

DRIVING RETIREMENT

*Recommendations for increasing safety &
independence with community mobility!*



Learn More About Driving Retirement

WHAT

An individualized plan to help an older adult maintain community mobility, participate in important life events, full fill daily needs such as accessing food, medication and doctors.

WHY

Developing a "Driving Retirement Plan" will help older adults maintain their community independence and reduce risk for secondary side affects including depression and isolation.

WHEN

Early: It is important to talk to your loved one before driving becomes a problem.

Often: Frequent conversations about driving performance help the older adult adjust their driving behavior & consider their options.

HOW TO DEVELOP A DRIVING RETIREMENT PLAN

Consider public, private, & family options.



HOME
AND
DRIVING

A driving retirement plan will help you maintain social connections, decrease risk of entry into a long-term care facility, and maintain physical and mental health. *First*, you need to consider your transportation needs, physical limitations, cognitive limitations, available transportation options in your area, availability of family and friends to assist, and finances available. *Second*, you need to make a list or chart that pairs the transportation option (i.e. public transportation) with the destination (i.e. doctor's office). *Finally*, you may need to consider how this plan can evolve if you have further changes in your physical needs or cognitive limitations.



EVALUATING YOUR TRANSPORTATION NEEDS

Simple list of considerations when developing a driving retirement plan.

- What locations does the older adult need to visit?
- What times of day do they need transportation?
- How often will they need transportation?
- Will it be reoccurring?
- What public and private transportation options are available in area?
- What is the budget available for transportation?
- Is there any physical or cognitive limitations to consider?
- Is the transportation handicap accessible (walker, cane, wheelchair, etc)?
- Will the older adult need assistance with transporting items (groceries, shopping bags, etc.)?



WHAT TO DO ABOUT YOUR CONCERN



Developing a plan

Conversations about driving can be uncomfortable for both you and your loved one. It is important to understand that the discussion should be ongoing, and you should strive to keep the conversation positive and productive.

During your discussion use current events, find a common ground, point out changes in their driving behavior, and express your concerns.

Making sure you prepare for the conversation is essential to helping it go smoothly. Create a list of examples that you can share during your talk.

"In 2018, 6,907 adults over the age of 65 were killed in automobile accidents."

KEYS TO A SUCCESSFUL CONVERSATION



- Get the facts
- Observe the older driver
- Discuss concerns with a doctor
- Investigate alternative transportation options
- Be supportive

These suggestions were taken from The Hartford Guide for Market Excellence, We Need to Talk... Family Conversations with Older Drivers.



DRIVING BEHAVIOR **WARNING SIGNS**

Look for a pattern

- Easily distracted while driving
- Riding the brake
- New dings & dents
- Other drivers often honk horns
- Failure to notice traffic signs
- Moving into wrong lane
- Confusion at exits
- Getting lost in familiar places
- Near misses
- Confusing gas & brake pedal



PUBLIC VS PRIVATE **TRANSPORTATION**

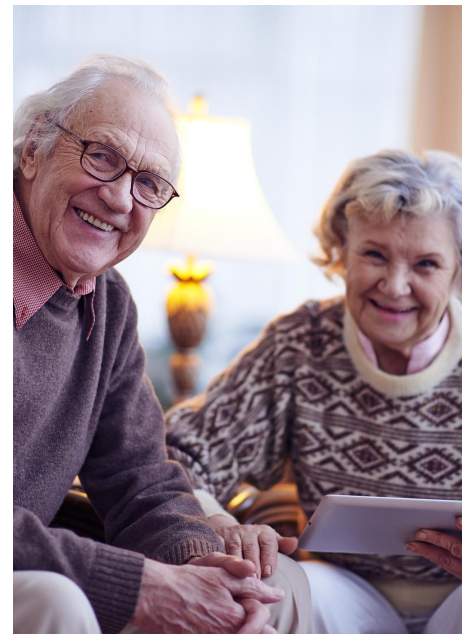
Questions to guide best choice

- What options are available in your area?
- What time does the transportation run?
- Where does the transportation pick up & drop off riders?
- How much does it cost for a ride (one way vs round trip)?
- Does the person have the skills needed to safely use the transportation option?
- Is the transportation handicap accessible?
- Will they assist with loading items?

WEBSITES & ADDITIONAL RESOURCES

Check out the following websites, blogs, & national organizations for more information on Driving Retirement

- Home and Driving Blog www.homeanddriving.com
- National Highway & Traffic Safety Administration (NHTSA) www.nhtsa.gov
- National Institute on Aging www.nia.nih.gov
- AARP www.aarp.org
- AAA www.seniordriving.aaa.com
- American Occupational Therapy Association (AOTA) www.aota.org
- Association of Driver Rehab Services (ADED) www.aded.net
- The Hartford Center for Mature Market Excellence www.thehartford.com





WHY CHOOSE A COMPREHENSIVE DRIVING EVALUATION?

Choosing a professional opinion

- Completed by medical professional (Occupational Therapist & Driver Rehab Specialist)
- Provides objective measurements of driving abilities
- Helps determine if driving limitations are needed
- Helps educate about transportation options in your community
- Helps assess safe & appropriate alternative transportation based off cognitive or physical challenges

WHAT IS A DRIVER REHAB SPECIALIST & DRIVING EVALUATION?

Understanding the process

A Comprehensive Driving Evaluation is a medical evaluation completed by a Driver Rehab Specialist to determine a person's fitness to drive. Every evaluation is individualized to the person's needs and the client is given the opportunity to demonstrate their normal driving routines and goals. The evaluation includes a clinical evaluation and an on-road evaluation.

According to The Association for Driver Rehabilitation Specialist (ADED). "A DRS (Driver Rehabilitation Specialist) is a professional who plans, develops, coordinates, and implements driving services for individuals with disabilities. These professionals are typically allied health personnel, driving instructors and others who have specialized in this area and received continuing education in the field, but who have not obtained the certification offered by ADED."

