WELCOME TO THE
FREEWHEELING MOVEMENT
Empowering Older Adults With Choices
WITH JUDI BONILLA
Judi Bonilla, is the author of Freewheeling After Sixty, Design Your Personalized Transportation System. She is the Director of Program Innovation for Advocates For Aging, a podcaster, and the voice of Aging In America on Amazon Alexa.
FACT 1

Unlike Retirement Planning, there is no formal transportation planning. Or insurance such as Social Security.
ABOUT US

Our aim is to reframe the stereotypes about driving and embrace the concept of a transportation network. Drive as long as you can do so safely and also identify and experience transportation alternatives.

* The Power of Self-Awareness
* Driving Habits
* Building And Using Social Capital
* Transportation Resources
* Aging In Community
FACT 2

94% of Adult Children Say the Car Keys Conversation is Uncomfortable
Visualization Exercise

- Older Driver Sensitivity
- 2 Part Exercise
FACT 3

Less than 1/3 of Older Drivers are aware of the Potential Impact of Medications on Their Driving
DRIVING HABITS

TUNE-UP & MAINTENANCE

• HEALTH
• KNOWLEDGE
• SKILLS

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Driving Habits and Health

• Medication Review

• Fall Prevention

• Eye Exam

• Hearing Screening and Testing
Driving Habits and Knowledge

Four Generations of Drivers

• Car-Fit

• AARP or AAA Safe Driver Programs
Driving Habits and Skills

• SilverSneakers

• Geri-Fit
SOCIAL CAPITAL

COMMUNITY CONNECTIONS

• FAMILY
• NEIGHBORHOOD
• COMMUNITY

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Social Capital and Community Connections

• Family
  – “I’m interested in going to an event (time frame) it starts at (exact time) is it possible for you to take me or join me? I’m not comfortable driving there.”

• Community
  – “I’m interested in going to the community meeting (next week) at (7 PM ) is it possible for you to take me or join me? I’m not comfortable driving there at night.”
25% of adult children say they will avoid having the car keys conversation. Despite their safety concerns.
TRANSPORTATION Programs

A. Volunteer Driver
B. Taxi Scrip
C. Shopping Shuttle
D. Travel Training
FACT

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The Ability to Drive Decreases or Ends in the Last Decade of Life
ALTERNATIVE TRANSPORTATION

Designated Driver  Home Health  Ridesharing

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AGING IN COMMUNITY

AGE-FRIENDLY COMMUNITIES

THE VILLAGE MOVEMENT

PUBLIC POLICY

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