

# Your Mind and Staying Safe on the Road

To stay safe on the road, you must focus on more than one thing at a time and respond quickly to sudden changes. As you age, you may notice changes in your reaction time, memory, attention, and decision-making.

## Have you noticed changes with how easily you can:

- Keep your attention on the road
- Respond to signs and others on the road (cars, bikes, walkers, motorcycles)
- Turn left on busy roads
- Merge with traffic
- Move to avoid hazards
- Make quick decisions on the road

If you have noticed any of these changes, they 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:

- Leave more space between you and the car in front of you.
- Plan your route in advance.
- Avoid busy and unfamiliar areas.
- Drive when your mind and body are well rested.
- Reduce distractions (radio, passengers, cell phone).
- Talk to your doctor about ways to engage your brain.

### Make Your Plan to Stay Safe on the Road

Think about the changes in you noticed above and choose one action to help you stay safe on the road. For example, planning your route in advance or avoiding unfamiliar areas.

**I will:** \_\_\_\_\_

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

- Keep track of how 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 Institute on Aging article, [Cognitive Health and Older Adults](#)