



Own Your Future Older Adults and Driving

Older Adults and Driving

What to do when it comes time to hang up the car keys for good? Older adults and their families often wrestle with this one. Public transportation --especially senior and disabled-friendly transportation --is limited and inadequate.

Having the conversation, some tips and resources:

- Most impaired older adults voluntarily limit their driving and, if necessary, quit altogether. They may stop driving at night, avoid the freeways, avoid rush hours, and stick to familiar territory. However, if you get into a battle over it and are concerned about safety, get out of the middle --bring in a trusted third party, such as family doctor, to help move the conversation forward.
- Look for a local driver safety/assessment program at www.aarp.org
- Explore other transportation options. Contact Council on Aging about in-home care programs that provide transportation. The [Department of Aging and Disability Resource Connections](#) can be reached at 513-721-1025 or 800-252-0155
- Using Lyft or Uber maybe an option. Here's a good article on using the apps for Uber and Lyft: <https://www.smartertravel.com/how-to-use-uber-lyft/>

Driver Education

AARP Driver Safety Online Course

AARP is offering the Driver Safety Program refresher course online. Visit www.aarp.org to register for the course. The online course fee is \$23.95 for AARP members and \$29.95 for non-members.

TriHealth Medical Evaluation Program for Drivers with Disabilities 513-569-6777

Have you suffered an injury or illness (new or old) that could threaten your ability to drive safely? With a physician's order, Trihealth offers a program to evaluate the impact of those issues on your ability to drive safely. Skilled evaluation leading to physician approval to drive is appropriate for drivers of all ages who have medical conditions that may impair their ability to safely operate a vehicle.

Driver Safety Resources

National Highway Transportation Safety Administration - www.nhtsa.gov

NHTSA offer material to help individuals understand how aging can affect driving and what you can do to continue driving safely as you age, such as adapting a vehicle to meet specific needs. Also, includes information about driving with specific diseases or conditions (after a stroke, with Parkinson's, etc.), as well as a self-assessment tool for older drivers.