



Safe Driving Tips

Growing older doesn't automatically make you a bad driver. But age does bring changes that can affect your driving ability. Here are some tips to stay safe on the road.

Think Outside the Car

- Maintain good health. Exercising to keep your upper body flexible will help you look over our shoulders before making lane changes and turns.
- Get regular vision checkups.
- Be aware that some medications or combinations of certain medications, even over-the-counter ones, may cause drowsiness or fatigue.

Make Some Adjustments

- Avoid rush-hour driving.
- Avoid driving at night and in bad weather, when your visibility is limited.
- Take a safety class for senior drivers. It never hurts to get a refresher course on safe driving, and it's a fun way to meet others.

Plan Ahead

- Before you leave home, plan your route.
- Start thinking about alternate transportation now. The transition to the passenger seat usually occurs over a number of years. Supplement your driving with alternatives during this time. Ask family, friends or neighbors for ideas. Learn about options in your community — from public transport to ride services such as ITNAmerica® — and try them out to see which options work best for you.

Above all, listen to what your mind and body are telling you. If you start wondering if you can still drive safely, it is time to start talking with your physician and family.

Developed by Dave Melton, Director of Transportation Technical Consulting Service at Liberty Mutual's Research Institute for Safety. With over 39 years of safety expertise, Dave is committed to developing and supporting transportation-related safety and health products and services.