

Is it time to **RETIRE FROM DRIVING?**

DID YOU KNOW?

Statistically seniors have fewer accidents than the general population. The down side is that drivers over 70 have a much higher fatality rate in high impact collisions, no matter who is at fault.



As we age, our reaction times are slower and brain signals are often impaired. For example, this can cause us to actually step on the accelerator when our intention is to apply the brake.

An honest self-assessment of your driving is important for your wellbeing as well as the safety of those in your community. Consult with your primary care physician to evaluate health issues that may impair your driving ability.

WARNING SIGNS OF DIMINISHING DRIVING SKILLS

1. Abrupt lane changes, erratic braking or accelerating.
2. Reluctance of others to be passengers when you drive.
3. Having trouble seeing or following traffic signals, road signs, and pavement markings.
4. Failing to use turn signals or leaving signal on after completing a turn.
5. Drifting into other lanes.
6. Misjudging gaps in traffic at intersections and on highway ramps.
7. More frequent close calls.
8. Getting lost more often.
9. Other drivers honking at you.

WHAT ARE MY OPTIONS?

To retire from driving is not giving up independence. It may merely be an inconvenience. It may be difficult to recognize that an activity which has been a major part of your adult life may no longer be safe. Fortunately, there are alternatives. Maintaining your quality of life by attending social events and activities that have meaning to you are extremely important. The following are some of the steps you can take to empower yourself and remain independent.

- Surprisingly, exercise has numerous benefits for senior drivers, including safer driving and adding time to driving longevity.
- Perhaps a mature driver workshop is the right option. These are offered at community centers, libraries, houses of worship, senior living communities.
- Consider a consultation with a certified driving professional. They can complete a hands-on assessment of you and your vehicle. Simple adaptations to your vehicle or adjustments to your driving habits may make all the difference.
- Look for transportation alternatives such as taxis, local government sponsored senior transit buses, senior centers with door to door transportation and private agencies that provide drivers.
- Consider moving to an area where you can walk to stores or possibly move to an independent senior living community.



This information has been brought to you by the Advocacy Committee of Senior Umbrella Network, an organization of professionals who service the senior communities of Long Island and New York City with chapters in Suffolk, Nassau, Queens, and Brooklyn.

Please visit our websites for additional resources to assist you throughout this process.



Seniorumbrella.org



sunb.org

Disclaimer: This publication is for informational purposes only. It is not meant to substitute for medical or legal advice. Please seek the appropriate professionals as needed.