

# Safe Driving for Older Drivers Supplemental Resources



If you would like to build on the knowledge provided in our 20-minute video, please check out the resources listed below.

## We Need To Talk: Family Conversations with Older Drivers

This guidebook gives families easy-to-use, practical information to help them plan ahead and initiate productive and caring conversations with older adults about driving safely.

<https://www.thehartford.com/resources/mature-market-excellence/family-conversations-with-older-drivers>

## At the Crossroads: Family Conversations about Alzheimer's Disease, Dementia & Driving

This guidebook helps families determine when it's time for loved ones with dementia to stop driving and helps them cope with driving cessation.

[https://s0.hfdstatic.com/sites/the\\_hartford/files/at-the-crossroads-2012.pdf](https://s0.hfdstatic.com/sites/the_hartford/files/at-the-crossroads-2012.pdf)

## In The Driver's Seat: A Guide to Vehicle Safety Technology

This guide will help you understand and use vehicle safety technology while you are in the driver's seat.

[https://s0.hfdstatic.com/sites/the\\_hartford/files/vehicle-technology.pdf](https://s0.hfdstatic.com/sites/the_hartford/files/vehicle-technology.pdf)

## AAA Foundation Research: Vulnerable Roadway Users

The AAA Foundation for Traffic Safety is constantly doing research on vulnerable roadway users to find more information on extending mobility in older drivers, cognitive impairment, pedestrian safety, advanced driver assistance systems and so much more.

<https://aaafoundation.org/category/vulnerable-road-users/>

# Supplemental Resources Cont.

## Exercise for Mature Drivers

Exercises you can do to strengthen and maintain muscles needed for driving.

[https://s0.hfdstatic.com/sites/the\\_hartford/files/exercise-for-mature-drivers.pdf](https://s0.hfdstatic.com/sites/the_hartford/files/exercise-for-mature-drivers.pdf)

## Roadwise RX

A tool for understanding how medications may affect you and your driving.

<http://www.roadwiserox.com/>

## CarFit

CarFit is an educational program that offers older drivers the opportunity to check how well their personal vehicles “fit” them. From adjusting mirrors and headrest to wearing a seatbelt to community resources, this program has it all. Visit their website to find an event and resources near you.

<https://www.car-fit.org/>

## Driver Improvement Classes 55+

According to Minnesota state law, people age 55 and older who complete a state-approved defensive driving course are eligible to receive a 10 percent, three-year discount on auto insurance. This includes in-person classroom, online training, and live virtual zoom classes. Visit the AAA, AARP, or Minnesota Safety Council websites for their classes, or simply Google “Minnesota Driver Improvement Course 55+”.

## MN Towards Zero Deaths Older Driver Resources

Minnesota TZD has numerous resources for older drivers including research, reports & guidance, legislation, and toolkits!

<https://www.minnesotatzd.org/resources/olderdrivers>

## AARP: Driver Safety

AARP has a wealth of knowledge for all older adults, including a driving section. Their resources include an online driving assessment, a section on refreshing your driving skills, and safe driving tips and resources.

<https://www.aarp.org/auto/driver-safety/>