

Drive Safely

As You Age



The over-50 population in Prince Edward Island is growing larger, people are living longer and baby boomers are aging. Though the aging process varies from person to person, it eventually results in changes in physical and mental abilities for all of us. These changes may affect our ability to drive.

A time may come when it is no longer safe for you to continue driving. You may develop an ailment or be taking certain medications that preclude safe handling of a vehicle. Will you know when it is time to stop or limit your driving?

It is important to learn about these changes so you can adjust for them. Knowing how to adjust may keep you driving longer and will help you remain a safe driver. Your level of independence and your self-esteem can be affected by whether or not you are able to drive.

Each of us has a responsibility to our family and to our community to ensure that we are driving safely and not endangering our life or the lives of others.

Driving is a complex physical and mental process. If you have just one or two of the following signs, you should consider having your driving assessed by a professional, attend a driver refresher course such as 55 Alive (through the PEI Senior Citizens' Federation @ 368-9008) or both.

- Feeling less comfortable and more nervous or fearful while driving.
- Wandering in your lane.
- Experiencing close calls behind the wheel.
- Getting dents or scrapes on your car or on other objects.
- Finding it hard to judge gaps in traffic at intersections and on merge lanes.
- Having other drivers honk at you.
- Being told that friends or relatives no longer want to ride with you.
- Getting lost more often.
- Failing to notice vehicles or pedestrians on the sides of the road while looking straight ahead.
- Having trouble paying attention to the traffic signals, the road signs or pavement markings.
- Responding slowly to unexpected situations.
- Becoming easily distracted or having difficulty concentrating while driving.
- Finding it hard to turn to check over your shoulder when you are backing up or changing lanes.

For further information please contact:

Transportation and Public Works
Highway Safety Division
Telephone: (902) 368-5210



Transportation
and Public Works