

getting by without driving

Who doesn't drive?

If you don't drive, you're in good company. Many people stop driving because of the hassle and expense of auto insurance, car maintenance, and gasoline. Other people stop driving because they feel unsafe on the road. Some people never learned how to drive in the first place!

Although most Americans use their cars to get around, many people get by just fine without one. In this sheet, we suggest ways to get by without driving.

Where can you find a ride?

Here are some ways to get a ride. See which ones work best for you.

- ✓ Ask a friend or relative for a ride. Offer to pay for the gasoline.
- ✓ Take public transportation. Can a train or bus take you where you need to go? Call your regional transit authority and ask for directions.
- ✓ Take a taxicab. To cut down on costs, try sharing a cab with friends and find out if your community offers discounted fares for seniors.
- ✓ Ride a Senior Transit Shuttle. Call your community center or local Area Agency on Aging (AAA) to see if your neighborhood has a shuttle service. (Contact information for the AAA is on the back of this page.)
- ✓ Ask about volunteer drivers. Call your community center, church or synagogue to see if they have a volunteer driver program.
- ✓ Ride a Medi-car. If you need a ride to your doctor's office, call your local Area Agency on Aging to see if a Medi-car can get you there. (Contact information for the AAA is on the back of this page.)

If you can't go out to get something, have it come to you.

Many stores will deliver their products straight to your door.

- ✓ Have your groceries delivered. Many stores deliver for free or for a low fee. You can also ask your family, friends or volunteers from your local community center, church, or synagogue, if they can pick up your groceries for you.
- ✓ Order your medicines by mail. Not only is this more convenient – it's often less expensive, too. Order only from pharmacies that you know and trust.

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- ✓ Have your meals delivered to you. Many restaurants will deliver meals for free or for a low fee. Also, you may be eligible for Meals-on-Wheels, a program that delivers hot meals at a low cost. Call your local Area Agency on Aging for more information about Meals-on-Wheels. (Contact information for the AAA is below.)
- ✓ Shop from catalogs. You can buy almost everything you need from catalogs: clothing, pet food, toiletries, gifts, and more! Many catalogs are now also available on the Internet.

Where can you find more information about services in your area?

The following agencies can provide you with information to get you started:

Area Agency on Aging (AAA)

Eldercare Locator

1-800-677-1116

Call this toll-free number and ask for the phone number of your local Area Agency on Aging (AAA). Your local AAA can tell you more about ride options, Meals-on-Wheels, and senior recreation centers in your area.

National Institute on Aging (NIA)

Resource Directory for Older People

1-800-222-2225

Call this toll-free number and ask the National Institute on Aging (NIA) to send you their Resource Directory for Older People. This 111-page directory lists organizations that provide services for older people.

Putting it all together

Fill out the table below with names and phone numbers of services in your area. Keep this information at your fingertips by placing it next to your phone or posting it on your refrigerator.

Service	Phone Number	Cost
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____