WELCOME TO THE

FREEWHEELING MOVEMENT

Empowering Older Adults With Choices

WITH JUDI BONILLA

PRESENTER

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

YOU

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

YOU
SKILLS
HEALTH
KNOWLEDGE

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."

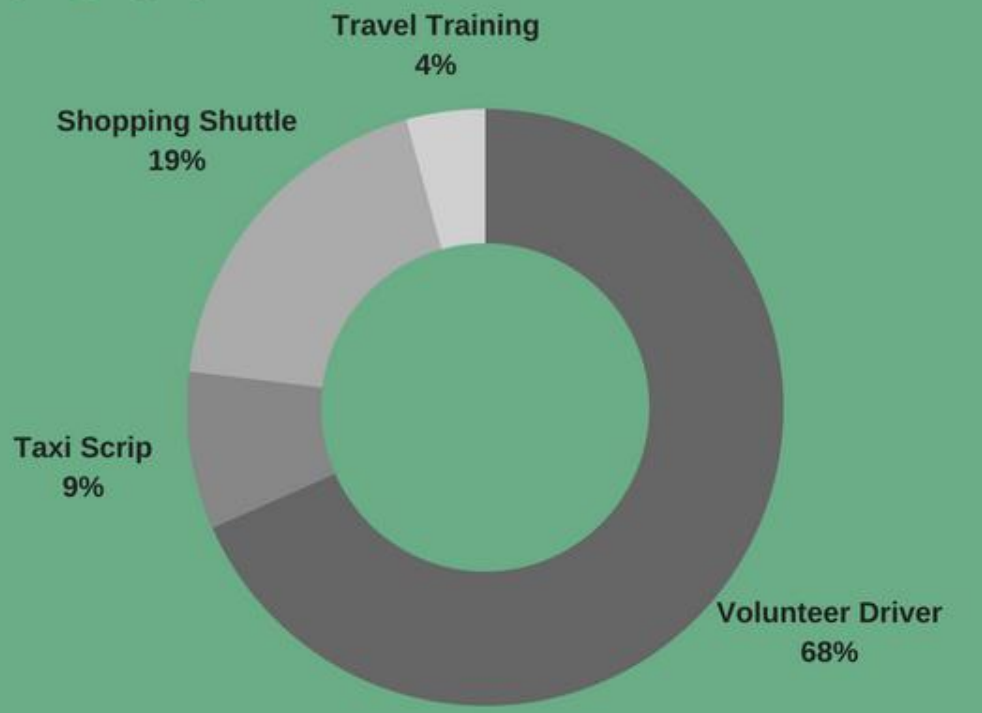
KNOWLEDGE
HEALTH
NEIGHBORHOOD
YOU
SKILLS
FAMILY
COMMUNITY

FACT

5

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

SHUTTLE
TAXI SCRIP
VOLUNTEER DRIVER
TRAVEL TRAINING
FAMILY
YOU
HEALTH
KNOWLEDGE
SKILLS
NEIGHBORHOOD
COMMUNITY

FACT

6

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

Designated Driver

Home Health

Ridesharing

ALTERNATIVE TRANSPORTATION

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SHUTTLE
SERVICES
RIDESHARING
TAXI SCRIP
VOLUNTEER DRIVER
HEALTH
KNOWLEDGE
TRAVEL TRAINING
FAMILY
YOU
SKILLS
NEIGHBORHOOD
COMMUNITY

AGING IN COMMUNITY

AGE FRIENDLY

THE VILLAGE MOVEMENT

PUBLIC POLICY

SHUTTLE
TAXI SCRIP
VOLUNTEER DRIVER
RIDESHARING
SERVICES
POLICY
HEALTH
KNOWLEDGE
TRAVEL TRAINING
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AGE FRIENDLY
NEIGHBORHOOD
COMMUNITY
VILLAGES

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