In the driving seat
What you need to know to stay driving for longer

Travel & lifestyle
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**Introduction**

Many of us enjoy the freedom and independence that driving gives us, and often we don’t want to give it up. Negative stories in the media about older drivers 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 renewal form should be sent to you automatically by the DVLA and renewal is free of charge.

In Northern Ireland, you’ll be used to renewing your driving licence every ten years. However, once you are 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 will then need to apply to the Driver and Vehicle Agency (DVA) to renew it.

However, some medical conditions that older people sometimes develop may affect your driving ability, and you must report certain 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 this. It also gives advice about how to decide when it’s time to stop and find alternative ways to get out and about.
Throughout this guide you will find suggestions for organisations that can offer further information and advice about your options. Their contact details can be found in the ‘Useful organisations’ section (see pages 26-30). Contact details for organisations near you can usually be found in the local phone book. If you have difficulty finding them, your local Age UK should be able to help (see page 26).

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

**Key**

- ![](image) This symbol indicates where information differs for Scotland, Wales and Northern Ireland.
- what next! This symbol indicates who to contact for the next steps you need to take.
Renewing your licence from 70

Once you reach the age of 70, you’ll need to renew your driving licence if you want to continue driving and then every three years afterwards. The DVLA will send you a D46P application form 90 days before your 70th birthday. In Northern Ireland, the DVA will send you a DL1R application around two months before your licence expires.

In England, Wales or Scotland, if your driving licence is a photocard, fill in the D46P form and return it to the DVLA (see page 28) with both parts of your current driving licence – the photocard and its paper counterpart. You may also need to include a new passport-type photo – the form will tell you if you need to do this.

If your driving licence is a paper licence, fill in the D46P form and enclose your current licence, a passport-type photo, and an original document showing proof of your identity. This could be your passport, the official letter confirming your eligibility for the State Pension, or your biometric residence permit (formerly known as the identity card for foreign nationals).

Remember, you can renew your licence online via the Gov.uk website (see page 28). 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, fill in the DL1R form and return it to the DVA with your photocard driving licence and counterpart. You must include a new passport-type photo, which must be signed and dated on the back by someone in a post or profession listed by the DVA. For a full list of people who can sign your photo, visit the NI Direct website (see page 29).

If you don’t receive the reminder application forms, call the DVLA form ordering service or go to the Post Office and ask for a D1 form ‘Application for a Driving Licence’. In Northern Ireland, call the DVA form ordering service. Remember that if your licence expires and you do not apply for a new one, you will not legally be allowed to drive.

When you fill in the form, you will be asked to mention any medical conditions you have and confirm whether you can meet the eyesight standards for driving (see ‘Declaring health conditions’ on pages 6–7). If you need glasses to drive, the code 01 will be added to the back of your photocard licence.

If you drive anything other than a car, for example, a campervan or a minibus, the rules around licences changed in 1997. Contact the DVLA to find out if yours is still valid.

For more information about renewing your driving licence, pick up booklet D100 Driving licences from your local post office or see Renewing your licence at 70 plus on the Gov.uk website (see page 28). 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 driving, 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. 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. It’s a legal obligation for you to declare certain conditions. If you have an accident where your health condition may have been a factor and you haven’t declared it, you could be 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.

Other health conditions may need to be declared, depending on what kind of licence you have and how the condition affects you. For a full list of medical conditions and disabilities you must declare, check the Gov.uk website at www.gov.uk/health-conditions-and-driving or read the DVLA’s D100 Driving licences booklet. For example, you may need to declare if you’ve had a stroke or have cancer, depending on how it affects you.
In Northern Ireland, find out which medical conditions you must declare and how to declare them by contacting the DVA or by visiting www.nidirect.gov.uk

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 or eyesight test.

Having a medical condition doesn’t always mean that your licence will be taken away from you. You should be able to continue driving if your condition doesn’t affect your ability to drive safely, although you may need some help to adjust or make adaptations to your car (see pages 14–15).

You may be able to retain your licence or be issued with a new one, or you may be issued with a driving licence for one, two or three years and then reviewed again in the future. 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 14–15), or if its medical enquiries confirm you are not fit to drive it can tell you to stop driving.

For more information on medical conditions and how to tell the DVLA, get booklet D100 Driving licences from the Post Office or visit the Gov.uk website. You can also call the DVLA (see page 28). In Northern Ireland, call the DVA (see page 27).
Reassessing your driving ability

If you have developed a medical condition, you may need to have your driving ability assessed (see page 10). Or it may be that you don’t have a medical condition to declare but have decided yourself that you could benefit from an assessment.

If you have a medical condition or disability that makes it more difficult to drive, there may be a way to help you to continue driving, for example, with the aid of suitable vehicle adaptations. A Mobility Centre can advise you on the best options for your particular circumstances (pages 14–15).

The DVLA can refer you to a Mobility Centre for an assessment, which the DVLA will pay for, but there may be a long wait. It can be quicker to refer yourself but you will have to pay – the cost varies depending on the centre. In Northern Ireland, assessments are carried out at the charity Disability Action’s Mobility Centre.

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. In this case, you will need to reapply for your licence if and when you are able to drive safely again. The licensing body will provide you with a medical explanation and, if possible, state when you should reapply. Talk to your GP before reapplying for your licence.
To reapply, you need to get a D1 application form from the Post Office. In Northern Ireland, get a DL1R form from the DVA form ordering service.

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, they may be able to suspend your insurance rather than cancel it.

For more information on Mobility Centres and to find your nearest one, contact the Forum of Mobility Centres (see page 28).
What will happen at my Mobility Centre assessment?

When you go for your assessment, the staff at the Mobility Centre will talk to you to see what issues and concerns you, your doctor or family members have. They will then assess you for your driving ability, for potential car adaptations, or for both. Remember, the driving assessors are not trying to catch you out – if it’s at all possible, they’ll find a way to help you to continue driving.

The driving ability assessment will include:

• a physical assessment to see if you can move your arms and legs easily and operate the pedals and other controls
• a cognitive assessment to test your reactions
• a visual assessment to check your eyesight.

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 instructor will recap on everything and help you to plan any changes.

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 instead of 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 14–15.
**Boosting your confidence**

If you don’t have a medical condition or disability but you want to feel more confident driving, you can book an experienced driver assessment through the Royal Society for the Prevention of Accidents (RoSPA). There will be a cost for this – for more information, call RoSPA (see page 30).

Alternatively, contact the Institute of Advanced Motorists (IAM) (see page 28) and ask for details and costs for the Skill for Life advanced driving course.

Your local council may also offer free or low-cost assessments. You shouldn’t see this type of assessment as a test – it’s an opportunity to get advice on how to improve your driving.

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**The driving assessors are not trying to catch you out – if it’s at all possible, they’ll find a way to help you to continue driving.**
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 8–9).

You may consider driving in conditions that don’t cause you anxiety, for example, at quieter times of day or during daylight and on less busy, familiar routes. Plan your route before you set off and give yourself plenty of time. In addition, you could avoid driving in bad weather unless it’s absolutely necessary. You could also 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 14–15). Just choosing a smaller model might make all the difference to your confidence and could be more comfortable for you. For many people, power steering and an automatic gearbox solve many of their issues with driving.
Ensure you have regular eye tests and hearing tests as sight or hearing problems can affect the way you drive. If you’re prescribed glasses for driving, make sure you wear them. Legally, you must be able to read a number plate from a distance of 20.5 metres (67 feet) in order to drive. If you’re taking any medicines, ask your GP or pharmacist whether drowsiness is a side effect and take their advice. 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 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.

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 or buy it from a bookshop.
Adapting your car

If you have a medical condition or disability that makes it difficult to drive, a Mobility Centre should be able to help you decide on some adaptations that are right for you (see page 10). Having the right car can make a big difference. Contact the Forum of Mobility Centres 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 28).

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 the Forum of Mobility Centres, Motability or Ricability to find out what’s available (see pages 28–29).

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 29). (PIP will start to replace DLA from April 2013.)

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 27). The charity Mobility Choice organises an annual Mobility Roadshow allowing people with mobility problems to try out equipment and vehicles and get advice (see page 28).

If your car is an old model, upgrading to a newer one might help. 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.

For impartial information on what to look for when you’re getting a new car, order the Ricability guide Choosing a car (see page 29).
My story

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

Henry, 85, 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 grand-daughter 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’ve always used automatic gears. 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.’
The Blue Badge scheme

If you or your passenger has severe mobility problems, the Blue Badge scheme lets you park nearer to your destination than you might otherwise be able to. It gives you exemption from some parking restrictions and access to designated parking spaces.

The scheme operates differently in England, Wales, Scotland and Northern Ireland and is managed by local authorities. In England, 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 authorities put additional restrictions on Blue Badge holders; check with the local authority in the area you’re travelling to find out what the local rules are. The scheme does not 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).

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. In Scotland, download the leaflet *The Blue Badge Scheme in Scotland* from the Transport Scotland website. 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, your passengers and other drivers.

If your children, grandchildren or partner think 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 have an objective assessment of your driving skills (see page 8).

Make a checklist of things you currently rely on your car for, such as shopping and visiting friends, and think about the alternatives that are available (see page 20).

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 here. But try adding up the amount you spend on car tax insurance, maintenance and petrol 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 mean losing your independence. If you think you’ll have to stop driving in the near future, start researching 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.

If there is public transport available, try out different types and routes to see which you prefer (see pages 21–23). 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.

Driving often isn’t the only way of getting around locally, although the choices you have can vary depending on your area.
**Getting around your local area**

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

In England, you’re entitled to a bus pass, which gives you free off-peak bus travel on local buses anywhere in England. If you live in London, you can apply for a Freedom Pass, which entitles you to free travel at any time of day on the tube, bus, tram and the Docklands Light Railway (DLR).

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 Smartcard, which allows free travel throughout Northern Ireland and the Republic of Ireland. In Scotland, you’re entitled to free local bus and long-distance coach travel. In Wales, you can get a pass offering free local bus travel. You can also use it on some long-distance services.

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 Door-2-Door transport service 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. Most councils have a transport department. Your local library may also have useful information about public transport and other transport schemes.

Consider walking short distances – to your local shops, for example. This will help keep you healthy too.

If you have mobility problems, it might be appropriate to get a mobility scooter for travelling short distances. If you’re considering getting one, a Mobility Centre may be able to give you advice about whether it’s appropriate and offer you an assessment to help you choose the right model. If they can’t help, they’ll put you in touch with another centre that can help. 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 wheelchair. Speak to your GP if you think you could benefit from this.

For longer journeys, some coach companies offer discount cards for older travellers and travelling by train can be a good option (see page 23).

See our factsheet Public transport and concessions for more information about travel concessions. For information about coaches, contact your local tourist information office.
**Travelling by train**

Travelling by train 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 an inexpensive deal. If you’re over 60, it may be worth buying a Senior Railcard, which gives you cut-price train tickets. 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.

In Wales, people aged 60 or over (and disabled people of all ages) living in certain local authority areas can get concessionary fares on particular routes under a scheme run by the Welsh Government. Contact Age Cymru or the Welsh Government for more information (see pages 26 and 30).

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 boarding a train, let the staff at the railway station know in advance.

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

**what next?**
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 for help – many offer training sessions and advice on getting online for older people. UK Online Centres also help people who want to learn simple computer skills (see page 30). Your local library might also offer computer training.

You can download free software called Skype (see page 30). This will allow 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. You can use it to make cheap 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 at a low rate.

Social networking sites aren’t just for younger people. Sites such as Friends Reunited allow you to find old friends and acquaintances you knew at school, clubs or in the armed forces. Anyone can join Facebook and Twitter to stay in contact with friends and family, share photos, and to meet new people at no cost. See our free guide Making the most of the internet for more information about keeping in touch via the internet.
Shopping online can also 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 more information about how to stay safe online.
Useful organisations

Age UK
Age UK provides 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 169 65 65
www.agecymru.org.uk

In Northern Ireland, contact
Age NI: 0808 808 7575
www.ageni.org

In Scotland, contact
Age Scotland: 0845 125 9732
www.agescotland.org.uk
Disability Action
Charity offering a range of services, including information and advice, employment and training support, and driving mobility assessments through its Mobility Centre.

Tel: 028 9029 7880
www.disabilityaction.org

Disabled Living Foundation
National charity providing impartial advice, information and training on daily living aids.

Tel: 0845 130 9177
www.dlf.org.uk

Disabled Motoring UK
National charity representing the interests of disabled motorists, whether they drive a car, a scooter, or another vehicle. Provides advice on driving, vehicle adaptation and the Blue Badge scheme.

Tel: 01508 489 449
www.disabledmotoring.org

Disabled Person’s Railcard
Discount card for train travel for eligible people who have epilepsy, visual or hearing impairments, or are in receipt of certain disability benefits.

Tel: 0845 605 0525
www.disabledpersons-railcard.co.uk

Driver and Vehicle Agency Northern Ireland (DVA)
Government agency responsible for licensing drivers (including taxi drivers) and vehicle operators, the registration of vehicles, and the collection of vehicle excise duty in Northern Ireland.

Tel: 0845 402 4000
www.dvani.gov.uk
Driver and Vehicle Licensing Agency (DVLA)
Government organisation responsible for issuing driving licences. Also offers information on vehicle registration, MOT tests, tax discs, and buying or selling a vehicle.

Tel: 0300 790 6802
www.dft.gov.uk/dvla

Forum of Mobility Centres
Information for disabled people on outdoor mobility. There are also local mobility centres.

Tel: 0800 559 3636
www.mobility-centres.org.uk

Gov.uk
Government website that includes information about driving licences.

www.direct.gov.uk

Institute of Advanced Motorists
Road safety charity offering a Skill for Life advanced driver programme, and an advanced driving test.

Tel: 0845 126 8600
www.iam.org.uk

Mobility Choice
Charity that organises an annual national Mobility Roadshow for people with mobility problems, giving them the chance to try out equipment and vehicles and to get advice.

Tel: 0845 241 0390
www.mobilitychoice.co.uk
**Motability**
Enables disabled people to exchange their Higher Rate Mobility Component of DLA or War Pensioners’ Mobility Supplement to obtain a new car, powered wheelchair or scooter.

Tel: 0845 456 4566  
www.motability.co.uk

**National Rail Enquiries**
National helpline and website giving details of train timetables and tickets. You can also book tickets for train journeys on the website.

Tel: 08457 48 49 50  
www.nationalrail.co.uk

**NI Direct**
Government website that includes information about driving.

www.nidirect.gov.uk

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

Tel: 0207 250 3222  
Email: radar@radar.org.uk  
www.radar.org.uk

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

Tel: 020 7427 2460  
www.ricability.org.uk
Royal Society for the Prevention of Accidents (RoSPA)
Charity providing advice about road safety and accident prevention. Offers experienced driver assessments.

Tel: 0121 248 2000
Email: help@rospa.com
www.rospa.com

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: 08448 714 036
Email: railcardhelp@atoc.org
www.senior-railcard.co.uk

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

www.skype.com

UK Online Centres
Helps you find local centres that offer training to help people make the most of computers and the internet.

Tel: 0800 77 1234
www.ukonlinecentres.com

Welsh Government
Operates a concessionary rail fares scheme on certain routes within Wales. Also offers information on the Blue Badge Scheme in Wales.

Tel: 0300 060 3300 (English) or 0300 060 4400 (Welsh)
Email: wag-en@mailuk.custhelp.com
www.wales.gov.uk
Can you help Age UK?

Please complete the donation form below with a gift of whatever you can afford and return to: RSXZ-KTTS-KSHT, 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)

Expiry date ___________ Issue no. (Maestro only) ___________

Signature X

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

We will use the information you have supplied to communicate with you according to data protection guidelines. Age UK (registered charity number 1128267) comprises the charity, its group of companies and national partners (Age Cymru, Age Scotland and Age NI). If you would prefer not to hear from them or carefully selected third parties, let us know by phoning 0800 107 8977.
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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.

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