

Older Driver Safety Awareness

<https://www.cdc.gov/injury/features/older-driver-safety/index.html>

As people age, medical conditions that accompany aging like cataracts, glaucoma, arthritis, and joint pain making it more difficult to drive become more prevalent.

Steps That Older Adults Can Take to Stay Safe on the Road

- **Always wear your seat belt** and never drive impaired by alcohol or drugs/medicines.
- **Discuss any medical issues** with your doctor to determine if they might affect your driving.
- **Discuss stopping or changing your medications** with your pharmacist or doctor if you experience any side effects that could interfere with safe driving, such as blurry vision, dizziness, sleepiness, confusion, fatigue, and/or loss of consciousness.
- **Have your eyes checked by an eye doctor at least once a year.** Wear glasses and corrective lenses as directed.
- **Plan your route** before you drive.
- **Drive during daylight** and in good weather when possible.
- **Consider potential alternatives to driving**, such as riding with a friend, using public transit, Lyft, Uber, Taxi or using Senior safe ride share services.