

Your Vision and Staying Safe on the Road

Your vision helps you stay safe on the road. As you age, changes in your vision can affect your driving. Some of these changes come naturally as you age, while others can be caused by eye disease.

Have you noticed changes with how easily you can:

- Read the instrument panel on your car
- Drive at night
- Adjust to bright sunlight or glare from headlights
- Change your speed to merge into traffic
- Stay in your lane while driving
- See signs and others on the road (cars, bikes, walkers, motorcycles)

If you have noticed any of these changes, your vision 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 eyes checked every year.
- Wear sunglasses on bright days.
- Choose glasses frames with narrow sides.
- Turn your head to check before merging.
- Drive during daylight and in good weather.
- Keep your windows and mirrors clean.

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 an eye exam or buying sunglasses to keep in your car.

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:

- American Optometric Association article, [Driving Safely After 60](#)
- AARP article, [Vision and Driving](#)
- National Highway Traffic Safety Administration video, [Driving with Vision Disorders](#)