

National Child Safety Council

senior safe[®]

Drive Safely

- Signs of Problems
- Adjustments
- Tips



Presented by

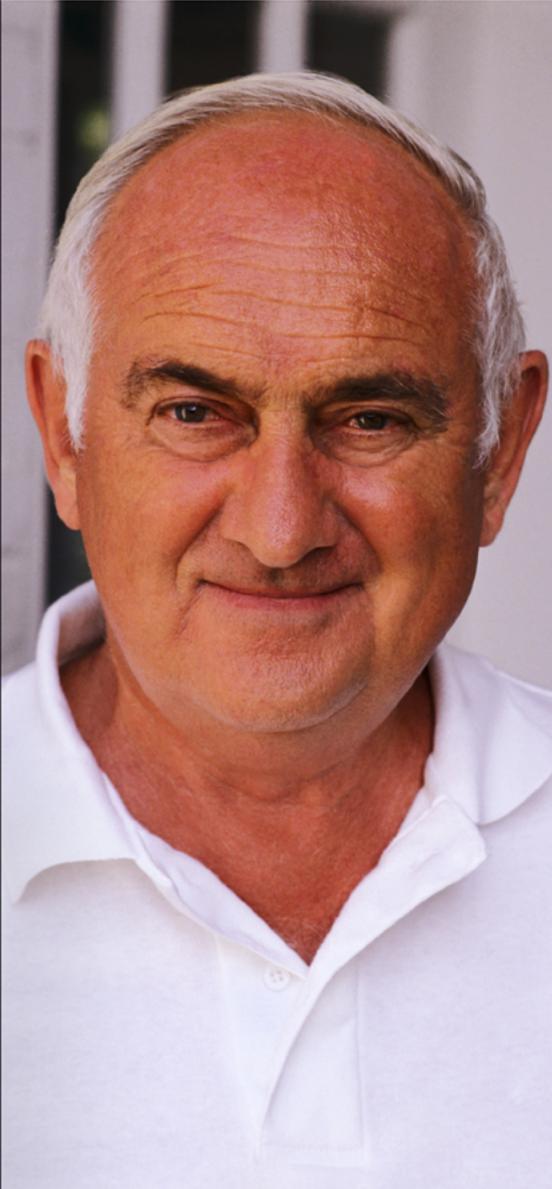
**National Child
Safety Council**

and your local

**Law Enforcement
Department**



Drive Safely



Freedom & Safety

A driver's license to most people is a source of pride and independence.

It allows them the freedom to have their own schedule.

More than 31 million drivers are over the age of 65.

Drive Safely



Freedom & Safety

As we age, our bodies age along with us, limiting our abilities.

Many drivers don't realize that their driving skills are getting worse or they don't want to admit it.

In 2009, 5,288 people age 65 and older were killed in motor-vehicle crashes.

Drive Safely



Freedom & Safety

What makes older drivers high risk is that they are more likely to have medical or biological conditions that impact driving.

Senior drivers are more likely to receive traffic tickets for failing to yield, turning improperly, and running stop signs and red lights.

187,000 seniors were injured in traffic crashes in 2009.

Drive Safely

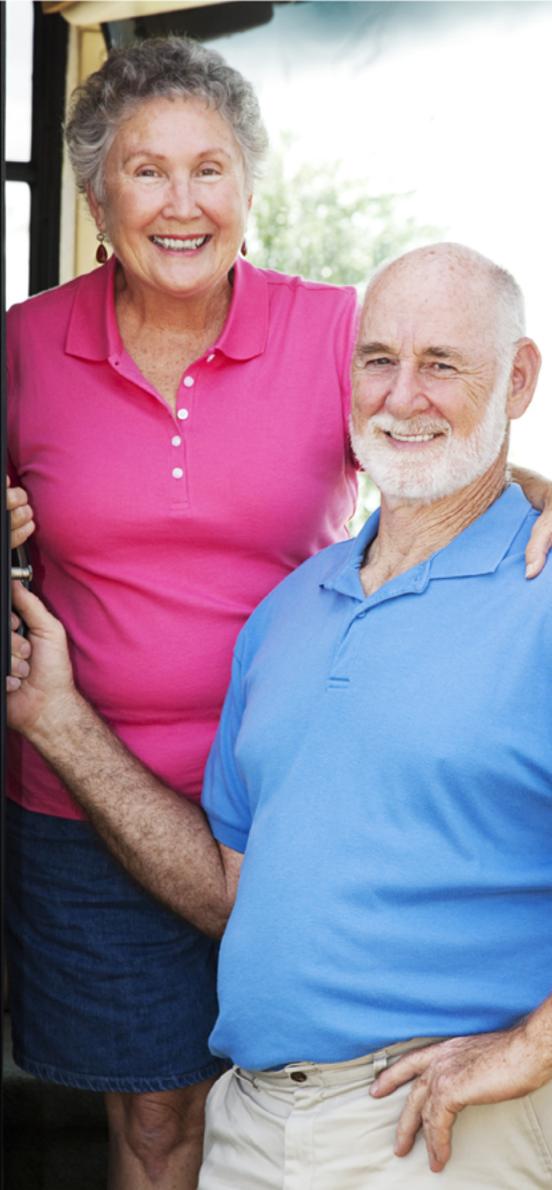


Freedom & Safety

Some states have laws that test older drivers' abilities at the time of license renewal, including on-the-road driving evaluation. Others rely on physicians and relatives reporting suspected driving problems.

86% of traffic fatalities happen on side roads and byways. Only 14% happen on major highways.

Drive Safely



Start Out Safe

Keep your car in tune with your needs.

- 1. Your car should have a simple dashboard with controls that are easy to read.**
- 2. Use a seat cushion to boost you higher for better visibility and seat belt comfort.**
- 3. Make sure windshield wipers are clean and in good condition. Use defrosters.**

Drive Safely



Start Out Safe

- 4. Drive with low-beam headlights on at all times to make your car more visible.**
- 5. Keep headlights clean and have them re-aimed twice a year.**
- 6. Turn off the radio and keep heaters, fans, and air conditioning low to reduce distracting noise.**

Drive Safely



Start Out Safe

- 7. Have larger mirrors installed or use large, glare-control, automatically dimming rearview mirrors. Electro-chromatic mirrors can reduce glare.**
- 8. Make sure your headrest is centered with the back of your head and not your neck.**
- 9. Tires should be properly inflated.**

Drive Safely



*Adjust your mirrors **BEFORE** you drive to help stay safe.*

Left side-view mirror:

- **Lean your forehead against the driver's side window.**
- **Turn the mirror until you can barely see the side of your car.**

Wear your seat belt all of the time, even for short trips.

Drive Safely



*Adjust your mirrors **BEFORE** you drive to help stay safe.*

Right side-view mirror:

- Sit with your head directly facing the rearview mirror.
- Turn the side mirror until you can barely see the side of your car.

Be sure all passengers are buckled up no matter what their age.

Drive Safely



*Adjust your mirrors **BEFORE** you drive to help stay safe.*

Rearview mirror:

- **Keeping your head in the position it is in when you drive, turn the mirror so that you see as much of the entire back windshield as possible.**

Install car seats appropriately when transporting children.

Drive Safely



Unsafe Drivers

All drivers, especially seniors, should evaluate their own driving to decide if they have the ability to drive safely, then adjust for any changes in memory, vision, hearing, balance, strength, flexibility, reflexes, and mental clarity.

Around 90% of the driving cues we rely on are visual. Vision declines progressively starting at age 50.

Drive Safely



Unsafe Drivers

Physical changes:

- **Strokes**
- **Memory loss**
- **Hearing problems**
- **Anything that limits physical activity**

Drive Safely



Unsafe Drivers

Vision changes:

- **Need more light**
- **Headlight glare/sunlight glare**
- **Slowed reaction time**
- **Reduced peripheral vision**
- **Inability to distinguish colors**
- **Dulled vision or difficulty focusing**

Drive Safely



Unsafe Drivers

Slower reflexes due to muscles, nerves, and joints moving more slowly or stiffening due to arthritis or inactivity can create:

- **inability to see clearly in mirrors** due to an incapacity to turn head.
- **inability to get a good grip on the steering wheel.**

Drive Safely



Unsafe Drivers

Medications such as over-the-counter drugs, antihistamines, and sedatives (*pain killers*) can affect driving skills.

Multiple medications can cause multiple problems.

Drive Safely



Unsafe Drivers

Senior Driving Assessment Programs are becoming available in many areas. They cover changes in vision, reaction time, and hearing, offering techniques to compensate for those changes.

Their goal is to help seniors maintain their independence.

Many communities offer door-to-door services, public transportation, or other arrangements that can keep seniors mobile.

Drive Safely



Signs of a Problem

Look for a pattern of mistakes rather than one-time incidents.

- 1. Refuses to listen to driving criticism and/or does not follow instructions well**
- 2. Doesn't obey traffic signs or signals, failure to yield the right-of-way or stop for pedestrians**
- 3. Stops using turn signals or mirrors**

Brake on yellow; stop on red.

Drive Safely



Signs of a Problem

4. Problems balancing hand and foot movements, slowed or jerky reactions
5. Problems turning head, neck, and shoulders
6. Quick and sudden stops for no reason, backs over things, runs over curbs

There is no set age that makes a person an “older driver.”

Drive Safely



Signs of a Problem

7. Problems noticing pedestrians, signs, or other vehicles (*“They came from nowhere.”*)
8. Pattern of fender benders, close calls, or tickets, rear-ending a vehicle
9. Drives too slow or off the road, has difficulty keeping the car centered in a lane, crosses lane markings, runs lights or stop signs

Drive Safely



Signs of a Problem

10. Crosses in front of oncoming traffic, has difficulty navigating turns, drives the wrong way on a one way street
11. Gets lost or confused easily
12. Hits the gas instead of the brake or both at the same time
13. Increase in other cars honking, tailgating, or expressing “road rage”

Drive Safely



Drive Safely

Before You Go

- Exercise and stay active.
- Get regular medical and eye check-ups.
- Wear your glasses & keep them clean.
- Wear sunglasses or dark-tinted glasses during the day, **but never at night.**

Drive Safely



Drive Safely

Before You Go

- **Keep the windshield clean, inside and out.**
- **Leave early to allow for extra time.**
- **Ask a friend or family member to ride along.**

Drive Safely



Drive Safely

On The Road – Plan Ahead

- Only drive in well-known areas. Avoid busy roads and rush-hour traffic.
- Take side roads instead of highways.
- Drive in daylight or on well-lit streets and avoid driving in bad weather (*fog, rain, snow, glare, smoke, etc.*)

Drive Safely



Drive Safely

On The Road – Plan Ahead

- **Focus on driving instead of other thoughts, scenery, pets, phone calls, or conversations with passengers.**
- **Keep extra space between your car and others.**

Nearly 20% of all injury crashes are caused by distracted drivers.

Drive Safely



Drive Safely

Making The Right Decision

- **Pedestrians ALWAYS have the right-of-way.** Watch for them or other cars before changing lanes, backing up, or making a turn, especially in parking lots.

Seat belts reduce the risk of fatal injury by 45%.

Drive Safely



Drive Safely

Making The Right Decision

- **Turn slowly.** Activate your turn signal in advance. (*Turn it off after the turn.*)
- If left turns are difficult, try rerouting your drive to include several right turns instead.

Drive Safely



Drive Safely

Making The Right Decision

- **Use your mirrors when changing lanes. Check all blind spots.**
- **Use your turn signal.**
- **Begin braking as soon as you see the stop sign. Come to a complete stop.**
- **Do not pull out unless there are no cars coming and the car in front of you has gone.**

Drive Safely

- Signs of Problems
- Adjustments
- Tips



National Child Safety Council has developed senior safe[®] materials geared specifically to the needs of today's active Senior.

The senior safe[®] materials make it easy for law enforcement departments or other community groups to present vital information for daily living and safeguarding lives to a group of Seniors in any setting.

For a complete list of NCSC senior safe[®] materials and other programs, visit www.nationalchildsafetycouncil.org or call 1-800-327-5107.



senior safe[®]

Drive Safely

- **Signs of Problems**
- **Adjustments**
- **Tips**

This CD is intended for private home viewing and/or educational venues such as classrooms, Senior living centers, & law enforcement presentations only and is not authorized for any other use. Any public performance not deemed educational, copying, sharing, posting online, including, but not limited to, social media sites is strictly prohibited. Printing, or duplicating in whole or in part of this digital content is prohibited.

© MMXII National Child Safety Council • Jackson, MI 49204-1368 • All Rights Reserved

www.nationalchildsafetycouncil.org