

Transport tips for Older Australians

This information sheet contains helpful tips for older people to support safe transport around your community. These tips have been provided by Institute researcher, Associate Professor Soufiane Boufous, who is the Acting Director of the UNSW Transport and Road Safety Research.

Public Transport

- While there are no general recommendations to stop using public transport during COVID pandemic, it is recommended that those who do not need to be on public transport – like those travelling for leisure or holidays – should avoid catching it.
- If you need to catch public transport to get to work or to shop, you are advised to travel outside peak hours to avoid coming within 1.5 metres of other people at all times. It is also important to be at least two seats away from other commuters. It is also important to wash your hands prior to travelling and as soon as the trip is over.
- If you are feeling unwell, the recommendation is that you must not use public transport.

Bicycle Riding

- There is evidence that cycling activity is increasing across Australia. While cycling is a healthy and relatively safe activity that allows older people to get some exercise, commute to work or shop for necessities it is important to:
 - Ride by yourself, with one other person, or with people that you live with. You should adhere to physical distancing guidelines and stay 1.5 metres apart if riding with someone you don't live with.
 - Make sure that your bike is mechanically sound
 - Use appropriate safety gear (helmet, lights and high visibility clothing)
 - Choose safer cycling routes in your area, most councils have web resources on bicycle infrastructure in their area.
 - Some parks, including Centennial park in Sydney, have gone car-free so it is an opportunity to get exercise while cycling in a relatively pleasant and safe environment.
 - Look out for families and new riders who might be a bit wobbly!
 - When you return from a ride, wash your hands thoroughly and wipe down your bike, helmet and any gear.

Walking

Like cycling, this a great and healthy way to get some exercise, commute to work or shop as long as existing rules of social distancing are adhered to.

Driving

The increase in active transport during this time means that drivers need to pay extra attention to vulnerable road users (cyclists and walkers) on the road. Older drivers are urged to adhere to social distancing and hygiene rules when driving. If you are with other people in the car who are not from your household you should adhere to social distancing (e.g. driver in the front and passenger should travel in the back passenger seat