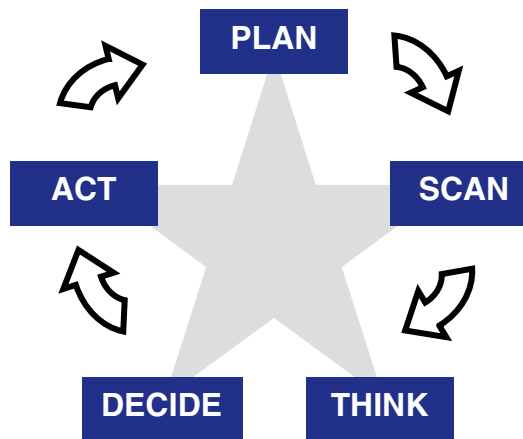


Senior Driver
Driving Safety Cycle



HOW AGING AFFECTS DRIVING SAFETY

- ✓ Reduced vision – especially at night.
- ✓ Difficulty judging distance and speed.
- ✓ Limited movement and range of motion.
- ✓ Slower reaction time.
- ✓ Difficulty focusing attention for long periods of time.
- ✓ Easily distracted.
- ✓ More time needed to understand what we see and hear.
- ✓ More use of prescription and/or over-the-counter drugs that may impair your driving ability.

THE DRIVING SAFETY CYCLE

- PLAN:** Before you begin driving, plan your route, make sure your car is properly prepared and make alternate transportation arrangements when appropriate.
- SCAN:** Pay close attention to what is happening all around you. Look and listen for situations that may require you to react quickly.
- THINK:** Consider how safety will be affected by what you have seen or heard.
- DECIDE:** Decide how to handle the situation so you feel in control.
- ACT:** Apply good judgement to eliminate unsafe acts and unsafe conditions.

DECIDING WHEN TO STOP DRIVING

THE WARNING SIGNS

1. Increasing number of near collisions.
2. Direct involvement in minor collisions.
3. Difficulty seeing pedestrians, objects and other vehicles.
4. Difficulty co-ordinating hand and foot movements.
5. Increased nervousness when behind the wheel.

TRANSPORTATION ALTERNATIVES

- ✓ Public transportation.
- ✓ Friends and family members who drive.
- ✓ Keep your vehicle and have others drive for you e.g. volunteer driver programs
- ✓ Scheduled or customer call request van/bus pick-up.
- ✓ Taxi voucher system.
- ✓ Community access bus or van pools.

PERSONAL REMINDERS

What age-related factors affect your driving?

What changes will you make to keep driving safely?

How will these changes benefit you?

**Road safety.
It starts with you.**