

Staying Safe on the Road as We Age

Maintaining independence is a priority for most older adults. Driving is one way to maintain that independence. Through the aging process, though, physical and mental changes occur. These changes can unfortunately affect how a person drives. It is important to learn how to adapt to the changes aging causes in order to stay safe on the road. It is not always possible to control how others drive, but it is certainly possible to make sure our own abilities are up for the challenge. Ensuring physical and mental abilities are “up to speed” is important to staying safe behind the wheel.

The following are helpful online resources to help seniors manage and evaluate their driving risks:

<http://www.roadwiserx.com/> - A tool designed to help you learn more about your medications and how they may affect driving.

<https://www.trafficsafetystore.com/resources/senior-road-safety-guide> - Excellent information on how to stay on the road as long as possible, general tips for all drivers, getting around without a car, and how to tell your loved one it is time to stop driving.

<https://www.keepingussafe.org/> - Keeping Us Safe is an organization that provides practical, real-life solutions to older drivers and their families. They provide timely relief to families in need as they face the challenging issue of a loved one's diminishing driving skills as a result of the natural aging process; assistance and supports to older drivers as they face the emotional issue of a driving retirement; educational programs for professionals as they find themselves confronted with this issue in a professional setting.