

MOVESAFE COUNSELOR

Tools and tips to safely navigate the community on public transportation. Gentle movement to support balance, stability, and flexibility and to help prevent falls.

Contact:

MoveSafe Counselor

Sylvia Colovos
781-586-8538 • scolovos@gjss.net

THE HARTFORD AND MIT AGELAB

Free booklets on a variety of driving topics including family conversations with older drivers; memory loss and driving; driving evaluations; driving and car maintenance; and driving wellness.

Visit:

<http://www.thehartford.com/mature-market-excellence/publications-on-aging>

GREATER NORTH SHORE LINK

Multi-agency collaborative working to create a single, coordinated system of information and access for all persons seeking long-term services and supports, regardless of age, disability or income.

Contact:

Teresa Arnold
978-406-4614
www.northshorelink.org



The Kiosk for Living Well

SOME QUESTIONS TO ASK YOURSELF

There are many important decisions we make about driving safely as we age. And, there are many great resources—some right here in Peabody—to help guide you through the driving decision-making process.

Ask yourself these questions. Your answers can be the beginning of your own unique discovery process.

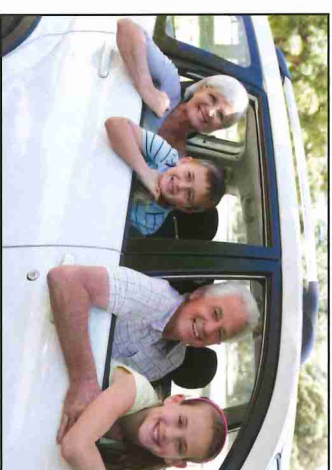
- What type of car best meets my needs?
- How can I best use the car I have?
- When and where should I drive?
- What safety tips can help me drive more safely?
- When should I use other transportation?
- Should I talk to someone about my driving?
- How will I know if I should stop driving?

For additional information or copies of this Resource Guide, please contact:

Dan Collier
Conversations for Caring
781-586-8620
dcollier@gjss.net

This Resource Guide was developed in conjunction with the Regional Coordinating Council of the Greater North Shore.

STAYING SAFE AND MOBILE



Driving Decision-Making Resources

for residents of

Peabody, Mass.

Resources for Individuals, Families, Businesses, and Community Organizations

PEABODY



MASSDOT REGISTRY OF MOTOR VEHICLES (RMV)

Mature Driver Webpage:

www.massrmv.com/rmv/seniors/

Information about driving evaluations, community workshops, family conversations about driving, disability plates and placards, license renewals, unsafe driving warning signs, brochure and informational materials, and transportation options.

Contact:

RMV Community Outreach Coordinator

Michele Ellicks

857-368-9457

michele.ellicks@state.ma.us

CITY OF PEABODY POLICE DEPARTMENT

Available to answer the questions of individuals and families regarding driving safety.

Contact:

Elder Affairs Officer

Officer Richard Cameron

978-531-2254 Ext. 142

*(Office located in the Peabody Senior Center,
79 Central Street, Peabody, MA 01960)*

Making decisions about safely driving as you age does not necessarily mean giving up driving altogether, but it is something you can plan ahead for. There are many available resources—some right here in Peabody—to guide you through the driving decision-making process.

PEABODY COUNCIL ON AGING/ PETER A. TORIGIAN SENIOR CENTER

79 Central Street, Peabody, MA 01960

Project Mobility Transportation:

For Peabody residents age 60 and older, upon request, for medical appointments, shopping, or trips to the Senior Center. Operates Monday through Friday, and wheelchair vans are available. Suggested donation: \$1.00 per ride. Project Mobility also operates the City's Veterans Shuttle.

Social Services:

Information and support around transportation options, Friendly Telephone Outreach Program, and much more.

Contact:

Social Services Coordinator

Maryanne Pierce, LSW

978-531-2254 Ext. 120

mpierce@peabodycca.org

NORTH SHORE ELDER SERVICES

Provides support, information, and services to older adults residing on the North Shore and their families. Offers many resources and supports, including: in-home services, adult protective services, options counseling, family caregiver support, Meals on Wheels, nutrition assessments, money management, and mobility management.

Contact:

Information and Referral

Phone: 978-750-4540 • TTY: 978-624-2244

e-mail: info@nselder.org

www.nselder.org

MOBILITY LINKS

Travel counselors help callers navigate the community by providing information about local transportation options. Also offers community education.

Contact:

Travel Counseling Center

Toll free: 1-888-499-5324

TDD: 781-477-9632

THE KIOSK FOR LIVING WELL

*(at the Peabody Senior Center on
Tuesdays from 9:00 a.m.–12:00 Noon)*

Computer resources and skilled staff to help people understand their car better, check out effects of medications on driving, as well as manage health more effectively, communicate with loved ones far away, monitor blood pressure, enjoy memory games, and much more.

Visit:

www.TheKioskForLivingWell.org

(Additional resources on back)

