

Your Hearing and Staying Safe on the Road

As you age, you may notice changes in your hearing. These changes make your brain work harder, which can affect how quickly you react when driving. Many people with hearing loss or impairment can drive safely. It is important to watch for changes in your hearing so you can stay safe on the road.

Have you noticed changes with how easily you can:

- Hear sirens and horns
- Notice alerts in your car (seat belt warning, turn signals)
- Stay aware of others on the road (cars, bikes, walkers, motorcycles)
- Listen to directions from your GPS or a passenger
- Focus on driving

If you have noticed any of these changes, your hearing 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:

- Get your hearing checked every year.
- If you use hearing aids, wear them every time you drive.
- Apply for a [Driver Communication Card](#) and [Deaf or Hard of Hearing Designation](#).
- Reduce distractions (radio, passengers, cell phone).
- Keep your windows closed when driving.
- Choose a car with helpful features (heads up display, steering wheel, seat vibration).

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 hearing exam or applying for a Driver Communication Card.

I will: _____

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

- Keep track of how you are doing.
- 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:

- North Carolina DMV, [Deaf or Hard of Hearing Designation](#)
- North Carolina Division of Services for the Deaf and Hard of Hearing, [Driver Communication Card](#)
- AARP article, [Driving With Hearing Loss?](#)