

## Driving: A Sensitive Issue

Not everyone with dementia is incapable of driving safely. For some individuals, however, driving a motor vehicle may put the person and the public at risk. The following tips can help to ensure their safety and the safety of others:

- Monitor the person's ability to drive safely. Keep track of their ability to make good judgments, react quickly, recall the rules of the road and to reach their intended destination.
- Medical assessments can determine the progression of the disease and the changes that will affect a person's ability to safely drive.
- Your family doctor can assist in determining if the person is no longer safe to drive.
- Your family doctor can make a referral for a driving assessment to Drive Able (252-2243), where experienced individuals conduct computerized and physical driving tests.
- Have a discussion with the person, before they need to stop driving, about when and why they need to drive and explore other alternatives.

## Transportation Alternatives

The following are some alternate modes of transportation for those who are unable to drive or who wish to explore other methods of getting around the city.

### Calgary Transit

Public transportation is for those individuals who cannot or choose not to transport themselves. Calgary Transit is a cost effective alternative.

**Senior annual pass: \$35.00**

**Contact: 262-1000**

### Access Calgary

This is a door to door, shared ride transportation service for Calgarians with disabilities.

#### Who Is Eligible?

Access Calgary provides transportation services for Calgarians who may not always be able to use Calgary Transit buses or C-Trains.

**Contact: 537-7770**

### Escorted Transportation:

#### **Volunteer Drivers through Calgary Senior Resource Society (CSRS)**

Seniors who are physically unable to drive or too frail to rely on public transportation can call Escorted Transportation for assistance. CSRS volunteers will pick-up seniors at their door and accompany them to doctor appointments, banking, or grocery shopping. Volunteers stay with clients during the entire outing to provide assistance and support.

**Contact: 266-6200**

