

Staying Safe on the Road with Dementia

Dementia can make it harder to stay safe on the road. As your memory, mood, and decision-making change, you will find that you can no longer drive safely. Because dementia affects everyone differently, there is no exact timeframe for when driving will become unsafe.

Have you noticed changes with how easily you can:

- Find where you parked
- Drive to familiar places
- Remember the purpose of a trip
- Respond to signs and others on the road (cars, bikes, walkers, motorcycles)
- Make quick decisions on the road

If you have noticed any of these changes, dementia may be affecting your ability to stay safe on the road. Planning ahead can make the transition easier when driving becomes unsafe.

What you can do to stay safe on the road:

- Share any changes with your doctor, friends, or family.
- Have your driving checked by an [Occupational Therapist](#).
- Find out what transportation options are nearby.
- Talk to friends, family, and local agencies to learn more about your options.

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, scheduling a driving evaluation or looking into transportation options near you.

I will: _____

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

- 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 Alzheimer's](#).
- Alzheimer's Association's [Dementia & Driving Resource Center](#).
- American Academy of Neurology fact sheet, [Driving with Dementia](#).