

**AARP SAFE DRIVING COURSE FOR SENIORS @  
ORCAS SENIOR CENTER (Thursday, October 10, 12pm-  
5pm and Friday October 11, 1pm-3pm)**

Seniors are safe drivers compared to other age groups. However, driving requires being able to react quickly while driving when your attention is distracted by many activities. Reaction time decreases with age. A delay in response time can cause serious harm to the driver and others on the road. During unexpected driving situations the changes in older drivers can be quite noticeable.

Maddie Rose, the regional coordinator for AARP Safe Driving Course will present a research-based two-part driving class with proven strategies to keep seniors safe behind the wheel. She will help refresh driving skills and alert drivers to new rules of the road. Many insurance companies offer discounts to drivers who complete this course.

According to the American Automobile Association, older drivers reduce the risk of injury by being law abiding: wearing safety belts, not drinking and driving, avoiding difficult driving situations, and observing speed limits. Many older drivers fear having to depend on others to get around. It is important to be aware that medications, stiffness, and hearing loss can cause driving to change over time. This course is self-rating and can help our seniors stay relevant on the road.

The two-part AARP Smart Driver Course will be held on Thursday, October 10<sup>th</sup> from noon to 5pm and on Friday, October 11<sup>th</sup> from 1pm to 3pm at Orcas Senior Center. Call 360-376-2677 to sign up for the course or stop by the front desk.

