



TRANSPORTATION AND MOBILITY ACTION CHECKLIST

Chapter 11 of *The Complete Eldercare Planner*

MEETING TRANSPORTATION NEEDS	To Do By	Completed
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Implement driver safety precautions

arrange physical exams _____

review medications _____

purchase driving enhancement items _____

discuss safe driving habits _____

suggest driver assessment _____

maintain auto working condition _____

proper insurance in place _____

Monitor elder's ability to drive _____

Prepare for driving-related conversations _____

Suggest transportation options

family & friends _____

professional drivers _____

ride share _____

car pool _____

volunteers _____

healthcare transport services _____

walk _____

bicycle _____

public transportation _____

senior housing with transportation services _____

Lessen the need for elders to drive _____

Minimize isolated and inactivity _____

Know the signs of at-risk driving _____

Implement intervention support if all else fails _____

Know phone numbers of

auto insurance _____

auto club _____

motor vehicle department _____

Obtain copy of your elder's

auto insurance card _____

auto club card _____

PUTTING ABILITY BEFORE DISABILITY

Gain a healthier perspective

review insights list _____

Lessen the negative impact of a chronic illness

access health care professionals _____

research medical advances _____

separate medical problems from psychological problems _____

seek professional counseling _____

join a support group _____

review the Money Matters chapter _____

Help your elder maintain an independent lifestyle

medical goals _____

psychological goals _____

access to professionals _____

environmental barriers removed _____

mobility issues _____

transportation issues _____

elder role models _____

Make use of independent-living products _____

Investigate senior travel outfitters _____

Exercise travel precautions

keep cell phone and charger handy _____

consider trip cancellation insurance_____

make copies of the trip itinerary_____

distribute trip details to family members_____

Make special travel provisions

air travel_____

medical needs_____

accommodations_____