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**Whole-Person Wellness**



CALIFORNIA STATE UNIVERSITY  
**FULLERTON**

## How Are Your Driving Skills?



### Did You Know?

- ❖ The Department of Motor Vehicles estimates that one in every five drivers in the United States will be age 65 or over by 2030.
- ❖ The risk of being injured or killed in a motor vehicle accident increases with age.
- ❖ Maturity brings with it a change in our physical and mental functions (for example, changes in muscles, joints, bones, reflexes, vision, hearing, and cognition) which can affect driving skills.
- ❖ The DMV may place restrictions or conditions on a person's driver's license when it is necessary to ensure that the person is driving within his/her ability.

### Tips for Safe Driving

The Centers for Disease Control and Prevention suggest:

- ❖ Exercise regularly to maintain strength and flexibility.
- ❖ Be aware of the side effects and interactions of your medications.
- ❖ Have your eyes checked by an eye doctor at least once a year.  
Wear glasses and corrective lenses as required.
- ❖ Avoid driving in bad weather conditions, i.e. rain, and heavy fog
- ❖ Plan ahead by mapping unfamiliar routes.
- ❖ Find the safest route with well-lit streets, intersections with left turn arrows, and easy parking.
- ❖ Leave a large following distance behind the car in front of you.
- ❖ Avoid distractions in your car, such as listening to a loud radio, using your cell phone, talking with passengers, and eating.
- ❖ Consider potential alternatives to driving, such as riding with a friend or using public transit.

## Resources to Help Keep Your Driving Safe

### 1. Department of Motor Vehicles

- ❖ The DMV offers a Mature Driver Improvement Course specifically tailored to older drivers. For information call (800) 777-0133 or visit their website at <http://dmv.ca.gov/>.
- ❖ Senior Guide for Safe Driving is a 68 page booklet you can download from the web at <http://www.dmv.ca.gov/pubs/dl625/dl625senior.pdf>.

### 2. CarFit for the Older Driver

CarFit is an educational program that offers older adults the opportunity to evaluate how well their personal vehicles "fit" them. For more information visit <http://www.car-fit.org/>.

### 3. American Automobile Association (AAA)

AAA offers an educational website for older drivers and their families with expert advice and safety tips for driving. Whether or not you are a member, this site contains useful information. Visit [www.AAAseniors.com](http://www.AAAseniors.com) for more information

- ❖ Roadwise Review Online is a FREE screening tool to help older adults measure certain mental and physical abilities important for safe driving. There is also a quiz for drivers 65+ to help in examining abilities to keep driving safely. Visit [www.aaafoundation.org/home](http://www.aaafoundation.org/home).
- ❖ The AAA Foundation for Traffic Safety provides the website [www.seniordrivers.org](http://www.seniordrivers.org) to access information for senior drivers and their families, researchers, and alternative transportation providers.

### 4. DriveSharp by PositScience

DriveSharp brain fitness software is clinically proven to help drivers see more, react faster and cut crash risk by up to 50 percent. For more information visit: <http://www.positscience.com/our-products/drivesharp>.

- ❖ AAA member may get a discount on the purchase price by visiting <http://www.drivesharpnow.com/>

### 5. National Highway Transportation Safety Administration

NHTSA offers free materials to help you learn how to recognize changes in your driving skills and resources to assist you in remaining a safe driver. Visit <http://www.nhtsa.gov/Senior-Drivers> for more information

### 6. Check with your automobile insurance provider to see what resources they may have available to you on safe driving.