



Thriving Without Driving

Activities Booklet

This activities booklet is intended to be used in conjunction with the Thriving Without Driving Interactive Learning. The Interactive Learning focuses on supporting people who are considering retirement from driving, are currently retiring from driving, or have already retired from driving.

Access the Interactive Learning here:

<https://thrivingwithoutdriving.com.au/activities/>

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Activity 1: What do you value about driving?

When considering stopping driving, it can be useful to start by thinking about what you value about driving in the first place. What does driving enable you to do? What does driving afford you?

Use the space below to write down what you value about driving.
Some common examples are provided to get you started.

<i>Independence to go places</i>	<i>Ability to visit friends and family</i>



Activity 2: Thoughts and feelings about driving retirement

Stopping driving is a challenging transition. Research shows the prospect of driving retirement can bring a range of thoughts and feelings. People stopping driving can feel emotions of sadness, anger, or shame, and stopping driving can bring a loss of independence or a sense of dependence on others.

Use the space below to write down what thoughts and feelings you experience when thinking about stopping driving.

Some common examples are provided to get you started.

<i>Loss of freedom</i>	<i>How will I get groceries?</i>
<i>Is public transport an option?</i>	<i>Frustration</i>

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Activity 3: Loss-oriented stressors or restoration-oriented stressors?

Driving retirement can be considered as a significant loss. When processing a loss, we often experience two types of stressors – loss-oriented stressors and restoration-oriented stressors. Loss-oriented stressors are related to the loss itself, what you will be letting go of and what driving has meant to you. Restoration-oriented stressors are related to the new ways of doing things without driving, and how you will build new routines in your life.

Using your responses to the previous activity, categorise your thoughts and feelings into loss-oriented or restoration-oriented stressors.

Some common examples are provided to get you started.

Loss-oriented stressors	Restoration-oriented stressors
<i>Loss of freedom</i>	<i>How will I get groceries?</i>

Activity 4: What are your individual warning signs?

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Big life changes can be stressful, and it is important to recognise that having stress levels that are too high for too long can lead to more serious mental health issues. Therefore, it is valuable to be aware of our own warning signs of stress so that we can seek appropriate support when needed.

If you notice any warning signs that you may benefit from more specific support, contact Access Mental Health on 1800 629 354 or 6205 1065, 24 hours, 7 days a week, or talk to your GP, who will assess your needs and may provide a referral. For more information about supporting your wellbeing and mental health, please visit our Wellbeing and Mental Health page on the Thriving Without Driving website here:

<https://thrivingwithoutdriving.com.au/resources/#wellbeing>

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Use the space below to write down your physical, psychological, and behavioural warning signs.

Some common examples are provided to get you started.

Physical	Psychological	Behavioural
<i>Changes in appetite</i>	<i>Feeling numb</i>	<i>Reduced socialisation</i>
<i>Changes in sleep</i>	<i>Feeling frustrated</i>	<i>Stop going out</i>



Activity 5: Identify your support network

Research shows that we are not very good at identifying and using the support systems that are available to us. While medical support systems may be obvious, there are other types of support that can be useful.

Use the space below to identify who could support you when needed. Be as specific as you can (e.g., use names) and even include contact information.
Some common examples are provided to get you started.

Personal	Family	Peer	Medical	Community
Self-care strategies	Children	Close friend	GP	Council on the Ageing (COTA)
Going to a show		Neighbour	Psychologist	



Activity 6: What are the activities that are important to you?

When we know what is important to us, it allows us to take meaningful action in the plans that we make. Some things we need to do because they are tasks for everyday living (e.g., having groceries). Some things we need to do because they bring us joy (e.g., meeting with a close friend for coffee each week). Once we know what is important to us, we can better prioritise how we do these things.

Use the space below to write down the activities that are important to you.

Some common examples are provided to get you started.

Tasks for everyday living	Activities that bring me joy
<i>Having groceries</i>	<i>Meeting a friend for coffee each week</i>



Activity 7: Plan how you can achieve important activities without driving

Planning for how you can achieve the important activities goes a long way to being able to manage the practicalities of stopping driving. There are lots of alternative transport options that can be used to get around instead of driving yourself. A range of these options are provided on the Thriving Without Driving website here:

<https://thrivingwithoutdriving.com.au/resources/#alternative-transport>.

There are also a range of services that you can make use of as alternatives to transport, that is, how you can get things done without needing to go out of the house. A range of these options can be found on the Thriving Without Driving website here:

<https://thrivingwithoutdriving.com.au/resources/#alternatives-to-transport>.



Using some of the activities that are important to you, plan how you can achieve these without driving yourself.

Some common examples are provided to get you started.

Activity	How to achieve the activity
<i>Having groceries</i>	<i>Use supermarket home delivery service</i>
<i>Meeting a friend for coffee each week</i>	<i>Ride the bus to the café, take a taxi or rideshare home</i>