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Promoting safety for aging drivers

There is no specific age when a person is no longer safe to drive. Every driver is unique.

Know the warning signs:*

- Trouble hearing or seeing.
- Struggles to turn head to back up or check mirrors.
- Trouble moving foot between the pedals.
- Hits curbs.
- Trouble judging distance.
- Loss of confidence.
- Gets confused at intersections and ramps.
- Gets lost in familiar places.
- Involved in crashes or close calls, including fender benders.
- Friends, family, or police have shared concerns.
- Doctor/pharmacist have recommended setting limits or driving retirement.

**adapted from AARP's Warning Signs of Unsafe Driving*

**Take action to ensure safety for all.
Plan for the road ahead.**

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Abilities, vehicles, and roads change throughout life. Safe drivers understand and adjust to these changes.

Learn about changes.

- Most people experience changes to their body, mind, and medications as they age.
- These changes might affect a person's ability to drive safely.
- In some cases, drivers can take steps to limit how much these changes affect driving.

Set safe limits.

- Many drivers choose to limit their driving to situations that are more likely to be safe.
- Daylight & fair weather, light traffic, familiar routes, and shorter trips are examples of limits some drivers set.

Make a plan to stay independent.

- Learn about alternative transportation options.
- Practice new types of transportation with friends & family.
- Carpool with others.

Talk early. Talk often. Listen.

- Talk to friends & family about driving.
- Share your concerns.
- Make a plan together.



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