

Resources for the Aging Driver

National Highway and Traffic Safety (NHTSA) website: [NHTSA Older Drivers](http://www.nhtsa.gov/Driving+Safety/Older+Drivers)

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This site has a lot of available materials including the section *Driving while suffering from...* with information on driving with a variety of age related challenges such as diabetes, arthritis, macular degeneration, etc. The following sections are also helpful:

Video Toolkit on Medical Conditions among Older Drivers.

Drive Well Toolkit: Promoting Older Driver Safety and Mobility in Your Community

Talking with Older Driver about Safe Driving

RoadwiseRx: [roadwiserx.com](http://www.roadwiserx.com)

(<http://www.roadwiserx.com>)

Type in medications (prescribed and/or over counter), and get feedback on potential drug interactions, food interactions, warnings for driving, and general information about the medication.

Driving Health Inventory: [DrivingHealth.com](http://www.drivinghealth.com)

(<http://www.drivinghealth.com>)

Short, self-administered screening tests of functional abilities related to driving. (Cost is \$10 per single use.)

Car Fit: [car-fit.org](http://www.car-fit.org)

(<http://www.car-fit.org>)

This is an educational program designed to provide aging drivers individualized feedback on how well they “fit” their vehicle, e.g., mirror positioning, distance from steering wheel, height in seat, etc. See the website for a listing of car fit event locations.

LifeLong Driver: [lifelongdriver.com](http://www.lifelongdriver.com)

(<http://www.lifelongdriver.com>)

A 7-8 hour driving safety program that uses computer based training and driving simulation to address the leading causes of older driver crashes.

Senior Driving: Senior Driving

(<http://www.seniordrivingaaa.com>)

This site has a variety of resources for aging drivers including a national listing of online and in classroom driver improvement courses for seniors.

Rides In Sight: [RidesInSight.org](http://www.ridesinsight.org/)

(<http://www.ridesinsight.org/>)

This is a fairly new, national, toll free call center for senior transportation which provides comprehensive, up-to-date information about senior transportation options anywhere in the United States.

The Hartford Center for Mature Market Excellence: [safedrivingforalifetime.com](http://www.safedrivingforalifetime.com)

(<http://www.safedrivingforalifetime.com>)

Once on the website, use the underlined categories as noted below to access downloadable booklets:

We Need to Talk: *We Need to Talk: Family Conversations with Older Drivers*

Driving Evaluations: *Your Road Ahead: A Guide to Comprehensive Driving Evaluations*

Exercise for Drivers *Exercise Guide for creating individualized plan*

Driving Wellness *You and Your Car: A Guide to Driving Wellness*

Dementia and Driving *At the Crossroads: Family Conversations about Alzheimer's disease, Dementia and Driving*

Driver Rehabilitation Services: www.driver-rehab.com

(<http://www.driver-rehab.com>)

Provides services (driver evaluation and training) for aging, injured, and disabled drivers.

Association for Driver Rehabilitation Specialists: [ADED](http://www.aded.net)

(<http://www.aded.net>)

This is the National association that oversees the certification of driver rehabilitation specialists. Click on the *Directory and Services* tab to search for a specialist in your area.

Centers for Disease Control and Prevention: [CDC Older Drivers](http://www.cdc.gov/Features/OlderDrivers)

(<http://www.cdc.gov/Features/OlderDrivers>)

There are a variety of resources linked here including a Driving Decisions Workbook to help assess age related changes in abilities and habits that could affect safe driving.