

**TRANSPORTATION AND MOBILITY ACTION CHECKLIST**

**MEETING TRANSPORTATION NEEDS To Do By Completed**

**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 safely** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Prepare for driving-related conversations** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Suggest transportation options**

family and friends \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

professional drivers \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

rideshare \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

carpool \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

volunteer \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

health-care transport services \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

walk \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

public transportation \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

adult housing with transportation services \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Lessen the need for elders to drive** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Minimize isolation 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 older-traveler 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 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

lodging \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏