

Safe Driving for Older Drivers



As we age, our physical strength and flexibility lessens, we may take medications that can impact our alertness and our reflex reactions slow down. Because we have aged, we need to think about a few extra things before we head out for a drive.

Four Factors Impacting Safe Driving

- Cognitive changes
- Medical conditions
- Medications
- Physical changes

Seven Things to do BEFORE You Drive

- Plan ahead
- Ask yourself: "Is it safe to drive now?"
- Exercise your driving muscles
- Limit distractions
- Correctly adjust your steering wheel, car seat & mirrors
- Properly use your safety belt
- Ask yourself: "How will my medications or alcohol intake affect my driving?"