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*I'm 54 now, and my night vision is not great. It made me realize that, as *we gracefully age*, our abilities and circumstances change, and one significant aspect that might undergo transformation is our capability to drive. Losing a driver's license due to age can be a challenging transition, but with thoughtful planning, it's possible to maintain independence and stay connected to the community. Planning ahead of time makes the transition easier, if you find yourself in this situation.*

1. Early Assessment:

Take a proactive approach by regularly assessing your own driving abilities. Be honest about any changes in vision, hearing, or overall health that may impact your safety on the road. If you notice any concerns, it's crucial to address them promptly

2. Research Alternative Transportation Options:

Explore the various transportation alternatives available in your community. Investigate public transportation options, community transportation services, and senior-friendly ride-sharing programs. Familiarize yourself with their schedules, routes, and booking processes.

3. Connect with Local Senior Services:

Many communities have dedicated services for seniors, offering support in various aspects of daily life. Reach out to local senior centres, social services, or government agencies to inquire about available resources, programs, and assistance with transportation.

4. Develop a Social Support Network:

Maintaining a strong social network is essential for emotional well-being. Discuss your situation with friends, family, and neighbours. Having a reliable support system can make the transition smoother and may lead to discovering new opportunities for social engagement.

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5. Review Financial Considerations:

Evaluate the financial aspects of not driving, such as the cost of alternative transportation methods. Consider budgeting for public transportation, ride-sharing services, or any potential home modification expenses to accommodate your changing needs.

6. Stay Informed About Legal Requirements:

Understand the regulations regarding driving restrictions for seniors in your province. Stay informed about any mandatory testing or assessments that may be required as you age.

7. Explore Technological Solutions:

Embrace technology to enhance your independence. Consider using ride-sharing apps, grocery delivery services, and other technological solutions that make daily tasks more manageable. Learning to use these tools can be empowering and increase your overall quality of life.

8. Engage in Hobbies and Activities:

As you transition from driving, focus on exploring new hobbies and activities that don't rely on transportation. Join clubs, classes, or social groups in your community to stay active and engaged.

9. Maintain a Healthy Lifestyle:

Prioritize your health by practicing a healthy lifestyle. Regular exercise, a balanced diet, and regular medical check-ups contribute to overall well-being and can positively impact your ability to adapt to lifestyle changes.

10. Seek Professional Advice:

If you're uncertain about the steps to take or need guidance specific to your situation, consider consulting with professionals such as occupational therapists, social workers, or transportation specialists. They can provide personalized advice and resources.

Remember, losing your driver's license due to age is not the end of the road; it's a new chapter. By planning ahead and embracing change, you can navigate this transition with confidence and continue to lead a fulfilling and independent life.