

# Transport practices, mobility needs and cessation planning

## New Zealand Prospective Older Adult Transport and Health Study

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## About NZPATHS

NZ Prospective Older Adult Transport and Health Study (NZPATHS) is a prospective cohort study of older drivers and family members.

*NZPATHS aims to:*

- 1) Investigate changes in older driver transport patterns, driving behaviour, and driving-related attitudes, and identify how strategies (e.g., driving self-regulation) may prolong driving independence for as long as is safely possible;
- 2) Identify factors associated with social and health outcomes following driving cessation, and that facilitate mobility.

## Recruitment

- In 2016, 1181 older drivers were recruited from a stratified random sample from the electoral roll, with oversampling of older adults (75y+) and Māori.
- From this cohort of older drivers, 675 family members were also recruited into the study.

## Data Collection

- Older drivers and family members completed structured telephone interviews in 2016-17, with follow-up interviews conducted in 2019 and planned for 2021.

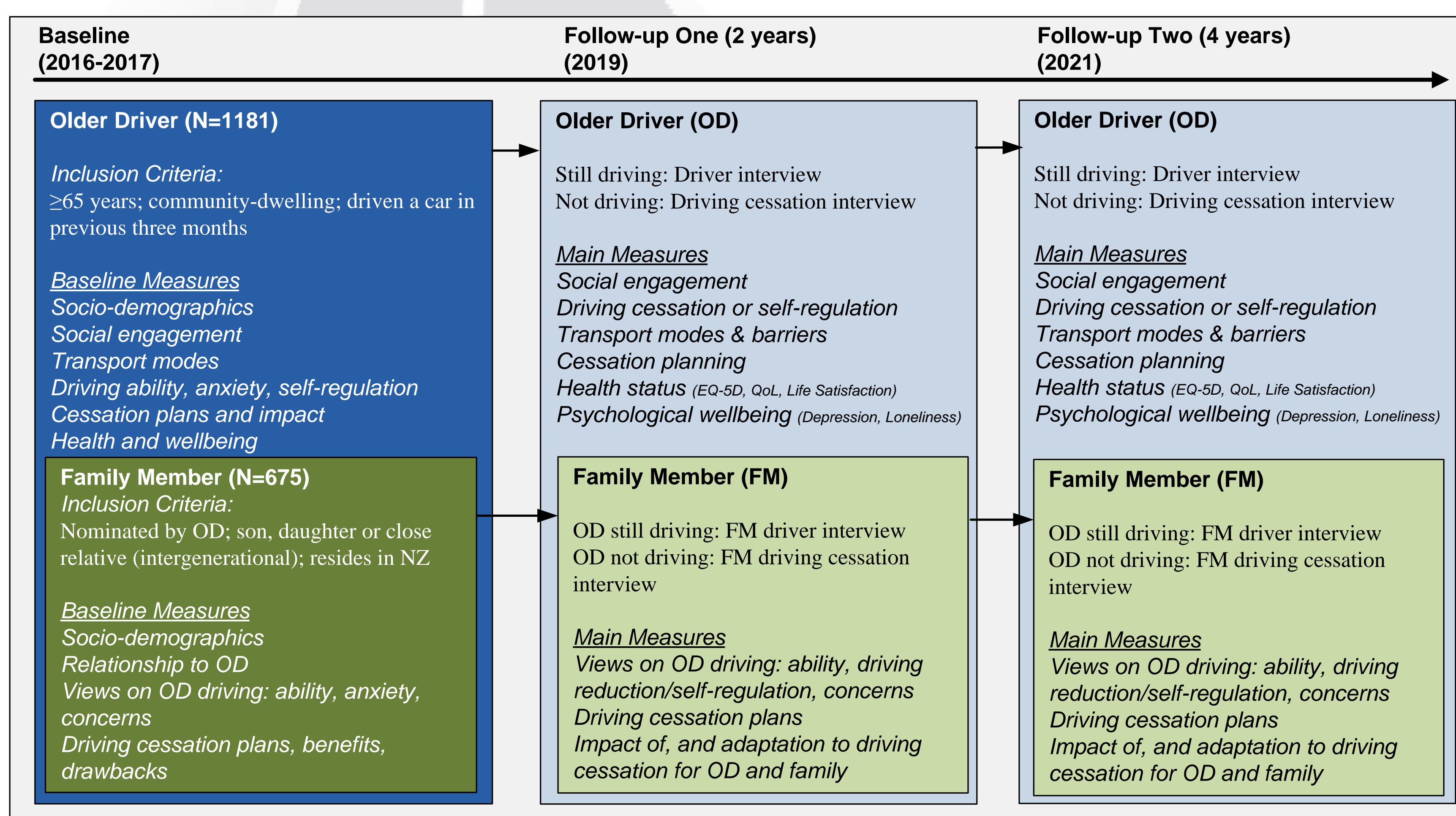


Table 1. Older Driver and Family Cohorts: Baseline (unweighted)

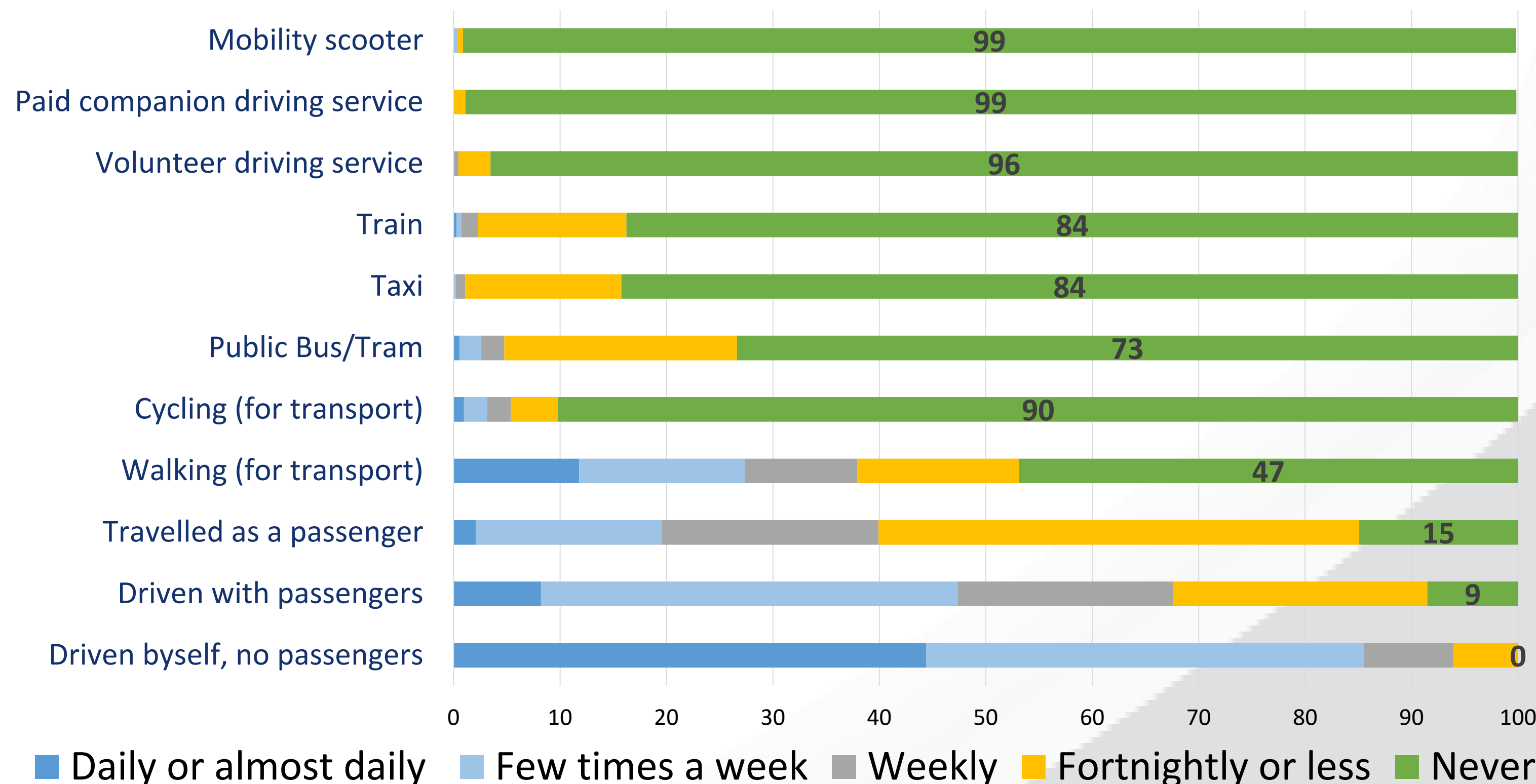
<b>Older Driver Cohort (n=1181)</b>	
Age (Mean -years)	75.1 (6.1sd)
Age (Range -years)	65 - 97
Female	47.1%
Māori	14.7%
Living with Spouse	68.5%
Retired	71.5%
Access to services – Most deprived*	50.9%
Drive at least 4 days /week	75.5%
Good or better general health	93.0%
Chronic conditions (2+)	24.9%
Reduced driving due to health in past year	8.8%
<b>Family Member Cohort (n=675)</b>	
Age (Mean -years)	46.7 (8.0sd)
Female	64.4%
Māori	15.6%
Son /Daughter of Older Driver	93.6%
Live same town/city as Older Driver	58.3%

\*NZ Index of Multiple Deprivation, Quintile 4 or 5

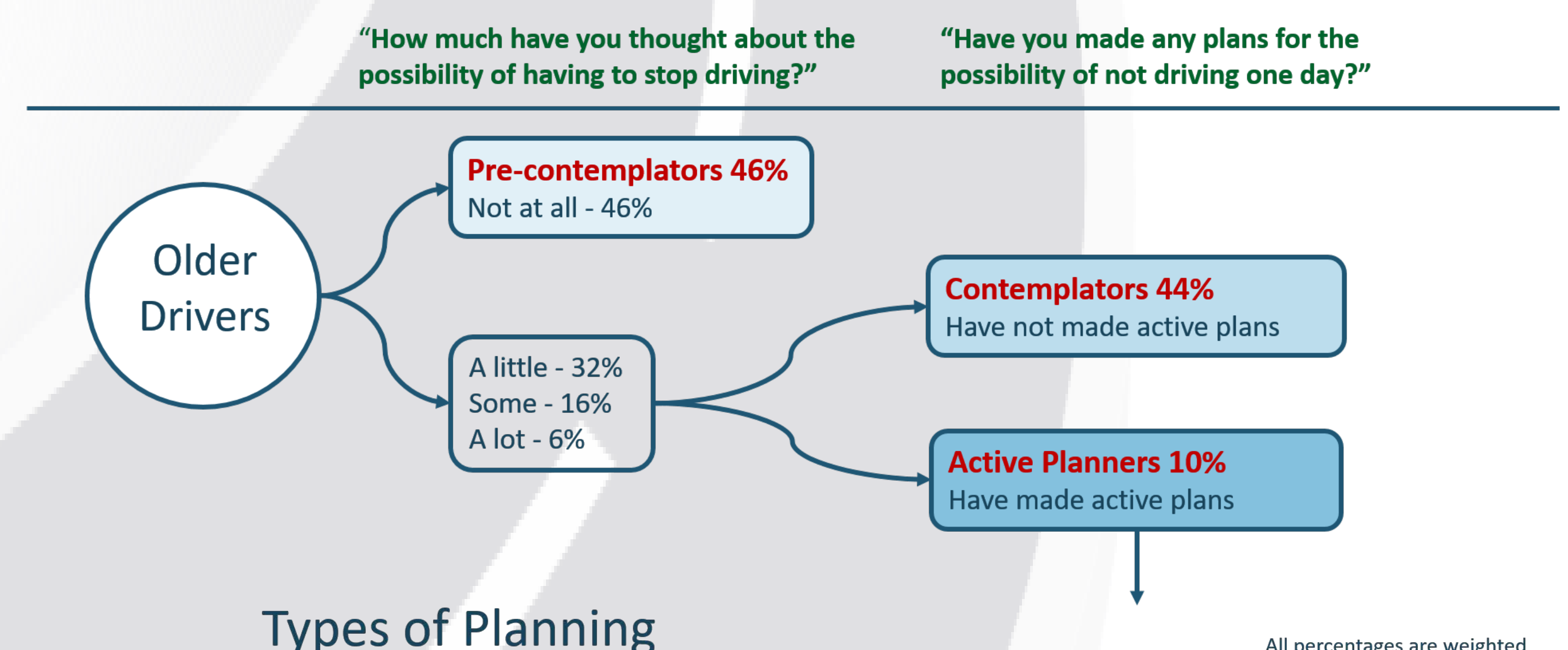
## Research questions:

1. What transport modes do community dwelling older drivers use?
2. What is the extent of driving cessation planning amongst a sample of community dwelling older drivers?

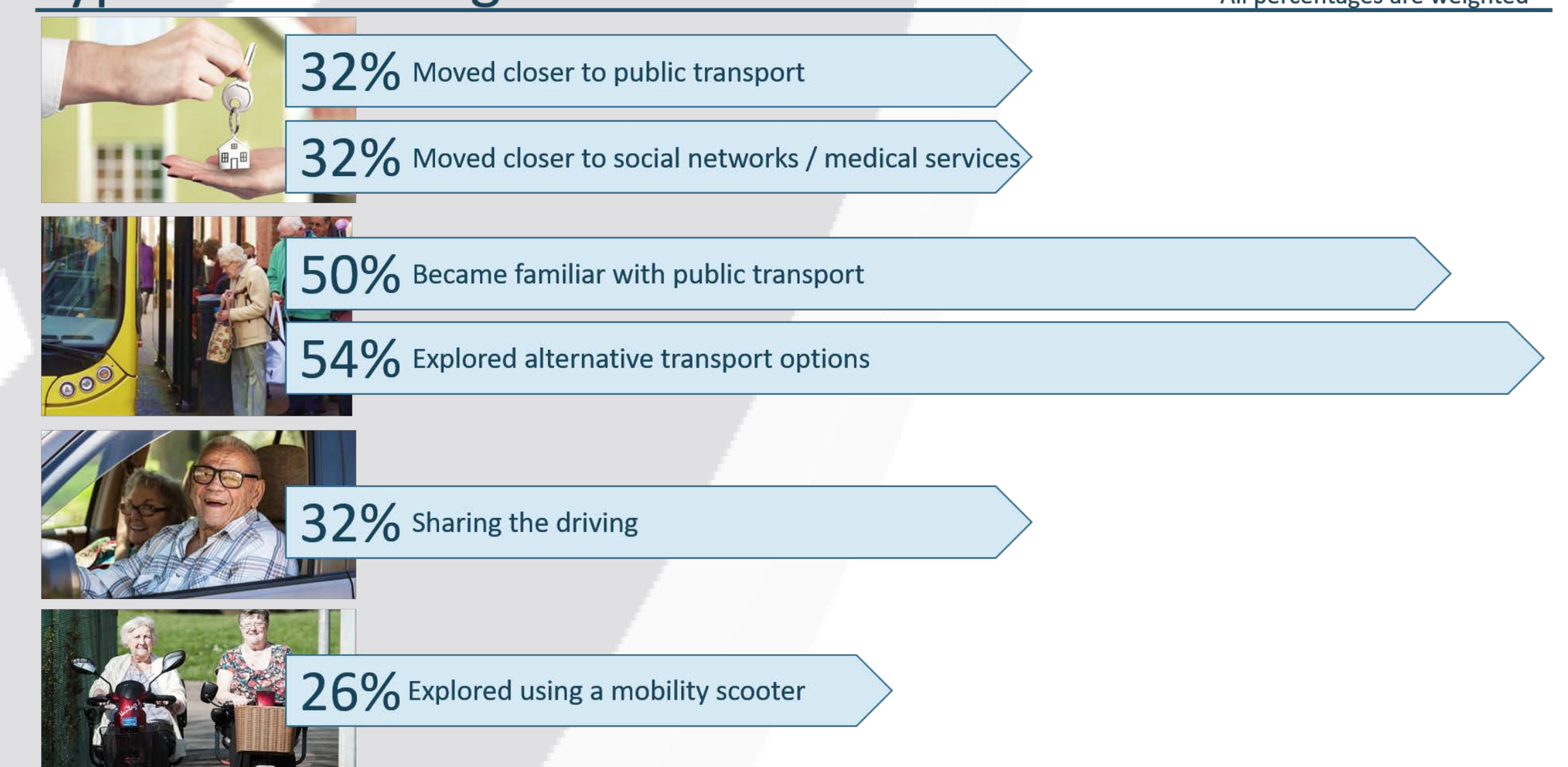
### 1. Transport used in previous three months and frequency (weighted %)



### 2. Planning for Driving Cessation (weighted %)



### Types of Planning



## Summary

- Men reported driving more frequently and greater distances than women.
- Regardless of trip purpose, driver age or gender, the private car was the usual transport mode, primarily as drivers and secondarily as passengers, with 94% using a private car at least weekly.
- Other modes used for transport at least weekly: 38% walking, 5% public transport, 5% cycling.
- Almost half had not thought about driving cessation, 44% had considered it but made no plans, and 10% had plans (active planners).
- Active planners were more likely to be older, female, report poorer health and lower driving confidence.

## Policy Implications

Older drivers transport needs are predominantly met by private car and very few are planning for driving cessation. Alongside an ageing population, NZ has a rapidly increasing older driver population. Consideration must be given to programmes and services that encourage older adults to use other transport modes, so their transport needs are met should they stop driving. This may mitigate any adverse consequences associated with transport dependence.