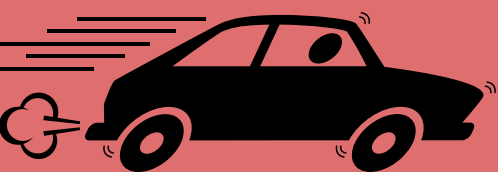


Conversations about Driving

In order to preserve your loved one's sense of independence, it is important that they are the ones who come to the decision to stop driving. Below are tips for you to use to guide the conversation, but preserving their independence in this decision is best if at all possible. Beginning with a driving self-assessment may help guide the conversation even further and allow for them to self-reflect on their current driving skills and safety awareness.

1. **Choose the Right Time** - have the conversation in a relaxed and comfortable environment with ample time
2. **Avoid Being Confrontational** - remember you are having this discussion out of concern and love
3. **Offer facts and examples**
4. **Ask Them Questions** - see how *they feel* about driving in challenging situations such as at night or in the rain
5. **Practice Empathy** - be compassionate and try to not get exasperated if you are met with resistance
6. **Make a Plan** - older adults who stop driving are two times more likely to suffer from feeling like a burden and from depression. They are less likely to feel like a burden if:
 - taking them places is framed as a way to enjoy time together
 - they have a list of willing back up drivers
 - if appropriate, help your loved one navigate public transportation or set them up with a senior citizen ride share program through local organizations



Conversations about Driving: Warning Signs to Watch For

1. Consistently driving too fast OR too slow
2. Getting lost on familiar roads
3. Having Increased accidents or near misses
4. Difficulty parking or turning left
5. Receiving Increased driving tickets
6. Running red lights or stop signs
7. Showing up with new dents or scratches on the car
8. Using lanes improperly

