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?”

For more resources visit [www.minnesotatzd.org/resources/olderdrivers](http://www.minnesotatzd.org/resources/olderdrivers)