



# YOUR NEXT STEP

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# WHEN IT'S TIME TO STOP DRIVING

## Checklist: Safe Transition to Other Options

Deciding to stop driving can be tough, but it's an important step toward staying safe and keeping independence. Use this checklist to help guide the conversation and plan ahead.



### 1. WATCHING FOR CHANGES

- Difficulty seeing or reacting quickly
- Getting lost in familiar places
- Increased close calls or accidents



#### Trust the signs.

Noticing changes early helps keep you and others safe.



### 2. TALKING ABOUT IT

- Have a calm conversation with family
- Listen to concerns from others
- Take your time with decisions



#### You're not alone.

Having open and supportive conversations makes a big difference.



### 3. MEDICAL ADVICE

- Speak with a doctor
- Ask about driving safety



#### Professional advice

can help you make the best decision for your health and safety.



### 4. EXPLORING ALTERNATIVES

- Public transportation
- Rides from family or friends
- Community or senior transport services



Many options are available to help you stay independent and connected.



### 5. PLANNING AHEAD

- Create a transportation plan
- Keep important destinations accessible



#### Plan ahead for peace of mind.

A little planning today means easier days ahead.



**Remember:** Giving up driving doesn't mean giving up freedom. It means choosing safety and finding new ways to live life to the fullest. You've got this, and we're here to help every step of the way.



**YOUR NEXT STEP**  
Resources for Life's Transitions



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Helping Seniors and Families Make Confident Decisions for a Better Tomorrow.