



# WISER WALKER® WISER TRAVELLER



Three 2 hour sessions providing information on a wide range of transport options and support services to promote older people remaining mobile, travelling confidently and safely and staying connected to the community.

In support of Victoria's Road Safety Strategy 2013-2022, Wiser Walker aims to encourage safe road sharing, in particular the safe mobility of all older people. The information focuses on assisting people to make safe travel choices as drivers, pedestrians and users of alternative travel options.

Accessing everyday activities and being part of the wider community is a key part of our well-being and social connectedness. If the car is not an option, quality of life can be considerably reduced- we need to be confident accessing a wide variety of viable transport alternatives.

It is important that older drivers build up a bank of knowledge about travel alternatives long before there is a need to cease driving, to maintain mobility, and minimise the stress and other negative factors associated with important life changes.

## The course covers:

- Getting around without a car
- Safe use of public transport and using Myki with confidence
- Tips for taxi use
- Community transport and support services
- Travel planning and discounted travel passes
- Being a safe pedestrian
- Practical outing using public transport
- Customised to the transport options in your local area
- Promotes health benefits of continuous exercise and social interaction
- Up to date information
- Travel safely and confidently in your community

Enquire about joining a class  
near you, contact us via

Phone: 03 9819 2629

or

Email: [info@hch.org.au](mailto:info@hch.org.au)