

TIPS FOR THE MATURE DRIVER

Drive with a partner to act as co-pilot whenever possible.

Ask physician about medications and exercises that might improve your flexibility.

Check with physician or physicians to determine the side effects of your prescribed medicines.

Take a retraining or refresher course that will help older drivers adjust to the limitations of aging.

Wear your seat belts at all times and insure that your passengers do the same.

Obtain an updated copy of your state's drivers license manual to study.

Plan your trips to avoid busy intersections, congested times and left hand turns.

Ask a friend or family member to give you constructive feedback on your driving skills in various situations (ex. interstate, night, heavy traffic, intersections)

Be aware of your immediate emotional and physical well being and delay driving when you are not at your best.

Safe driving is predicated on sensing clues from the eyes. Set up eye exams and take the prescribed corrective measures.

Avoid tinted windshields and keep your windshield and headlights clean.

If you get a traffic ticket or are involved in a traffic accident examine the true cause and then act on that information. Take either one as a warning sign.

Begin to prepare for the day when driving will no longer be possible so you can remain mobile.

Facts Related to the Aging Driver

20 major decisions are needed for each mile driven; drivers frequently have less than ½ second to react.

Many older drivers stop looking over their shoulders because of their declining flexibility, creating opportunities for collisions.

People over 65 are more likely than younger persons to be injured or killed when involved in an accident.

Increased collision rate per mile that begins between ages 55 and 65 parallels certain age related declines in driving skills.

Inattention and failing to take action are underlying causes of collisions and fatalities for those over the age of 65.

Those adults with poor peripheral vision have collision rates twice as high as those with normal vision.

A 60 year old must have 10 times the light required by a 20 year old.

A 55 year old takes 8x as long to recover from glare as a 16 year old.

Aging effects the ability to see colors and impacts ability to respond to traffic signals, turn signals and brake lights.

Alcohol is the single most important human factor in fatal collisions for drivers over 65.

Drivers over 50 have the most misconceptions of the actual risk of having a collision.

The collision is the best predictor of another collision.