NCSeniorDriver.org
Promoting safety for all drivers

Staying Safe on the Road with Arthritis

Arthritis can make it harder to stay safe on the road. Swelling and stiffness in your joints can make driving painful and uncomfortable.

Have you noticed changes with how easily you can:

- ☐ Get in and out of your car
- ☐ Look in your blind spots when changing lanes
- ☐ Check behind you when backing up
- ☐ Start your car
- ☐ Buckle your seat belt
- ☐ Turn your steering wheel

If you have noticed any of these changes, arthritis may be affecting your ability to stay safe on the road. But you can take action to keep driving safely.

What you can do to stay safe on the road:

- Drive when your symptoms are milder.
- Choose a car with helpful features (push to start, back-up camera, blind spot assist).
- Find an Occupational Therapist to learn about tools to improve your comfort.
- Meet with a CarFit technician to adjust your car to your needs.
- Talk to your doctor about your symptoms.

Make Your Plan to Stay Safe on the Road

Think about the changes you noticed above and choose one action to help you stay safe on the road. For example, meeting with an Occupational Therapist or carpooling with a friend when your symptoms are severe.

I will: _____

Here are some extra tips to reach your driving safety goals:

- Keep track of how well you are doing and review your symptoms often.
- Do not be afraid to ask your friends, family, or a professional for help.
- Remember that it is okay to adjust your plans if you need to.

Learn more:

- National Highway Traffic Safety Administration video, Driving with Severe Arthritis

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