

In the driving seat



How to stay driving
safely for longer

Information written with you in mind.

This information guide has been produced with the help of older people, carers as well as expert peer reviewers.

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What this guide is about

For many people, driving is about more than just getting from A to B. Driving gives us freedom and independence, so the thought of having to give it up can be very difficult.

Getting older doesn't necessarily mean you have to give up driving – there's no legal age at which you have to stop. Unless you have a medical condition that affects your driving, it's down to you to decide whether you're still safe behind the wheel. But there are still things worth considering when thinking about your driving.

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



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

“I’ve been driving for over 60 years but recently I’ve started to think about whether I’m safe to carry on – or if it’s worth the hassle.”

Paul, 84



This guide explains your legal obligations when it comes to driving, including some of the medical conditions you must declare. It explains how and when to renew your licence, and outlines ways to keep driving safely for longer. It also helps you recognise when it’s time to stop driving and outlines other ways to get around.

Next steps



Before you get started, it’s a good idea to have the number for the Driver and Vehicle Licensing Agency (DVLA) handy, as it pops up throughout the guide:

DVLA:

Licensing enquiries – 0300 790 6801

Medical conditions – 0300 790 6806

In Northern Ireland, contact the Driver and Vehicle Agency (DVA) on **0300 200 7861**.

Thinking about your driving

Enjoying driving and being safe on the road have a lot to do with how you feel behind the wheel. Do any of the following sound familiar?

“I don’t drive as often as I used to.”

“My daughter mentioned it might be time to think about whether I should stop driving.”

“I don’t enjoy driving like I used to, but I’d be lost without it.”

“I’ve had a few near misses recently.”

“I think my health is starting to affect my driving.”

You don’t necessarily have to give up driving if these situations sound familiar to you. But it might be a good time to take stock and think carefully about whether you need, or even want, to do it anymore (see ‘Deciding to stop driving’ on page 25).

If you do want to keep driving, this guide suggests changes you can make to help you feel more confident and in control.

Good to know



It’s great to feel confident behind the wheel, but this shouldn’t be the only measure of whether you should keep driving. If you have years of experience, you may still feel confident even if other factors mean it’s time to think about stopping.



Staying safe behind the wheel

Even if you still feel safe behind the wheel, you're required to renew your driving licence when you turn 70, and every three years after that. These renewals can be a good time to start thinking about whether you're still able to drive safely.

Renewing your licence at 70

It's important that you renew your licence when you're required to. If it expires and you don't apply for a new one, you won't legally be allowed to drive. You can renew your licence online, or by filling in a form and posting it to the DVLA. Renewing is free, so you don't need to worry about any extra costs.

Renewing by post

The DVLA should send you a D46P application form 90 days before your 70th birthday, which you'll need to complete and return in order to renew your driving licence by post. If you don't receive a D46P form, you can use the D1 application form, which you can pick up from a post office or go online to order at **GOV.UK**. Postal applications take up to three weeks.

You'll need to send the DVLA a recent passport-style photo with your application. You can check the guidelines for the photo at **www.gov.uk/photos-for-passports**.

Renewing online

Go to **www.gov.uk/renew-driving-licence-at-70** to renew your driving licence online. When you register, you'll be given a user ID code and step-by-step instructions. If you have a valid passport, you don't need to submit a photo. Your new licence should then arrive within one week.



In Northern Ireland, once you're aged 60 or over, any new licence will be valid for three years, or until your 70th birthday, whichever is longer. You'll then need to apply to the DVA to renew it. The DVA should send you a DL1R application form around two months before your licence expires. If you don't receive one, call the DVA form ordering service (page 33).

Next steps



Visit **www.gov.uk/renew-driving-licence-at-70** for more information. In Northern Ireland, for more information visit **www.nidirect.gov.uk/articles/renew-your-driving-licence**.

Declaring medical conditions

When you renew your driving licence, you must declare certain medical conditions and confirm you meet the eyesight standards for driving – this is a legal duty.

The medical conditions you must declare include:

- dementia
- insulin-treated diabetes
- Parkinson's disease
- epilepsy
- a chronic neurological condition (such as multiple sclerosis)
- a condition that affects both eyes, or sight loss in one eye.

You might need to declare other health conditions, depending on your licence type and how the condition affects you. If you're unsure, ask your doctor for advice.

It's understandable to feel reluctant to declare a health issue that could stop you from driving, but it's more important that you and other drivers are safe on the roads.

Next steps

For a full list of medical conditions and disabilities you must declare, visit 'Check if a health condition affects your driving' at **GOV.UK**. In Northern Ireland, contact the DVA (page 33).

Contact Alzheimer's Society for more information about driving and dementia (page 33).



If you're worried about a medical condition you have that isn't listed on the previous page, it's always a good idea to tell the DVLA anyway – even if you haven't noticed any difference in your driving. The same applies if you have a condition that has worsened since your licence was issued.

You might think it can wait until your next renewal, but if you don't declare a medical condition that affects your driving, you could be fined. And if you have an accident where your health condition may have been a factor, you could be prosecuted – and your insurance might not cover you.

You might worry that you'll lose your licence if you tell the DVLA about your condition, but this isn't always the case. There may be changes you can make that will allow you to keep driving.

Good to know

You shouldn't only declare medical conditions when your licence comes up for renewal. If you develop any of these conditions or notice a change in an existing health condition, you should tell the DVLA as soon as possible.



How your licence may be affected

After you tell the DVLA about your medical condition, it'll do one of the following:

- make a decision about whether you're still safe to drive, based on the information you've provided
- ask your doctor or consultant for more information (with your permission)
- arrange for a doctor or specialist to examine you
- ask you to take a driving assessment, eyesight check or driving appraisal (see pages 18-20).

Next steps

To find out more, call the DVLA (page 33) or the DVA in Northern Ireland (page 33).

What happens next?

If the DVLA decides you're safe to keep driving, it may:

- send you a new licence to replace your old one, with a letter stating that you can continue to drive as before
- send you a short-term licence (which is valid for between one and five years, depending on your circumstances)
- send you a licence that says adaptations must be fitted to your car (see page 20)
- send you a temporary driving licence to use during a mobility centre driving assessment (see page 18).

If you're given a new licence, you should return your old one to the DVLA and keep your new one safe.

If there are any changes to your licence or if you do have to make adaptations to your car, then you should tell your insurance provider as soon as possible. If you don't, you could end up with a fine and your policy being void.

If the medical enquiries confirm you're not fit to drive, the DVLA can tell you to stop driving. This can be a real worry, but it doesn't mean an end to your independence – there are still many other ways you can get around (see pages 27-31 for more information).

“I was told I could keep driving, I just needed a few adaptations to my car.”

Mary, 80





Driving safely

Older drivers are generally a safe group on the roads, as experience tends to balance out issues such as slower reactions or stiff joints. But even if you've been driving for decades, there may come a point when experience alone isn't enough to keep you driving safely.

In this section, we outline some of the key things you should consider.

Sight and hearing

It's important to get your eyes tested every two years (or more often, if advised) and your hearing checked frequently.

If you're prescribed glasses or contact lenses to drive, the code 01 will be added to the back of your photocard licence. Legally, you must be able to read a number plate from 20 metres (67 feet) away in order to drive. If you don't meet the legal standards of vision and you have an accident, you may be fined or prosecuted and your insurance might not cover you.

Medicines

Many medicines can affect driving ability. Ask your doctor or pharmacist whether drowsiness is a side effect of any medicines you take and whether you can continue to drive.

Night driving and dazzle

Driving at night can be more dangerous than driving during the day due to limited visibility, potential fatigue, and dazzle from oncoming traffic. Think about whether you really need to travel at night, or if there are alternatives.

If you do need to drive at night, one good tip is to keep your eyes moving. By scanning the road instead of only looking straight ahead, you'll see lights around bends or at upcoming junctions and have a better idea of what's approaching.

If the lights of an oncoming vehicle dazzle you, try not to panic. Glance down towards the left side of the road. You should be able to see the edge of the road or the painted edge line, which will help you keep your path until the vehicle passes.

“I’m extra careful driving at night as the headlights on the new cars seem brighter than ever.”

Frank, 70



Your car

As well as servicing your car regularly and taking it for its annual MOT, you should also consider the following:

- If you bought your car some time ago, is it still suitable for your needs?
- Could you choose an automatic car, or one with features such as power steering, parking sensors and cameras, blind spot mirrors or bigger windows?
- Could some adaptations to your car help?

Your confidence and knowledge

If you change your car, consider having a driver assessment or driver training in your new one – especially if you swap from a manual to an automatic. You can do this if you'd just like to feel a bit more confident on the roads, too – or if you'd like an independent assessment of your driving skills.

Many local councils offer refresher driver training. You can search for schemes near you on the Older Drivers website (page 35) or contact IAM RoadSmart (page 34).

The Highway Code may have changed since you passed your test. Find a copy at **GOV.UK**, at NI Direct in Northern Ireland, or buy one from a bookshop.

Good to know



If you need adaptations to your car, you can try out different options to see what would work for you. There's more information about this on page 20.

But there's a lot more to staying safe on the roads. You should consider your reflexes, coordination and motor skills, too. For example, can you react quickly enough to sudden changes, such as a car pulling out in front of you? Can you still focus on multiple things at once, such as changing gears and looking for oncoming traffic? Do you have any problems turning to check your blind spot?

If you're not sure whether you're still safe on the roads, it might be a good idea to have your driving ability reassessed (see pages 18-20) or to look at alternatives to driving (see pages 27-31).

“I still felt confident behind the wheel but my wing mirrors and bumper beg to differ. It was one scrape too many.”

Terry, 82



Next steps

See the guide **Driving safely for life** from the Research Institute for Disabled Consumers (RiDC) (page 36) or visit Older Drivers (page 35).



Assessment and staying on the road

Having a driving assessment can help reassure you, and those around you, that you're a safe driver.

Driving assessment

The thought of having a driving assessment at a mobility centre can be off-putting. You might feel you don't need an assessment, or feel anxious about having one, but there's really nothing to worry about. It's not a test and there's no 'pass' or 'fail'. Actually, it could help you stay driving safely for longer, and even help you try out adaptations that work for you.

The aim of the assessment is to make sure you and others on the road are as safe as possible, to get you any support you might need, and to help you feel confident again in your driving skills and ability.

Good to know

If you're having your driving ability reassessed due to a medical condition, ask your doctor if you can continue driving while you wait for your assessment.

You might decide that you could benefit from a driving assessment to help you regain confidence and to get advice on how to keep driving for longer. It's a good opportunity to check whether you should still be driving if you're starting to feel unsure behind the wheel.

But the most likely reason for a driving assessment is because the DVLA has suggested you take one, usually following the development of a medical condition.

What does the assessment involve?

The driving ability assessment includes:

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

If you have a health condition or disability that might affect your driving, the trained staff at the mobility centre can assess how this affects your driving and look at how you could keep driving safely.

Who pays for the assessment?

The DVLA will pay for your assessment if you've been asked to take one after you've declared a medical condition. If not, you'll need to pay for it yourself. The cost can vary depending on the centre.



In Northern Ireland, assessments are carried out at Disability Action's mobility centre (page 33).

Outcomes of the assessment

If the assessment shows that a medical condition makes it unsafe for you to drive, the DVLA can tell you to stop driving. You should be provided with a medical explanation as to why the decision has been made.

If it's possible your condition may improve, you'll be advised about when you can reapply for a driving licence. If and when you do reapply, talk to your doctor first, as you'll need to provide medical evidence showing your condition has improved.

If you're told to stop driving altogether, you'll be given details of your right to appeal to a magistrates' court.

Let your insurance provider know if you stop driving. If you're taking some time away from driving because of a health condition rather than stopping completely, your provider may be able to suspend your insurance rather than cancel it.

Adaptations

Keeping you driving safely might just be a case of making a few adaptations. The assessor will decide if any adaptations could help you with driving or getting in and out of your car. If it's decided that adaptations could help you, the assessor will then help you plan any necessary changes. These adaptations can include pedal extensions and switches for windscreen wipers.

The assessment can be really helpful, as you get a chance to try out different types of adaptations to see how they suit you.

Next steps



To find your nearest mobility centre, contact Driving Mobility (page 34).

Henry's story

'Motability helped me work out what adaptations I'd need and met half the costs.'

Henry, 78, had his car adapted to help him continue driving.



'My daughters and granddaughter live quite far away, so it's important for me to drive. And I rely on it in the winter.

'I can't walk very far and I'm recovering from a couple of falls. I was sent to a physio who really helped me, and my GP said it was OK for me to carry on driving.

'I lease a car from the Motability Scheme. 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 supported me in working out what adaptations I'd need and met half the costs, and they cover my tax and insurance because of the benefits I receive. Because of my health, 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.'





Help to keep you on the road

If you have a medical condition or disability that makes it difficult to drive or get in and out of your car, there are ways to make things easier – such as changing your vehicle, making adaptations to it, or using specialist equipment. This might seem like a lot of fuss, but if making a change can help you continue driving safely for longer, it's worth looking into.

The equipment available includes:

- car key holders
- hoists to lift you and your wheelchair
- cushions or swivel seats to help you get in and out.

Contact Driving Mobility (page 34) to find a local mobility centre for advice on suitable vehicles and adaptations, and help returning to driving after an illness.

It's sometimes possible to make modifications to car doors and seats, too. Contact Driving Mobility, Motability or the Research Institute for Disabled Consumers (RiDC) to find out what's available (pages 34-35). Let your insurance provider know if you make any adaptations to your car, as it could affect your policy.

Motability Scheme

If you receive the high rate mobility component of Disability Living Allowance (DLA), the enhanced rate mobility component of Personal Independence Payment (PIP), or the War Pensioners' Mobility Supplement, you can use your mobility allowance to lease a car, wheelchair or scooter at an affordable price through the Motability Scheme, run by the charity Motability (page 34).

You might also get VAT relief on the cost of leasing and adapting your car. Motability holds open days called One Big Day – call the helpline for more information (page 34).

“I thought I was going to have to stop driving, but with a few adaptations I can still drive when I need to.”

Kate, 78



Next steps



Order the **Choosing a car** guide from the Research Institute for Disabled Consumers (RiDC) (page 35).

The Blue Badge scheme

If you or a passenger in your car have reduced mobility or other disabilities, the Blue Badge scheme allows you to park nearer to where you need to be. It operates differently in England, Wales and Northern Ireland, and is managed by local councils. If you have a Blue Badge, you're exempt from certain parking restrictions and can use designated parking spaces that are more convenient.

The Blue Badge scheme has been extended to people with 'hidden' disabilities such as mental health conditions, too.

In England and Wales, Blue Badge holders are 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, so always check with the council in the area you're travelling to. The scheme doesn't apply in certain London boroughs, which offer their own parking concessions.

Next steps



You can apply for or renew a Blue Badge online at **GOV.UK** (page 34) or contact your local council for an application form.

You can also download **The Blue Badge scheme: rights and responsibilities in England** at **GOV.UK**, or the Welsh version at **GOV.WALES**. In Northern Ireland, there's information on NI Direct (page 35).



If you stop driving

You might have been told to stop driving, or you might have made the decision yourself. Whatever the reason, it can be difficult to get used to not driving – so take the time you need to adjust.

Deciding to stop driving

If your driving skills aren't what they used to be or you aren't as confident on the road, it could be time to think about stopping driving.

It's not always easy to know when you've reached this point. It can be a really hard decision to make. But there are alternatives available – so you can still get out and about.

If the decision has been taken out of your hands and you've been told by the DVLA or your doctor it's time to stop driving, you must do so immediately.

It might be that a loved one has suggested it's time to stop. Ask them to explain why, and try and ask yourself: would you want them driving if you didn't think it was safe? It's likely that they're just trying to look out for you.

But if you want a second opinion or think you're still OK behind the wheel, then you can get the input of a professional. You could speak to your doctor, or consider booking yourself in for a driving assessment (pages 18-20).

Giving up driving can be a very personal thing and there's no right or wrong way to feel. If you've been driving for a long time, it can feel like a huge part of your life has been taken away, and it's normal to feel a sense of loss or even frustration. You might worry that you'll become reliant on others and lose a bit of independence because you're unable to do all the things you used to, such as grocery shopping or visiting family and friends.

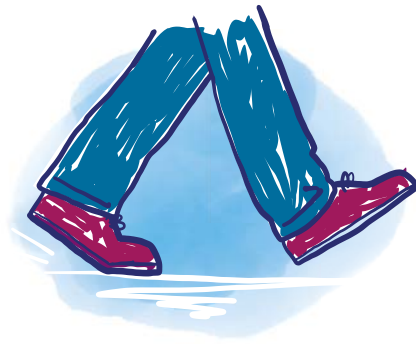
But you might also feel relieved to be free of the responsibility that comes with being behind the wheel, and even of the cost and admin involved in keeping your car on the road.

It's a very difficult decision for many, but it's always better to stop before you become unsafe on the road.

“My daughter looks out for me. She mentioned my driving after a prang at the supermarket. I realised it probably is time to call it a day.”

Rebecca, 87





Other ways to get out and about

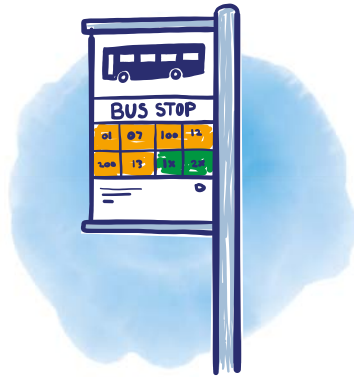
Giving up driving doesn't have to mean giving up your independence. There are many other ways to get around and keep in touch with friends and family. It's a good idea to try these out before you stop driving completely. That way, you'll know what form of transport suits you best and you'll be prepared for any differences you need to allow for, such as timings and costs.

Will using public transport cost more?

You might be worried about the costs or inconvenience of using public transport. But if you add up the amount you spend on car tax, insurance, maintenance and fuel in a year, you'll probably find that using public transport works out the same as, or even less expensive than, running a car. Some public transport is free for older people and there are lots of discounts available for those aged 60 or over.

Next steps

The Older Drivers website (page 35) has a calculator to help you estimate the cost of running your car compared to alternative methods of transport.



Travel by bus

In England, older people and some disabled people are entitled to a bus pass for free off-peak travel on local buses. Qualification is based on State Pension age, but can vary locally.



In Northern Ireland, you can get a 60+ Smartpass offering free travel on buses and trains if you're aged 60 to 64. At 65, you can get a Senior SmartPass, which allows free travel throughout Northern Ireland and the Republic of Ireland.

In Wales, people aged 60 or over 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 travel pass can be used on certain rail services.

Travel by coach

National Express offers a Senior Coachcard for people aged 60 or over. If you're registered as disabled, you can buy a Disabled Coachcard, which will give you the same savings. Contact National Express for more information (page 35).

There's currently no national concessionary scheme for coach travel – but you can ask your local coach operator if it offers discounts.

Travel by train

If you're over 60, you can buy a Senior Railcard. This gives you a third off rail fares and is valid for either one year or three years.

If you receive disability benefits or are registered deaf or visually impaired, you can apply for a Disabled Persons Railcard, giving you and a companion travel discounts (page 33).

Find out if your local council offers a concessionary travel scheme, or contact National Rail (page 35).

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.



Taxi services

You can set up an account with a reputable taxi or private hire car company to make booking and paying for taxis easier. Ask for a regular driver and check whether they'll give you a discount if you use the company frequently.

Some local councils offer taxi token schemes for heavily discounted taxi travel if you're of State Pension age and can't use the bus.

There's also a growing variety of ride hailing services operated via a mobile phone app, which allow you to order a car and pay through your mobile phone.

Community services

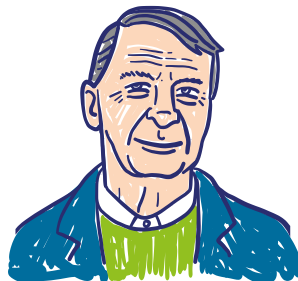
Some areas have Dial-a-Ride minibus services for people who find it difficult to use public transport, or voluntary car schemes where someone will take you where you need to go for a reasonable cost. Many areas also have schemes to help disabled people get to hospital appointments.



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 operate in your area. Your local library might also have information about public transport and other transport schemes.

“It took some getting used to, but I really enjoy hopping on the bus into town.”

Stephen, 73





Mobility scooters

If you have trouble walking, you could get a mobility scooter for travelling short distances. A mobility centre can give you advice and offer you an assessment to help you choose the right model.

Alternatively, you could borrow an electric wheelchair which can be used outdoors from a local NHS wheelchair service. Anyone who needs a wheelchair should have access to a self-propelling one. Speak to your doctor if you think you could benefit from this.

Using the internet to stay connected

Some people worry that they'll lose touch with friends and family when they stop driving, but this needn't be the case. Don't be afraid to ask people to visit you instead. Online technology such as video calling and emailing can help you to stay in touch, too.

The internet can also help you do chores you might once have used your car for, such as shopping and banking. If you aren't confident using the internet, see if your local Age UK or library offers training sessions (page 32) or contact Online Centres Network (page 35).

Useful organisations

Age UK

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

Age UK Advice: 0800 169 65 65

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

www.ageuk.org.uk

In Wales, contact Age Cymru Advice: **0300 303 44 98**

www.agecymru.org.uk

In Northern Ireland, contact Age NI: **0808 808 7575**

www.ageni.org

In Scotland, contact Age Scotland: **0800 124 4222**

www.agescotland.org.uk

Alzheimer's Society

Charity offering advice, information and support to people with dementia, their families and carers through its helpline and local offices.

Dementia Connect support line: **0333 150 3456**

www.alzheimers.org.uk

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

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.

Tel: **0300 790 6801** for licence enquiries or **0300 790 6806** to report a medical condition.

www.gov.uk/government/organisations/driver-and-vehicle-licensing-agency

Driving Mobility

Network of organisations that offer information on outdoor mobility for disabled people. There are 20 main mobility assessment centres in the UK and a number of local centres.

Tel: **0800 559 3636**

www.drivingmobility.org.uk

GOV.UK

Website with details of government services and information. Includes information about driving licences.

www.gov.uk

www.gov.uk/apply-blue-badge to apply for or renew a Blue Badge.

IAM RoadSmart

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

Tel: **0300 303 1134**

www.iamroadsmart.com

Living Made Easy

Charity that runs an equipment demonstration centre and provides information about equipment for daily living.

Tel: **0300 999 0004**

www.livingmadeeasy.org.uk

Motability

Scheme enabling disabled people to lease a car, scooter, powered wheelchair or accessible vehicle with a qualifying mobility allowance.

Tel: **0300 456 4566**

Textphone: **0300 037 0100**

www.motability.co.uk

National Express

National organisation for coach travel across the UK. Book tickets for coach journeys online or over the phone and find out about Senior and Disabled Coachcards.

Tel: **0871 781 8181**

www.nationalexpress.com

National Rail Enquiries

National organisation giving details of train timetables and tickets. 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.

Tel: **0300 200 7818** (Blue Badge Unit)

www.nidirect.gov.uk

www.nidirect.gov.uk/services/apply-or-renew-blue-badge-online to apply for or renew a Blue Badge.

Older Drivers

Website of the Royal Society for the Prevention of Accidents (RoSPA) offering advice for older drivers to help them drive safely for longer.

Tel: **0121 248 2063**

www.olderdrivers.org.uk

Online Centres Network

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

Tel: **0114 349 1666**

www.onlinecentresnetwork.org

Research Institute for Disabled Consumers (RiDC)

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

Tel: **020 7427 2460**

www.ridc.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**

www.rospa.com

Senior Railcard

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

Tel: **0345 3000 250**

www.senior-railcard.co.uk

Welsh Government

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

Tel: **0300 060 4400**

www.gov.wales

www.gov.uk/apply-blue-badge to apply for or renew a Blue Badge in Wales.



† The Age UK network includes the charity, its trading companies and national partners (Cymru, Scotland and NI). We also work closely with local Age UKs. Age UK is a charitable company limited by guarantee and registered in England (registered charity number 1128267 and registered company number 6825798). The registered address is Tavis House, 1–6 Tavistock Square, London WC1H 9NA.

Help us be there for someone else

We hope you found this guide helpful. When times are tough, it's so important to get some support. Did you know you could help us reach someone else who needs a little help? Here's how:

1

Give your views on guides like this

Our Readers' Panel helps make sure the information we produce is right for older people and their families. We'd love you to join. Go to www.ageuk.org.uk/readers-panel.

2

Donate to us

Every donation we receive helps us be there for someone when they need us. To make a donation, call us on **0800 169 8787** or go to www.ageuk.org.uk/donate.

3

Volunteer with us

Our volunteers make an incredible difference to people's lives. Get involved by contacting your local Age UK or at www.ageuk.org.uk/volunteer.

4

Campaign with us

We campaign to make life better for older people, and rely on the help of our strong network of campaigners. Add your voice to our latest campaigns at www.ageuk.org.uk/campaigns.

5

Remember us in your will

A gift to Age UK in your will is a very special way of helping older people get expert support in the years to come. Find out more by calling **020 3033 1421** or visit www.ageuk.org.uk/legacy.

What should I do now?

You may want to read some of our relevant information guides and factsheets, such as:

- **Staying steady**
- **Adapting your home**

You can order any of our guides or factsheets by giving our Advice Line a ring for free on **0800 169 65 65** (8am-7pm, 365 days a year).

Our friendly advisers are there to help answer any questions.

All of our publications are available in large print and audio formats.

There's plenty of really useful information on our website, too. Visit **www.ageuk.org.uk/wellbeing** to get started.

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



0800 169 65 65
www.ageuk.org.uk



Age UK is a charitable company limited by guarantee and registered in England and Wales (registered charity number 1128267 and registered company number 6825798). Registered address: Tavis House, 1-6 Tavistock Square, London WC1H 9NA. Age UK and its subsidiary companies and charities form the Age UK Group, dedicated to helping more people love later life. ID204670 11/21