUR TIPS AND RESOURCES:

STAY HEALTHY & ACTIVE



QUICK TIP

START WITH SMALL STEPS, LIKE STRETCHING!

- Begin a program to improve balance and coordination; increase your flexibility and strength. **How?** Talk with your doctor and check with your community or senior center about programs in your area that may help.
- Talk with your doctor or healthcare provider about physical health problems and concerns, medications, memory, and vision and health tests. **How?** Call your doctor or healthcare provider .
- Complete a fall prevention checklist to identify hazards and learn tips for safety in your home. **How?** Call 1-800-CDC-INFO and ask for a checklist (or go to <http://www.cdc.gov/>).
- Take a driving refresher course. **How?** Call AARP, 1-888-OURAARP, 888-687-2277 (www.aarp.org) or AAA, 1-800-AAA-HELP, 800-222-4357, (www.aaa.com).
- Consider making changes in your home to meet your needs (like adding support bars in the bathtub or removing a rug that may cause you to fall). Find people who can help you with home chores, repairs and modifications. **How?** Call the Eldercare Locator to find local counselors, 1-800-677-1116, www.eldercare.gov.
- Access local and national programs and resources on healthy aging. **How?** Contact the National Institute on Aging by exploring www.nia.nih.gov/.

STAY SOCIAL & CONNECTED



QUICK TIP

GET UP AND WALK AROUND THE BLOCK—YOU'LL GET EXERCISE & SOCIAL INTERACTION WITH YOUR NEIGHBORS!

Socialize!

- Volunteer in the community. **How?** Call 2-1-1, a service by United Way that can connect you with local groups and organization (www.211.org).
- Enjoy a hobby or past-time or learn to do something new. **How?** Ask about groups or classes at the local recreation center, senior center or community college.
- Reach out to family, friends and neighbors and tell them what you need emotionally, like a weekly coffee date and time to catch up. **How?** Send an email, make a call, or join a social networking site like Facebook to reconnect.
- Get involved with your local senior center. **How?** Go to lunch at the center, join in a game of cards, take a class or just call to learn about their programs.

Take care of your emotional health!

- Talk to a counselor or therapist if you are feeling sad a lot. **How?** Call the Eldercare Locator to find local counselors, 1-800-677-1116, www.eldercare.gov.
- Contact a local church, synagogue or other spiritual center.

Get out there!

- Take advantage of local transportation services like volunteer driver programs, paratransit (door-to-door or curb-to-curb), public buses, and transportation voucher programs.
- Family, friends and neighbors can help you get where you need to go.

DRIVING, MOBILITY, & STAYING HEALTHY AT 60 +

Now that you know what you can do to protect your mobility as you age, make a plan!

HAVE A PLAN



Some practical things to consider as you make your plan:

- Are you staying in your current home or perhaps downsizing or moving over the next 10 years?
- How walkable are your sidewalks?
- How close are grocery stores?
- Can you easily get to public transit, like the bus?
- How easy would it be to get to your doctor without a car?

MY PLAN

1. I'll stay active and healthy by _____
(example: walking around the block 4 times a week)
2. I'll stay social and connected by _____
(example: taking a hobby class at the community center)
3. I'll plan for the future by _____
(example: mapping the buses to my doctor's office)