



# WISER WALKER<sup>®</sup> 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, Wisser 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

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# Overview of the Wiser Walker Wiser Traveller course

There are 3 sessions of 2 hours each, run over 3 weeks. Sessions are run in an informal "tutorial" type setting to encourage active participation in discussions and sharing of walking/travelling experiences. Session 3 is an excursion using Public Transport, route and timetable information within their local area.

Approximately 15 participants per course is ideal.

**Course Objective** - to provide participants with:

- awareness of the range of transport options and community services available in Melbourne and specifically within their community,
- Transport Maps, Route, Timetable and accessibility information
- openly address any questions or concerns participants have about walking or accessing other transport options or community services,
- a practical opportunity to experience transportation in their area and to use some of the supporting services.

The Topics for each session are:-

**SESSION 1 – What are our travel options?**

**SESSION 2 - Public Transport, ticketing, Taxis**

**SESSION 3 – Public Transport outing**

When participants attend all sessions, or 2 out of 3, they receive a ***Certificate Of Achievement*** from **Hawthorn Community House** and your local **Council**.

**Tutor & Admin Costs** – Host to cover \$950 course cost. Additional costs, such as printing of Participants Notes are to be covered by host site or sponsor Council.

For any questions on the Wiser Walker Wiser Traveller course please contact:-

**Dawn Harper - Mobility Education Coordinator on (03) 9819 5758,  
or Mobile - 0401 991 844**