

MATURE DRIVERS SAFETY

Driver safety is an important and sometimes sensitive issue for older drivers as the physical and mental changes that occur as we age can interfere with our ability to drive. You can drive safely longer by taking care of your health and employing safe driving practices.

If you do need to limit your driving, or eventually stop driving, it doesn't mean the end of your independence. With help from family, friends, and community resources, as well as a positive outlook and personal action, you can remain mobile without driving.

Mature drivers behind the wheel

MYTH – There's nothing older drivers can do to improve their driving skills.

FACT – There are many things older drivers can do to improve their driving skills. For many of us, all it takes is an awareness of the changes we go through as we age and the desire and ability to adapt to those changes. Research shows that age alone is not a good predictor of driving safety or ability. Nevertheless, some of the physical and mental changes that occur as we age may increase our risk on the road.



What the research says

Research shows that seniors are:

- More likely to be involved in a crash.
- Overrepresented in serious injury crashes.
- More likely to be seriously injured or killed in a crash.

What can you do to reduce your risk?

- Learn about the effects of aging that might interfere with our ability to drive safely.
- Evaluate your driving abilities and habits to determine how you can reduce your risk.
- Review traffic laws to stay up-to-date.
- Know your vehicle's safety features so you can use them for maximum protection.
- Make a plan of action to help you continue to drive safely for as long as possible.



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HSY 0074 3/14 [760-1282]