

PLANNING FOR TRANSPORT IN SELF-DIRECTED CARE

Questions for consideration for people with dementia under NDIS self-directed care and consumer directed Home Care Packages (CDC)



Why should I plan for transport in my package?



- Without transport it may not be possible to do all the things you want to do such as get out of the house regularly, go shopping, attend appointments.
- The symptoms of dementia change over time. This may mean that you will need to change the way you get around. You will certainly have to stop driving at some point

How do I know what transport I need?



- It is a good idea to make a list of all the activities and places you want to go.
- Then make a list of the transport options available to you to get to and from these activities.
- See where the gaps are.

I am still driving so why can't I drive where I want to go?



- While some people with dementia can continue to drive safely for some time, everyone with dementia needs to stop driving at some stage. You need to allow for this in your plans.

Can't someone drive me everywhere I need to go?



- Carers often drive people with dementia to where they need to go. In some instances this works well but doing all the driving can be tiring and stressful for the carer.
- Furthermore, not everyone with dementia lives with a carer and not all carers can drive.

What kinds of transport are available to me?



- Consider the various types of available transport. In addition to driving or being driven, you may use public transport, community transport, taxis, motor scooters or walk.
- There are services, for instance some day care centres, that collect and drop off clients.
- Your transport needs and arrangements are likely to change over time.
- It may be easier for you if you have an escort when travelling.

How do I find out about my transport options?



- Get help from your service providers and other people, including family and friends, to find out what your transport options are.
- There is a great deal of information available on the internet. Ask people to help you find this information if you need to.

SOURCES OF INFORMATION ON TRANSPORT

Identifying available transport options can be challenging. The following contact points are good starting points, however people with dementia and carers may need to ask for help in navigating the various sources of transport information.

- For assistance with public transport trip planning, timetables, ticketing and travel information, including how to find assistance see www.transportnsw.info, phone **131500** and **TTY 1800 637 500**.
- For information on community transport in your area see www.transport.nsw.gov.au/content/community-transport-contact-list or www.cto.org.au/ct-providers.
- Information on the **Taxi Transport Subsidy Scheme** can be found at www.transport.nsw.gov.au/ttss, phone **1800 623 724**.
- The local council may be able to provide information on community transport and other transport providers in your area. **The Local Government NSW site** has links to local councils in NSW www.lgnsw.org.au/about-us/council-links.



Other helpful resources include:

- **The Alzheimer's Australia National Dementia Helpline phone 1800 100500.** Alzheimer's Australia also provide help sheets and a booklet called *Staying On The Move With Dementia* that addresses issues raised by driving and dementia. The website is www.fightdementia.org.au
- **CarersNSW** provide information, advice and support for carers on a number of issues, including self-directed care. The website is www.carersnsw.org.au phone **1800 242 636**
- **My Aged Care** is a website and contact centre established by the Federal Government to help people navigate the aged care system, www.myagedcare.gov.au, phone **1800 200 422**
- **The National Disability Insurance Scheme** website has a page with information on participant transport funding, www.ndis.gov.au, phone **1800 800 110**
- **Ability Inc.** provides advocacy, information and training to enable people with disability to promote and exercise their rights and to understand their responsibilities. www.abilityincorporated.org.au
- **COTA** has developed *Home Care Today* which provides information and resources to help people understand how home care packages work using a consumer directed care approach. www.homecaretoday.org.au
- **For language assistance** phone the **Telephone Interpreter Service on 131450**



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