

VOLUNTEER FACT SHEET:

Supporting older people through
changes in driving



Why this matters



For many older people, driving represents independence, confidence and connection to community life. Changes in health, mobility or confidence can make driving more difficult, which may increase the risk of social isolation if alternative transport options are not available.



What volunteers may notice

An older person may:

- Avoid driving at night.
- Stop attending community activities.
- Become anxious about travelling.
- Talk about recent near misses.
- Express concerns about eyesight, hearing or mobility.
- Become increasingly dependent on family members for transport.

How volunteers can help

Volunteers are not responsible for assessing driving ability. However, they can:

- Listen respectfully and without judgement.
- Encourage older people to discuss concerns with their GP.
- Help identify local transport options.
- Support participation in community activities.
- Assist people to remain socially connected when driving becomes difficult.
- Share information about community transport and mobility services.



Good practice for volunteer drivers

Where volunteers provide transport services:

- Ensure passengers feel safe and comfortable.
- Allow extra time for entering and exiting vehicles.
- Be aware of mobility limitations.
- Communicate clearly and respectfully.
- Understand organisational procedures for supporting older passengers.



Reflection questions for volunteers

- How might losing access to driving affect an older person's wellbeing?
- What transport barriers exist in our local community?
- What community transport or support services could I refer someone to?
- How can I support independence rather than create dependence?

Further information

For additional information about ageing and safe driving:

- [VicRoads: Ageing and Safe Driving](#)
- [Older Driver Safety Information](#) (Victoria Police)
- [COTA Victoria](#)
- [My Aged Care](#)
- Local community transport providers.



For more information regarding volunteering opportunities in Ballarat contact:

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The Ballarat Foundation acknowledges the Wadawurrung people, the traditional owners of the lands and waterways in our region. We recognise their diversity, resilience, and the ongoing place that Aboriginal and Torres Strait Islander people hold in our communities. We pay our respects to the Elders, both past and present, and commit to working together in the spirit of mutual understanding, respect and reconciliation.

