

HEALTHYLIVINGTIPS

Stay Safe on the Road: Tips for Older Drivers



Aging is a part of life; driving cessation doesn't have to be.

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>

AAA Foundation for Traffic Safety

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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