



**Strengths of Older Drivers**

**Effects of Aging on Driving**

**Improving Driving Skills**

**Traffic Situations of Concern**

**Review of Rules and Signs**

**Driving Safely**

**Decision to Stop Driving**

**Senior Driver  
Curriculum/Toolkit  
Designed  
for  
Tennessee  
Law Enforcement  
Officers  
&  
Driver  
Licensing  
Supervisors**

**Tennessee Coalition for the Safety of Senior Drivers**  
**Senior Drivers Training Manual for Law Enforcement**  
**Officers and Driver Licensing Supervisors**

**Color Coding:**

**Special Message**

**Activity**

**Tips**

**Exercise**

**Outline topic- Begins a new section in the trainer's manual**

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Welcome to the State of Tennessee session for Older Drivers/Senior Drivers.

The goals of this session are to:

- I. **Build on your strengths as senior drivers**
- II. **Talk about the effects of aging on our driving**
- III. **Tell you about how you can improve your driving skills**
- IV. **Help you deal with traffic situations of special concern**
- V. **Review some rules of the road and traffic signs**
- VI. **Help you drive safely for as long as possible**
- VII. **Help you decide when it is time to limit or stop driving**

Activity: Educator will say- How many years have you been driving? Raise your hand if you have been driving 30 years? 40 years? How about 50 years?

**It's a matter of safety- Decisions for Senior Drivers:** At the end of this session we will provide you with a senior driver handbook which is yours to keep and periodically review to keep you abreast of improving your driving skills.

## **I. Strengths of Senior Drivers/Older Drivers:**

### **Judgment, Experience, Vitality, and Responsible**

**A. Judgment** – The best judgment comes with experience.

**B. Experience** – Seniors have a wealth of experience.

**C. Vitality** – Seniors are now living longer, healthier and more active lives.

**D. Responsible** – As a group, seniors are quite responsible. Seniors have fewer crashes but are more seriously injured when involved in a crash because of frailer bodies.

### **Know yourself and your abilities.**

We all have different abilities and skills as drivers. All drivers need to be aware of both their strengths and limitations in order to make good decisions.

The important thing is to know your own level of ability.

While we age at different rates, we all experience some changes in our bodies. While many of these changes may not have a dramatic impact on our daily lives they can affect driving.

**Did you know that drivers often will make 8 to 12 decisions every half mile? Sometimes, you have less than half a second to make a decision.**

This means that even small age-related changes make a big difference in driving decisions. Knowing more about how aging affects driving is the first step in keeping you on the road longer.

## **II. Talk about the effects of aging on our driving: Vision, Hearing, Reaction Time and Concentration, Medication, and Flexibility, Movement and Strength**

### **A. Vision**

Gradual changes in vision as we age may lead to problems:

**Seeing less clearly (especially at night or at dusk and dawn)**

**Judging distance (change in near and distance vision)**

**Depth perception and peripheral vision**

**Activity:** Hold your thumbs pointed up on both hands out to your side. Wiggle them and move them to a point where you can see them wiggle. This shows the limit of your peripheral vision.

Some eye conditions that severely affect vision. These include Cataracts, Glaucoma (affects peripheral vision), and Macular Degeneration (affects central vision).

Have your vision checked annually and/or when you notice a change in your vision.

### **B. Hearing:**

Our hearing helps alert us to situations in or around our vehicle (sirens, horns, brakes, engine sounds).

As we age our hearing may gradually become diminished.

Loud sound, music or conversation levels in the auto can be a distraction.

Some of us lose our ability to hear clearly from our jobs, lawn mowers, garden tractors, carpentry saws, chain saws, table saws, sanders and many other things over time. We should also have our hearing checked periodically.

**Activity:** Give the participants the following telephone number to take a preliminary hearing test at home and for free; 1-800-222-3277. The program is available 8:00 a.m. to 4:00 p.m. (CST), Monday through Friday. Take the test in

a quiet room, and try to use a landline and if possible do not use a cordless phone.

### **C. Reaction Time and Concentration:**

With age, we may also experience gradual changes in:

**Reaction or response time: slower**

**Concentration: more easily distracted**

**Coordination: poorer**

**When you have a choice, it is always a good idea to avoid situations that are fast paced.**

#### **Judging and reacting:**

Difficulty judging distance and slower reaction times can make it harder to deal with fast moving traffic.

**Activity:** Reaction Time-hold a pen about arms length in front of you. When the narrator gives a signal (open closed fists) drop pens to table top. Notice the various sounds as they hit. Try again. This time they are closer together. Do it again and you will notice the change.

- 1. Do you find it hard to pull out in heavy traffic?**
- 2. Do you find it hard to judge the distance and speed of other cars?**
- 3. Do you find things happen too quickly for you to make good driving decisions?**

#### **Tips:**

Keep a buffer of space around your car

Keep 3 seconds between you and the car in front of you

Slow down for bad weather or road conditions

Brake smoothly and gradually

Make sure your front tires are pointed straight ahead when stopped for a left turn

Make three right turns rather than a left

Pre-plan your trip

Check your rear view mirror when braking

Avoid driving in bad weather

Avoid heavy traffic and highway driving

Drive at the speed limit, driving too slow is unsafe

Don't drive in the passing lane on the interstate

Signal your intentions well in advance

Check your mirrors often

### **Concentration:**

Short lapses in attention can lead to missing important information like lights, stop signs and traffic conditions.

1. **Do you get lost while driving?**
2. **Do you sometimes change lanes or merge without looking?**
3. **Do you tend to drive much faster or slower than other traffic?**
4. **Are you distracted or does your attention wander while driving?**

### **Tips:**

Do not let passengers, the radio, or a cell phone distract you.

Plan driving for mid-morning when you are most rested; traffic is lighter and glare is less

Plan ahead and reduce trips

Avoid busy streets.

On long trips take frequent breaks, stop for stretching and walking exercise.

Avoid driving on less familiar roads.

When backing, ensure that you are in the correct gear and your foot is on the correct pedal.

Do not drive upset.

Do not drive in situations that make you nervous.

Always check your mirror and look over your shoulder before changing lanes or merging.

**D. Medication can cause the following symptoms-** Drowsiness, Dizziness, Blurred Vision, Difficulty concentrating and staying awake, Confusion, Memory lapses and Difficulty keeping a steady course (staying in proper lane)

## **If you have any of these symptoms you should not drive.**

Certain medicines (such as tranquilizers, anti-depressants, sleeping pills and some pain pills) are most likely to cause the above symptoms and affect driving ability. Some antihistamines (for allergies and hay fever) as well as colds and flu remedies can also cause you to become drowsy.

Not only prescription medicines, but products you can buy off the shelf (like “natural” or “herbal” remedies), can have side effects. These over-the-counter medicines can also interact with, or change, the effects of any prescription medication you are taking.

Always carefully read the warning labels! If you are not sure, ask the pharmacist.

When you take a new medicine, learn its effect on your body before driving. You may have to delay a trip to allow the symptoms to abate or choose an alternate transportation method.

## **Older Adults Need to be Very Careful. Why?**

Older adults tend to take more medication. They represent 12% of the population but take 31% of all prescribed medications, and as much as 55% of all over the counter medicines.

The risk of side effects and interaction increase with the number of medications taken

With age, our bodies react differently, it takes longer for the body to break down or get rid of a medication

This is also true of alcohol. While people tend to drink less alcohol as they get older, it takes fewer drinks to impair our driving. Alcohol, mixed with certain medication, can be very dangerous

Other factors, such as medical problems, can alter the body’s response to alcohol and certain medication

Always use the same pharmacy when filling prescriptions. They keep a record of what you are taking and will help you with possible interactions between your medicines.

Everyone should keep an up-to-date list of all medication (both prescription and non-prescription) they are taking. **Provide student with the Medication Record Sheet (see attachment). Keep a copy of this list with you in your purse or wallet and in the glove compartment of your car.**

Take this list when you see your doctor and pharmacist and review it with them. If you have any negative side effects, particularly starting a new medication, tell your doctor and pharmacist. They may suggest some options (such as taking the medicine at night instead of in the morning). Never stop taking medicine or change the dose without talking to them first.

### **E. Flexibility, Movement and Strength:**

Neck flexibility: For checking blind spot when changing lanes.

Torso flexibility: For turning left or right when backing.

Arms, wrists, fingers flexibility: For steering and using dashboard controls.

Legs, knees, ankles flexibility: For braking, accelerating and gear changing (manual transmissions).

#### **Exercise #1: Flexibility, Movement and Strength**

Sit in chair; slowly turn your head as far as you can to the left. Hold it for 10 seconds. Turn back to front slowly. Then slowly turn to the right as far as it will go and hold for 10 seconds. Turn back to front slowly. If at any time you experience pain either don't turn your head as far or cease the exercise. Do three repetitions of each.

#### **Exercise #2: Flexibility, Movement and Strength**

In the chair, turn your torso slowly to the left and hold for 10 seconds. Then return and go to the right and hold for 10 seconds and return. Do three repetitions of each.

#### **Exercise #3: Flexibility, Movement and Strength**

In a chair with arms relaxed by your side, slowly raise your arms straight out in front of you until level with shoulders, then bend elbows, placing your hands behind head or to cheeks, spread elbows slowly to maximum width; hold for 10 seconds. Close elbows and extend arms go to starting position. Repeat three times.

#### **Exercise #4: Flexibility, Movement and Strength**

Place feet flat on floor from sitting position. Lift heels slowly to maximum height off floor and hold for 10 seconds. Return to floor. Raise toes to maximum height and hold for 10 seconds. Return to floor. Repeat each exercise three times.

### III. How to Improve your Driving Skills: LOOK, THINK, and ACT

It is important for all drivers to improve their driving skills

#### **Look (Scan):**

Looking (or scanning) means paying attention to everything around you, including what other drivers are doing. In cities always scan one block ahead for unanticipated problems such as delivery trucks, car doors opening, cars parking and pedestrians.

#### **Think (Decide):**

Now that you are fully aware of what is happening on the road, you need to interpret these events and decide how you should respond.

#### **Act:**

Finally, you need to act. After processing the information what do you need to do to remain safe?

Taking a proactive approach to driving can make a real difference.

One great reference for information is the Tennessee Department of Safety (TDOS) Drivers Handbook. They can be picked up at your local TDOS Driver License center. You may choose to provide some of these at the end of the class.

### IV. HIGH RISK SITUATIONS and Areas of Special Concern

Young drivers have the highest number of collisions. Seniors aged 80 and over have the second highest rate based on amount of driving.

Because seniors are more fragile, they are more likely to be injured or die as the result of a motor vehicle collision. Seniors also tend to be more involved in certain types of collisions. By being aware, you can develop strategies for avoiding or dealing with these situations.

Areas of special concern include: Backing up, Intersections, Turning (particularly left turns), Yielding (right-of-way), Following distance, Entering and exiting roadways, merging, Maintaining lane position and speed, Reading road signs, Paying attention to traffic lights and stop signs, and Responding to fast paced situations.

While driving can be challenging at times, the good news is there is a lot you can do to ensure your own safety and the safety of others while still enjoying the

benefits of driving. In addition to the tips already covered, knowing the rules of the road is a key component to driving safely

The examples below are taken from the Official Tennessee Driver Study Guide published by the Tennessee Department of Safety (TDOS). This is the handbook that you studied to take your written test.

**Keep your copy of the Official Tennessee Driver Study Guide handy. It contains many more useful tips for safe driving than can be covered here.**

Lets talk about each of these concerns separately. Page numbers are provided.

**Information for these concerns can be found in Chapter 4 of the Tennessee Driver Study Guide.**

### **Backing Up:**

When backing up (or into a parking space) remember to:

Move slowly: Make sure that you are using the correct gear and foot pedal

Check the way is clear. Always look for pedestrians or cyclists

If going straight back or to your right, turn your body and head to the right and look back

If backing to the left, turn and look over your left shoulder

Always check the opposite shoulder

If you are turning as you back up, check to make sure the front of your car has lots of room and will not hit anything

### **Intersections:**

**This is the most dangerous place for senior drivers. More crashes occur at intersections than anywhere else. Not being able to judge the speed of oncoming traffic, running stop signs or lights make intersections very dangerous and special attention is required to remain safe.**

Be cautious and observant. Look for traffic, yield signs, stop signs, traffic lights, cyclists and pedestrians.

There are two main types of intersections: controlled and uncontrolled. Controlled intersections have traffic lights, yield signs or stop signs. On a green light, drive through the intersection at a steady speed. If the light has been green for some time, be prepared to stop. If the road ahead of the intersection

is blocked with traffic, remember to stop before entering the intersection. You do not want to block traffic if the light changes.

At uncontrolled intersections all cars must stop. If two cars approach the intersection at the same, the car to the right goes first.

### **Right-of-Way:**

When turning left, at four way stops, lights or entering (merging) in other traffic, **Yield the right of way** at an intersection if you are in doubt. The majority of senior-citizen accidents happen because the senior has not yielded the proper right of way (HELPGUIDE.org).

### **Right Turns:**

The proper way to make a right turn includes:

Start and end in the right hand lane

Signal well in advance

Look ahead, then left and right

Then look to the left again

Check your right side blind spot

Make the turn

### **Left Turns:**

The proper way to make a left turn includes:

Signal well in advance

Move into the left-hand lane, when clear

Look ahead, left, right and left again

Check your blind spot

Make the turn when the way is clear

If making the turn from a stop, keep your wheels pointed straight until ready to make the turn

When the turn is complete, move back into the right when it is safe to do so

Keep in mind that you can sometimes make three right turns (going around the block in the same direction) rather than a left turn.

## **Following Distance: “The 3 second rule works for better reaction time and a safer space cushion”**

The “3 second rule” helps you determine a safe following distance in ideal driving conditions. Due to slower reaction time, older drivers should use the “3 second rule”\*.

Pick a marker on the road ahead, such as a road sign or telephone pole

When the rear of the vehicle ahead passes the marker, count “one thousand and one, one thousand and two and one thousand and three”

When the front of your car reaches the marker, stop counting

If you reach the marker before you count to “one thousand and three,” you are following too closely. In poorer weather or road conditions, allow more time (distance) for following other vehicles safely.

\*AARP recommends that seniors use the 3 seconds rule, 4 seconds on rainy days, and 5 seconds on snowy, etc, because as we age our reflexes are not as quick.

## **Merging into Traffic:**

The correct way to merge into traffic includes:

Check your blind spot when you are on the entrance ramp

As you enter the acceleration lane, signal, increase your speed to match the speed of the other vehicles

Merge smoothly:

Note: If you find the interstate stressful and the speed too fast, use less busy streets with lower speeds to get where you want to go. Plan ahead.

## **V. Let’s review some rules of the road and traffic signs: Chapter 4 and 5 in the Tennessee Driver Study Guide**

A good place to review signs is the Tennessee Driver Safety Guide. There are so many signs added every year that sometimes they can be confusing. The Tennessee Department of Transportation (TDOT) is working with 3M to improve signs to aid the older driver in their sign recognition. They are experimenting with color and letter size to make it easier for the older driver to read.

In addition to the rules of the road, you need to pay close attention to road signs. Road signs and traffic lights tell you what to do (or not to do) and when. You can be charged for failure to follow road signs and traffic lights. If you miss these signs or do not know what they mean it could be very dangerous for you, other drivers and pedestrians. You need to be familiar with these signs. When you are going 55 miles an hour, you do not have time to look at the Driver's Handbook. Some types of signs are reviewed below.

Note: Review your copy of the Tennessee Driver Study Guide Driver regularly to be familiar with rules of the road and all road signs (Chapter 3). Be sure to get the most recent version of this guide as laws change. **(Allow the participants to take the Traffic Signs Quiz and reference that this quiz comes out of the AARP Driver Safety Program Booklet, and pass out the Standard Regulatory Highway Signs for them to keep).**

### **Regulatory Signs:**

Regulatory signs normally have a white background with black markings. They may have additional colors of red or green. They give specific directions about what actions must be taken and what is permitted and what is not.

### **Warning Signs:**

Most warning signs are yellow in color and alert us to changes in driving conditions that require particular attention.

### **Other Signs:**

Examples of other types of signs include yield, railway crossing- "Stop-Look-Listen—Look Again!", and stop sign ahead, as well as construction, slow moving vehicle and directional signs, etc. It is critical that we pay attention to what signs are telling us to assist in driving safely.

### **Yielding to Buses:**

It is always courteous to yield to buses. It is also the law to yield the right of way to a transit bus, with the sign on the back, which is signaling to re-enter your lane from a bus stop.

The sign appears on the back of a bus, just above the left-hand signal light.

### **Emergency Vehicles:**

When a police, fire ambulance or other emergency vehicle is approaching from either direction, with lights flashing or siren on, motorists are required to pull over to the right and stop. Motorists must also yield to an emergency vehicle at intersections.

The law requires motorists, when approaching a stopped emergency vehicle with its red lights flashing (in the same direction of travel in a lane or shoulder), to slow down or move over and proceed with caution. If the road has two or more lanes in the same direction, the motorist must move over into the other lane if this can be done safely.

Activity: Identification of signs provided by 3M

## **VI. Helping you drive safely for as long as possible**

Big Decision:

While the tips in this booklet may help improve your driving safety and comfort, there comes a time when we all must consider limiting our driving or retiring from driving. It's the responsible thing to do.

Often, this is not an easy decision. We may use our car for shopping, banking, appointments as well as social and recreation activities. We do not want to burden others and value the independence driving gives us.

Some people may deny the fact they are no longer safe drivers. Others may feel angry or depressed. While these feelings are normal, it is good to know other seniors have successfully limited their driving or have retired from driving by adapting their lifestyle and you can too.

### **Things to Watch For:**

Many people gradually reduce their driving, until one day they simply stop. Others have more trouble deciding when it is time to limit their driving. Here are some warning signs to alert you to the fact that you may no longer be a safe driver and may need to consider alternatives to driving:

1. Am I nervous behind the wheel?
2. Do other drivers frequently honk at me?
3. Have I had a number of fender benders and near misses?
4. Do my families or friends worry about my driving?
5. Do my children trust me to drive while they are in the car?
6. Have I ever become lost when driving or forgotten where I was going?

## **VII. How to get around when you decide to stop driving: Pass out the Transportation Resource Sheet (complete sheet with information regarding family, friends, and neighbors)**

There are many alternatives to driving. Find out what is available in your area and start trying these options.

Buses, taxis and other forms of public transit

Having friends and family members drive you

Keeping a vehicle that other can drive for you

Van/bus pick-up scheduled and on demand services from senior residences and other groups

Walking

Some volunteer groups offer free rides to seniors (see the back of the Booklet to obtain more information)

Plan Ahead: Instead of driving all the time, try using buses, taxis or sharing rides. And, if you decide to move from your house into an apartment, condominium or senior's residence, try to pick one that is close to public transit or offers a shuttle service.

Walking: Walking is a great way to cut down on driving, reduce air pollution and get some exercise. As we age, we tend to walk slower than we used to. It often takes us longer to cross an intersection as a pedestrian or get out of harm's way.

Remember to leave lots of time to cross at the light and to stand well back of the curb at intersections.

Seek Advice: Plan ahead for the time when you will need to cut back, and eventually stop driving. Talk to family friends and your doctor. Together, they can help you decide on the extent of driving that is right for you.

### **Closing Reminders: Here is what you need to remember-**

- ❖ Recognize your strengths and weaknesses
- ❖ Have regular check-ups
- ❖ Be careful with medications
- ❖ Manage your driving
- ❖ Be familiar with traffic rules and signs
- ❖ Consider alternative transportation instead of driving (See attachment for a table to list name and telephone numbers of taxi services, persons to assist with driving, etc.)
- ❖ Share responsibility for road safety

## Older Driver Training Session

3 handouts: Medication Record Sheet, Transportation Resource Sheet and “It’s a matter of safety- Decisions for Senior Drivers Handout.

Also: 2007 Tennessee Driver Study Guide; [www.tennessee.gov/safety/](http://www.tennessee.gov/safety/)

ASK – How many years have you been driving? 30, 40, 50, 60 Years

What are some problems that you have driving? WRITE DOWN if you want to.

Strengths of Older Drivers:

- (1) Judgment
- (2) Experience
- (3) Vitality
- (4) Responsible

Know your abilities – remember you make 8-12 decisions every ½ mile

Effects of Aging on Driving:

- 1) Vision
  - ✓ **ACTIVITY**- Peripheral Vision
- 2) Hearing
  - ✓ Tell them about the free hearing test
- 3) Concentration/Judging and reacting
  - ✓ Response time is slower
  - ✓ Concentration (more easily distracted)
  - ✓ Coordination (poorer)
  - ✓ **ACTIVITY** – Reaction Time- Hold Pen
- 4) Medication
  - ✓ Symptoms
  - ✓ **GIVE MEDICATION SHEET**
- 5) Flexibility, Movement, and Strength- Do the 4 exercises
  - ✓ Neck- Blind Spot
  - ✓ Torso- Turning left or right backing
  - ✓ Arms, wrists, fingers- steering, dashboard controls
  - ✓ Legs, knees, ankles- braking, accelerating and gear changing

Improving Driving Skills- LTA

- ✓ Look – Scan
- ✓ Think- Decide
- ✓ ACT – taking a proactive approach to driving can make a real difference.

## Older Driver Training Session (Page 2)

### High Risk Situations

FACTS: Younger drivers- highest number of collisions

80+ second highest number of collisions

You are more fragile, more likely to be injured/die

Develop strategies for avoiding situations

- ✓ Backing up
- ✓ Intersections
- ✓ Right turns
- ✓ Left turns
- ✓ Following distance
- ✓ Merging into traffic
- ✓ Signage

### **ACTIVITY: Look at Signs**

- ✓ Railroad Crossing
- ✓ Yielding to buses
- ✓ Emergency vehicles

### Things to watch for:

1. **Am I nervous behind the wheel?**
2. **Do other drivers frequently honk at me?**
3. **Have I had a number of fender benders and near misses?**
4. **Do my families or friends worry about my driving?**
5. **Does my family trust me to drive while they are in the car?**
6. **Have I ever become lost when driving or forgotten where I was going?**

Might want to think about alternatives to driving  
PLAN AHEAD

Give out sheet- **RESOURCES**

Hand out **SURVEY** for completion

# STANDARD REGULATORY HIGHWAY SIGNS



Do Not Enter



Dead End



Street



Stop



Speed Limit



Safety



Handicap



School



No Parking



No Parking



Yield



Railroad Crossing



Highway



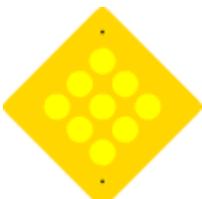
Construction



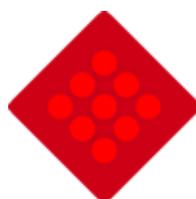
Temporary Roll Up Sign



Temporary Sign Stands



Yellow Marker with Yellow Reflectors



Red Marker with Red Reflectors



Wrong Way



Pedestrian Crossing Warning

# STANDARD REGULATORY HIGHWAY SIGNS



No Right Turn



No U-Turn



One Way (Left)



One Way (Right)



One Way Arrow  
(Left)



One Way Arrow  
(Right)



No Thru Traffic



Median Warning



Enter Only Sign



Exit Only



Enter



EXIT



Right Curve



Left Curve



No Trucks Allowed



No Walking



No Left Turn



No Right Turn



Enter with Left  
Arrow



Enter with Right  
Arrow

## Traffic Sign Quiz

Directions: Put a check mark (✓) in front of the MOST CORRECT answer for each of the following questions. You will have 3 minutes to complete the quiz; then we will discuss the answers. (Source: AARP Driver Safety Program Booklet)

### 1. Red Octagon



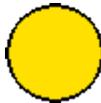
- \_\_\_\_\_ a. Use caution at intersection.
- \_\_\_\_\_ b. Come to a complete stop, then proceed with caution.
- \_\_\_\_\_ c. Approaching intersection.

### 2. Fluorescent Yellow-Green Pentagon



- \_\_\_\_\_ a. High traffic area.
- \_\_\_\_\_ b. Slow down, curve ahead.
- \_\_\_\_\_ c. Pedestrian crossing or school zone.

### 3. Yellow or White Circle



- \_\_\_\_\_ a. Intersection ahead.
- \_\_\_\_\_ b. Construction area.
- \_\_\_\_\_ c. Rail crossing ahead.

### 4. Yellow Diamond



- \_\_\_\_\_ a. General warning about road condition.
- \_\_\_\_\_ b. Merging traffic.
- \_\_\_\_\_ c. Stop and proceed cautiously.

### 5. White Vertical Rectangle



- \_\_\_\_\_ a. Regulates driving conditions/speed limit.
- \_\_\_\_\_ b. Hill ahead.
- \_\_\_\_\_ c. Continue at current speed.

### 6. Brown Horizontal Rectangle



- \_\_\_\_\_ a. Do not enter.
- \_\_\_\_\_ b. Public recreation or scenic guidance.
- \_\_\_\_\_ c. Continue at current speed.

### 7. Red Circle w/White Horizontal Bar across Middle



- \_\_\_\_\_ a. Stop and proceed with caution
- \_\_\_\_\_ b. Do not enter.
- \_\_\_\_\_ c. Slippery when wet.

### 8. Inverted White Triangle/Red Border



- \_\_\_\_\_ a. Road curve ahead.
- \_\_\_\_\_ b. Stop ahead.
- \_\_\_\_\_ c. Allow other drivers to go first (YIELD)

### 9. Horizontal Blue Rectangle



- \_\_\_\_\_ a. Yield
- \_\_\_\_\_ b. Directions to hospital.
- \_\_\_\_\_ c. Watch for slow vehicles.

### 10. Yellow Pennant Pointed Right



- \_\_\_\_\_ a. Road construction.
- \_\_\_\_\_ b. Four lane road ahead.
- \_\_\_\_\_ c. No passing zone.

# Tennessee Senior Driver Medications Record Sheet

Date: \_\_\_\_\_

MEDICATION OR SUPPLEMENT	DOSAGE & HOW OFTEN	PHYSICIAN & PHARMACIST	POTENTIAL EFFECTS ON DRIVING
1. _____	_____	_____	_____
2. _____	_____	_____	_____
3. _____	_____	_____	_____
4. _____	_____	_____	_____
5. _____	_____	_____	_____
6. _____	_____	_____	_____
7. _____	_____	_____	_____
8. _____	_____	_____	_____

Medical Conditions and medications I should talk to my doctor about:

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The above chart is for your personal use. Duplicate this chart as needed and share the completed one with all your physicians, pharmacists and family.

## Tennessee Senior Driver Transportation Resources

Most of us depend on our vehicles to get around. However that may not always be the case. It is important to know the other transportation options in case driving is not possible either for a short or long period of time.

**Directions:** Imagine that your vehicle is not available, or you are temporarily unable to drive for one week. If you live with someone else who drives, imagine that they will not be able to drive you to more than two destinations in a week. What other options would there be for you that exist in your community.

Source of Transportation	Name & Phone	Use	Hours or Days Service is Available	Cost
Family				
Friend				
Neighbor				
Public Transportation				
Paratransit				
Dial-a-Ride				
Taxi/Limo				
Nonprofit or Faith-Based				
Private Businesses (malls, etc.)				
Other:				
Other:				

**Tennessee Coalition for the Safety of Senior Drivers**

**Federal Highway Administration  
Tennessee Commission on Aging and Disability  
Tennessee Department of Health  
Tennessee Department of Safety  
Tennessee Department of Transportation  
Tennessee Governor's Highway Safety Office  
Metropolitan Nashville Transportation Licensing Commission  
Meharry Medical College  
AAA Auto Club South  
AARP  
Council on Aging of Greater Nashville  
Tennessee Regional Safety Council  
3M Corporation**

***“Drive Smart; Live Well.”***