



OLDER DRIVER SAFETY

5 TIPS FOR SAFE SENIOR DRIVING

#1

ANTICIPATE CHANGES THAT CAN AFFECT DRIVING

Be aware of the changes that can affect senior driving such as slower reaction time, night blindness, and stiffness. Have regular eye exams, and speak to your doctor about aches or pain while driving.



#2

FAMILY CONVERSATIONS

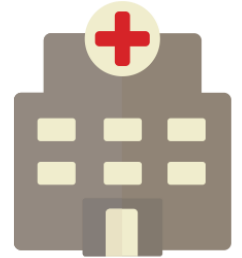
Start the conversation about driving early, before an accident happens. When speaking to an older adult about their driving ability, focus on the importance of the preparation to drive, and how safe driving can affect their daily activities, including getting to work, home, or church.



#3

SCREENINGS & EVALUATIONS

Speak to your doctor about having a driving fitness evaluation. With an evaluation, the occupational therapist can identify changes in vision, physical mobility, and cognition. In addition, they can provide you with the support to strengthen your driving skills and address physical weaknesses.



#4

INTERVENTIONS THAT CAN EMPOWER DRIVERS

After completing a driving evaluation, an occupational therapist may recommend driving equipment that can make an older driver feel more comfortable and confident behind the wheel. Some equipment includes hand controls, extended mirrors, and low-effort steering wheels.



#5

STAYING ENGAGED IN THE COMMUNITY

If you no longer drive, there are other ways to stay involved with your community and daily activities. Consider asking a friend or family member for a ride in exchange for a favor, or seek local organizations that provide transportation services including MBTA's THE RIDE program, MA Volunteer Driver Programs, and the City of Boston's Senior Shuttle.

