Staying Safe

DRIVING IN OUR OLDER YEARS

Growing older is not a reason to stop driving. While aging may bring changes, recognizing your limitations, planning your trips, driving the right car, and taking care of yourself and your car can make you a safer, older driver. However, there may come a time when you have to stop driving. Know the signs and listen to your family and friends when they talk about your driving.

Signs it may be time to stop driving

- Significant changes in health or medication
- Surprised by other drivers or pedestrians
- Have near misses or minor accidents
- Others comment on your driving
- Problems reading road signs
- Other drivers honk at you
- Get lost in familiar areas

DMV And Older Drivers

- No special testing now, but may change in the future
- Report from physician can cancel your license
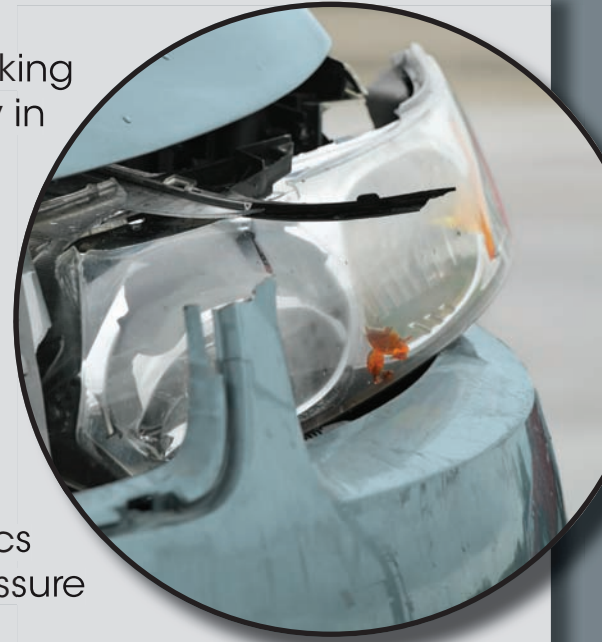
Have a safer trip

- Avoid poor conditions – rush hour, storms, night time, construction
- Pick well marked, lighted routes with easy parking
- Avoid left turn with no traffic signal
- Drive posted speeds. If slower than traffic, stay to the right
- Use seatbelts on all trips
- Adjust seats and mirrors for good visibility
- Consider using alternative transportation for longer or unfamiliar trips.

Biggest Risk Areas

- Backing up and parking
- Following too closely in traffic (tailgating)
- Yielding right of way, merging
- Left turns
- Heavy traffic

Tune Up Your Car

- Do scheduled maintenance
- Find good mechanics
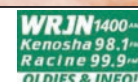- Check fluids, tire pressure when buying gas

Tune Up Yourself

- Regularly have your eyes checked
- Do flexibility exercises
- Take a Driver's Refresher Course from AAA, AARP
- Stay mentally active
- Contact your local Aging and Disability Resource Center to learn about driver refresher courses and other transportation resources.

Buy A Safe Car To Start With

- Power brakes, steering, seats, windows, door locks
- Automatic transmission
- Good line-of-sight, clear windshields, larger mirrors

CLICK IT OR TICKET DAY & NIGHT