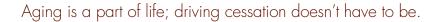
## HEALTHYLIVINGTIPS

Stay Safe on the Road: Tips for Older Drivers





Consider the following tips to stay safe behind the wheel:

- Discuss your medication and its effects on driving with your doctor or pharmacist.
- Ensure that your mirrors and seat are properly adjusted for optimal viewing.
- Pay attention to road conditions.
- Get an annual eye exam and wear contact lenses or glasses as recommended.
- Plan to go over your route ahead of time.
- Leave more distance between you and the car in front of you.
- Eliminate distractions like playing radios, talking on cell phones and eating.
- Keep car windows clean inside and out.
- Add a larger review mirror to increase your range of visibility.
- Limit driving to daytime if you have trouble seeing at night.
- Stay physically fit take a brisk walk daily.
- Stay mentally active learn a new skill or hobby.
- Carpool or take public transportation whenever possible.



## **Useful Resources**

## National Center on Senior Transportation (NCST)

Includes resources on transportation options for older adults on how to address the need for driving retirement.

http://www.seniortransportation.net



Website offers useful tips and tools for older drivers and their families.

http://www.seniordrivers.org

## Eldercare Locator

Find out what is available in your community by contacting the Eldercare Locator at 1-800-677-1116 or visit www.eldercare.gov.







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