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Driver Safety for Older Adults

Concerns, Alternatives, & Education

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



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

VISIT

www.nia.nih.gov/Go4Life

- Try the sample exercises.

www.nhtsa.gov/Senior-Drivers

- Learn more about safe driving.

www.nihseniorhealth.gov

- Read more about how your health affects driving.

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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?

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