

Driving and the Elderly Resources, Websites, More Information

Resources:

Driving Safely While Aging Gracefully

USAA Educational Foundation, AARP & National Highway Safety Administration

<http://www.nhtsa.dot.gov/people/injury/olddrive/Driving%20Safely%20Aging%20Web/page8.html>

This handbook is for the older driver and can be a self-assessment tool to begin thinking about their own ability to drive safely. Very nicely done. Can be downloaded (7 pages.)

At the Crossroads – A Guide to Alzheimer’s Disease, Dementia and Driving and We Need to Talk...Family Conversations with Older Drivers

<http://www.thehartford.com/alzheimers/brochure.html>

Both are excellent resources and very sensitive to the importance of balancing independence and safety, and having caring conversations regarding driving. Provides information on making the transition to limited driving or not driving at all. Worksheets are provided. The brochures are free and copies can be ordered from: The Hartford, 200 Executive Boulevard, Southing, CT, 06489, Attn: (whichever booklet you are ordering)

Driving and Dementia Toolkit (used in Canada)

http://www.rgapottawa.com/dementia/rationale_en.asp

Good information but some specific Canada. I would add it to my toolkit as it has some quick quizzes for drivers and for family that help address the issues.

How to Help and Older Driver – A Guide for planning Safe Transportation, and Drivers 55 Plus: Check Your Own Performance – A Self Rating Form of Questions, Facts and Suggestions for Safe Driving. – AAA Foundation for Traffic Safety

<http://www.aaafoundation.org/pdf/ODlarge.pdf>

The first booklet is a fun booklet with lots of fun graphics and covers topics of aging, medications, assessments, coping, resistance and retiring the wheels. It presents a lighter touch to the topic. The second booklet is a self assessment booklet available from AAA Colorado, 4100 E. Arkansas Ave. Denver, CO 80222, 303-753-8800.

Senior Transportation Options Booklet

http://www.easterseals.com/site/PageServer?pagename=ntl_tsc_toolkithome

Developed in collaboration with the Beverly Foundation in Pasadena, Calif., the tool provides community organizations -- area agencies on aging, senior centers, faith-based organizations, aging service providers, transportation systems, motor vehicle departments, and city or county planners -- a way to identify all of the transportation options available to seniors in a particular community. The options template is a framework to inventory and assess existing transportation options, gaps and needs and also includes instructions and supportive materials free of charge at

Physician's Guide to Assessing and Counseling Older Drivers

<http://www.ama-assn.org/ama/pub/category/10791.html>

American Medical Association guidelines for physicians to help them medically assess the ability of older drivers to continue driving. Includes current screening laws and regulations from all 50 states (May 2003) as well as a comprehensive list of diseases which may impair driving.

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Websites

- Seniordrivers.org - The AAA Foundation for Traffic Safety's website on issues pertaining to seniors and their families. Driving tips, safety, and mobility alternatives are covered in detail. Multimedia enabled.
- [AARP](http://AARP.org) - Home page of AARP (formerly known as the American Association of Retired Persons), a nonprofit membership organization dedicated to addressing the needs and interests of persons 50 and older. Through information and education, advocacy and service, AARP seeks to enhance the quality of life for all by promoting independence, dignity and purpose.
- [AgeNet](#) - Article By Rod Clark: Making the "Key" Decision When should an older adult surrender their keys? Includes assessment and checklist, and methods to handle asking senior drivers to give up driving.
- [Alzheimer's, Dementia, and Driving](#) - This is a booklet on Alzheimer's disease and dementia, and how such degenerative diseases affect older person's ability to drive. Also includes a "contract" for the elderly person to complete with his/her family on driving.
- [Beverly Foundation](#) - Homepage of the Beverly Foundation, which is an independent operating foundation, emphasizing research, demonstration and education efforts that contribute to the ability of older adults to continue living in the community as long as possible. The Beverly Foundation targets an audience of professionals, caregivers, family members and seniors themselves.

- [Centers for Disease Control and Prevention](#) - Center for Disease Control and Prevention's National Center for Injury Prevention and Control Older Adult Drivers webpage. Containing older driver facts, occurrences risk and protective factors of senior drivers.
- [Easter Seals](#) - Web page devoted to Transportation Solutions for Caregivers. Contains information on prevention of and ways to deal with agitation, as well as resources and product information.
- [How's My Driving?](#) - A pdf file featuring a senior program sponsored by hows.com (How's my driving. Com). The brochure also describes ten steps seniors may follow in the program to better monitor their driving.
- [LA4Seniors](#) - Dangerous driving and seniors section contains a plethora of tips to help seniors recognize when their driving skills are eroding. Also offers advice on nationwide programs to help senior drivers extend their "driving lifespan". Includes help for obtaining due process with the California DMV.
- [Michigan Area Agency on Aging 1-B:](#) - A website designed for persons, age 60+, in six Michigan counties. The website includes a section (Senior Driving Program) on senior driving with evaluation tips, rehabilitation programs, and safe driving tips.
- [Safe Senior Citizen Driving](#) - Guide from helpguide.org on safe senior driving tips, a few statistics on senior drivers, and provides links to other senior driving sites.

More Information:

AAA Foundation for Traffic Safety Senior Driver Web site

<http://www.seniordrivers.org>

AARP Driver Safety Web site

http://www.aarp.org/families/driver_safety

Alzheimer's Association

Telephone: 1-800-272-3900

<http://www.alz.org>

The Hartford

<http://www.thehartford.com/alzheimers>

National Highway Traffic Safety Administration

Telephone: 1-800-327-4236

<http://www.nhtsa.dot.gov>

Online Quizzes <http://www.aaafoundation.org/quizzes/index.cfm>

