

ROAD MAP

for Older Driver Safety

DRIVING TEST



Talk Before You're Too Far Down the Road

Have a conversation with your older loved one about driving as soon as possible.

Write down what you will do if your loved one experiences a loss of memory or a decline in cognitive or physical abilities that may impact their ability to drive.

Reference this plan when you need to encourage your loved one to retire their license.



Memory Lane

State driving tests don't check memory, and memory is a key part of safe driving.

Factor memory into the decision of whether or not to let your loved one stay on the road.



Ride Along

Be a passenger in your loved one's car once a month to evaluate their driving.

ROAD BLOCKS

Your loved one may no longer be safe on the road, but they may not want to park their car for good for these reasons:

- Difficulty accepting they can't do something they used to do
- Loss of independence
- Desire not to burden others
- Lack of trust in caregivers
- Loss of control

HERE'S HOW TO ENCOURAGE THEM TO RETIRE THEIR CAR:



Reinvent the Wheel

Reframe the concept of independence as "inter-dependence." Tell your loved one that we all depend on each other in some way.



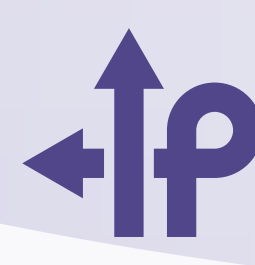
Shine Your Lights on Others

Tell them that they may be putting loved ones and others at risk by continuing to drive.



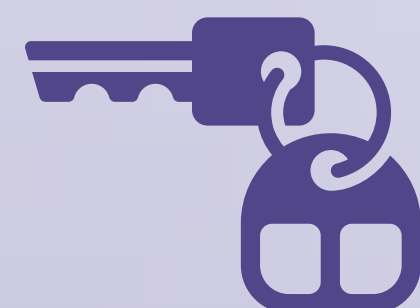
Overcome the First Speed Bump

It may be difficult for your older relative to ask for rides, but after the first time, they'll become more comfortable asking.



Give Alternate Routes

- Set your loved one up with home delivery services to minimize their need to drive.
- Make yourself available to drive them so they don't feel stuck.



Bring Your Entire Family Along for the Ride

- Make sure your whole family is on board with the decision to retire the driver's license of your older loved one. This avoids arguments and emphasizes the gravity of the situation.
- If you and your family need to buy some time while convincing your loved one to give up the keys, arrange for the car to be "in the shop" or temporarily unavailable.



Stop at Your Geriatrician

Your loved one's geriatrician is an objective third party who can help guide this difficult conversation. The geriatrician will check your loved one's:

- ✓ Vision
- ✓ Cognition
- ✓ Reflexes
- ✓ Strength

If your loved one is not able to drive because of strength or an injury, their geriatrician may give a referral to a driving rehabilitation therapist. This therapist can help your loved one rebuild their strength or modify their car so they can stay on the road.

Sources:

Plan Your Lifespan, planyourlifespan.org
 Journal of the American Geriatrics Society,
onlinelibrary.wiley.com/doi/10.1111/jgs.15526#.W6Ejzo0ymvk.twitter
 Northwestern Medicine Geriatrics, nm.org/conditions-and-care-areas/geriatrics