

Helpful Tips for the Older Driver



THINGS YOU CAN DO: (Suggestions for spouse, children and professionals)

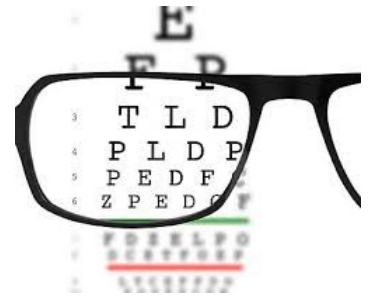


- 1) Have a conversation with your loved one **before** driving becomes a problem.
- 2) Don't be afraid to express your concerns about their safety on the road.
- 3) Be supportive of any changes they've already made i.e. Not driving at night or on the interstate.
- 4) Ride along with them and take note of "both positive and negative behaviors" behind the wheel.
- 5) Discuss concerns with your loved one's physician; get suggestions on what you can do.
- 6) Recommend a driver evaluation by an Occupational Therapist to determine if they're still safe or not to drive.
- 7) Discuss the benefits of not driving such as: not having a car expense, car insurance, cost of maintenance and gas.
- 8) Create a written plan you and your loved one can mutually agree on, about driving privileges.
- 9) As a last resort, you could report your loved one to the Department of Motor Vehicles in Raleigh! You must submit your concerns in writing and you have to include your name and contact information.

ALTERNATIVES TO DRIVING:

- 1) Family, friends, neighbors, or church members providing transportation.
- 2) Carpooling
- 3) Taxi
- 4) Special Transportation Services
- 5) Light Rail
- 6) Private Drivers
- 7) Transportation provided by "some" residential Senior Centers/ Retirement Facilities
- 8) Uber or Lyft





THINGS TO CONSIDER WITH THE AGING POPULATION:

- 1) Reduced visibility, especially at night; takes longer to recover from glare at night
- 2) Decreased ability to divide/shift attention
- 3) Changes in vision that can impact function, i.e. cataracts glaucoma
- 4) Speed of processing information can be reduced
- 5) Decreased hearing
- 6) Decreased reaction time
- 7) Slower reflexes
- 8) Any “contraindications” for the medications taken which could impact driving
- 9) Increased comorbidities such as diabetes, HBP, dementia, CHF, arthritis etc
- 10) Easily confused with new information i.e. major intersections and roundabouts



North Carolina Law:

Motorists are required to renew their driver’s license in person and pass a vision test every 8 years. People age 66 or older are required to renew their driver’s license every 5 years.

To Schedule a driving assessment please contact our Centralized Scheduling office at 980-402-1970

References:

- SafeDrivingforaLifetime.com
- AARP/AAA Senior Driving Resource
- National Highway Traffic Safety Administration