

Should I Stop Driving?

Do other drivers often honk at you? Have you had some accidents or traffic tickets? Are you getting lost even on well-known roads? Have family members or friends said they were worried about your driving? Do you drive less because you are not as confident as you once were? If you answered yes to any of these, you should probably think seriously about whether or not you are still a safe driver. If you have questions about your driving ability, talk to your doctor.

How Will I Get Around?

Family members and friends can help. Most communities offer taxi services and reduced bus fares for older people, and some offer special transportation services on request. Senior centers may offer shuttle services. For information on transportation in your area, contact the Area Agencies on Aging at (800) 282-8096.

If You Choose to Give Up Driving

Driver and Motor Vehicle Services (DMV) will exchange your current license for an identification card.

What Happens When Someone Reports Me?

Anyone can report concerns about a driver's ability to safely operate a motor vehicle including: healthcare professionals, social workers, friends, and family. These reports usually result in DMV requiring the driver to pass DMV vision, knowledge, and drive tests.

Family doctors are required to report an unsafe driver to DMV when a driver's medical impairment is severe and uncontrollable. DMV will usually suspend driving privileges until it can be determined that the driver is able to safely operate a motor vehicle.

For more information:

Driver and Motor Vehicle Services Driver Specialty Services

1905 Lana Ave. NE
Salem, OR 97314
(503) 945-5083
TTY Statewide Relay 7-1-1
www.oregondmv.com

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Form 735-7242 (2-22)
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How's My Driving?

Staying Safe Behind The Wheel



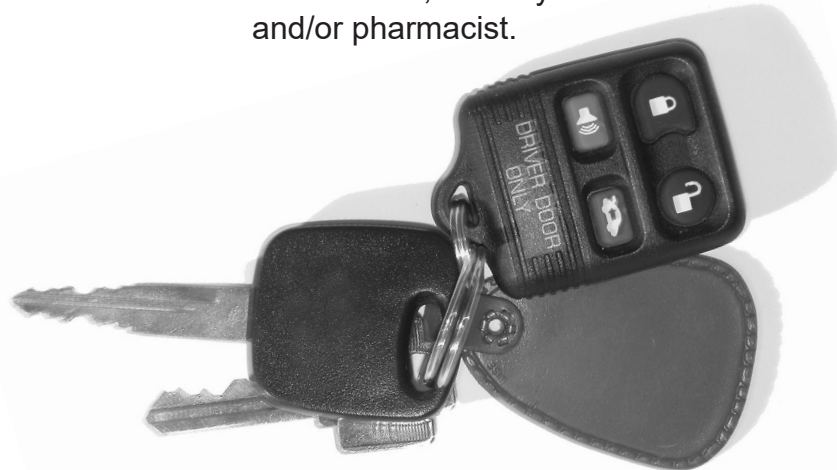
Oregon Driver and Motor
Vehicle Services

Staying Safe Behind The Wheel

Older drivers are some of the safest drivers because they rarely speed or drive after drinking. Knowing how age and certain medical conditions may affect driving can help you stay safe behind the wheel as long as possible.

How Does Age Affect Driving?

- Joints may stiffen, muscles weaken, and vision may deteriorate as people age. Turning your head to look back, steering, or braking the car may become difficult.
- Reflexes may become slower, and it may be more difficult to focus your attention. You may have a hard time doing two things at once — something you have to do to drive safely.
- Dementia causes serious memory, personality, and behavioral problems that can impair driving.
- Arthritis, Parkinson's disease, depression, or stroke - other illnesses common among older adults - can affect driving.
- Diabetes may cause nerve damage in your hands, legs, or eyes and it may put you at risk of losing consciousness.
- A combination of medicines can increase the effects of each drug on the body. With older adults often having one or more long-term illnesses, they may be taking several different drugs. Drugs that might interfere with driving include sleep aids, medicine to treat depression, antihistamines, strong pain-killers, diabetes medications, tranquilizers, cough medicines, and decongestants. If you are taking one or more of these medications, talk to your doctor and/or pharmacist.



Steps to Better Driving

- Pay extra attention when yielding right of way, changing lanes, using freeway ramps, and turning – especially left. If there is not a left-turn arrow, look for alternate routes that do have one.
- Avoid difficult situations such as driving at night, on highways, during rush hour, and in bad weather. Limit your trips to lower the chances of a crash. Stick to streets you know. Leave a big space between your car and the car in front of you. Don't drive when you are tired.
- Refresh your driving skills. Both AAA and AARP have driver safety and driver improvement classes online as well as other great senior driving resources:
www.AARPDriverSafety.org
www.SeniorDriving.AAA.com

Of course, you can always visit your local AAA office for more information and assistance.