

DRIVING AND AGING

Most people would like to keep driving for as long as they safely can. For many people, a time may come when they must limit or stop driving either temporarily or permanently. But driving is more than getting from one place to another; it represents freedom and independence.

TEN SIGNS THAT IT'S TIME TO LIMIT OR STOP DRIVING

There are often clear signs that it is no longer safe for a person to continue driving. You should look for:

- An increase in near misses or accidents
- Trouble judging distance
- Trouble looking back or turning around
- Slower response time, especially to surprises
- Confusion between different pedals
- Trouble concentrating
- Trouble seeing signs or traffic lights
- A new tendency to become lost
- New minor damage to the driver's car or home
- Frequent stops by the police, even if no ticket is issued



Any one of these indicators is something to watch and consider. More than one is a signal that a conversation is definitely needed.

SUGGESTED INTERVENTIONS

- The Hartford Insurance Group has developed a brochure and an online seminar (1 hour and 15 minutes) called **“We Need To Talk”** that offers caring suggestions to discuss the issue in several conversations. For more information, contact AARP Tennessee at **866-295-7274**.
- CarFit is a program that helps older adults understand how well their vehicles “fit” them. The program also provides information and materials to better educate the public about driving and point to resources to increase both safety and mobility. For more information, visit www.car-fit.org.
- The American Automobile Association (AAA) offers an interactive driving evaluation online which is self-scored and confidential. Visit www.seniordriving.aaa.com.

