Senior Safety Driving Suggestions

1. Take stock of your health
2. Schedule hearing & vision tests
3. Be realistic about your limitations
4. Check your medications
5. Adjust your driving position
6. Avoid dangerous conditions
7. Take a mature driver course

FAST FACTS

One in 6
Drivers in the U.S. are 65 and older

Four in 5
Older adults take one or more medications daily. Side effects and physical changes from medications can impact a person’s ability to concentrate and drive safely
Getting Around Without Driving

- Public transportation
- Transportation network companies (Uber, Lyft)
- Volunteer transportation programs
- Paratransit services
- Carpooling

**Caregiver Education:** Questions to determine when to initiate a conversation with an older adult about driver safety

- Getting lost on routes that should be familiar?
- Noticing new dents or scratches in the vehicle?
- Receiving a ticket for a driving violation?
- Experiencing a near-miss or crash recently?
- Being advised to limit/stop driving due to a health reason?
- Overwhelmed by road signs and markings while driving?
- Taking any medication that might affect driving safely?
- Speeding or driving too slowly for any reason?
- Suffering from any illnesses that may affect driving skills?

**References:**