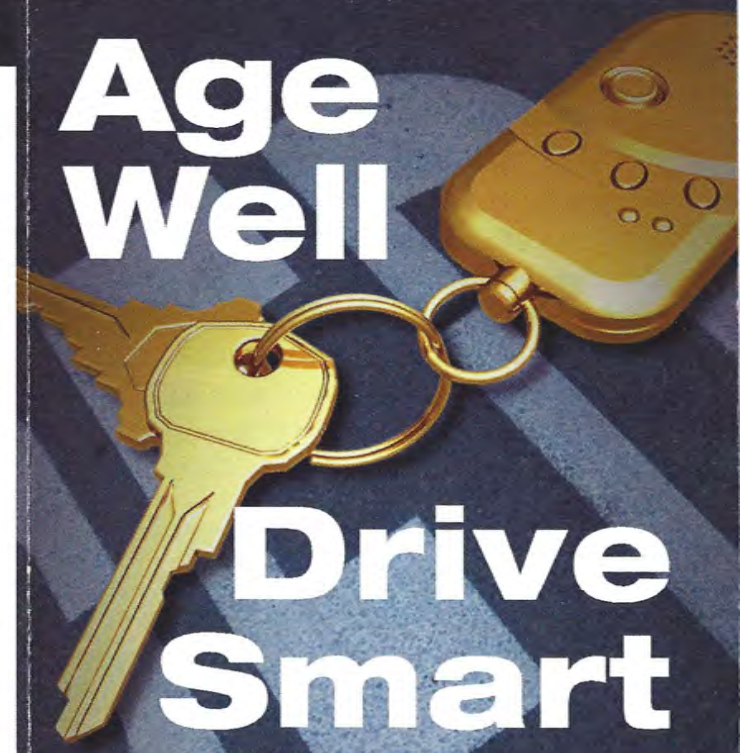


Age Well



Drive Smart

Keys to Driving Safer and Driving Longer



Where to Get Help

The best way to continue driving safely is to work with your doctor. Your doctor can help you decide what steps you need to take to remain safe on the road. Working with your doctor allows you the opportunity to discuss any symptoms you may be experiencing and adjusting your medications, if necessary. In addition, your doctor can also refer you to an occupational therapist or driving rehabilitation specialist. These professionals are trained to help you continue driving safely and can assist you in attaining equipment modifications for your car if needed.

The California Highway Patrol (CHP) introduces the Age Well, Drive Smart presentation to help older drivers continue to drive safely. This program is a cooperative effort between the CHP, the Department of Motor Vehicles and the older driver community.

To find out when the next available Age Well, Drive Smart presentation in your area is, please contact your local CHP office or visit us online at: www.chp.ca.gov.

Funding for this program was provided by a grant from the California Office of Traffic Safety, through the National Highway Traffic Safety Administration.



Have you checked your medications?

Do you ever feel...

Sleepy or confused?

You're reacting too slowly?

Dizzy?

Some medications have side effects that can affect your ability to drive safely. If you experience any of these symptoms while driving, talk to your pharmacist about the effects your medications can have and consult your doctor if your prescriptions need to be changed.

WARNING SIGNS AND SOLUTIONS ARE THE KEYS TO AGING WELL & DRIVING SMART

You are a good driver...

but, as you age you may begin to experience functional changes or medical conditions that can affect your ability to drive safely. The good news is that by carefully monitoring any changes, such as your vision or reflexes, and by working with your doctor, you have the ability to change your driving habits or take other corrective steps that allow you to stay safe on the road.



How is your eyesight?

Can you...

Read signs easily?

Clearly see street markings, cars and people, especially at dawn, dusk, or when it's foggy or rainy?

The ability to read street signs and see the road clearly is an important part of driving safely. If you are having trouble with your vision, talk to your eye doctor to ensure that your eyeglass or contact lens prescriptions are current.



How do you feel physically?

Are you able to...

Look over your shoulder for safe lane changes?

Move your foot from the pedal to the brake, and back quickly?

Turn the steering wheel easily?

Sit in your car for long periods of time?

Your coordination, strength, and flexibility may lessen as you age and make driving a car more difficult. If you have trouble performing these tasks, check with your doctor about fitness programs, strengthening exercises, and a possible evaluation by an occupational therapist or other health care professional.



How is your health?

Have you experienced...

Weakness from a recent hospitalization or long illness?

Dizziness or loss of coordination?

Seizures, fainting, or other loss of consciousness?

Vision problems?

Depression, anxiety, or memory loss?

Any illness can have short-term and long-term effects that could make driving more challenging. It is important to consult your doctor about a treatment that will help you drive safely.