



The Warning Signs

MENTAL Reaction time is one of the most crucial functions to safe driving. This slows with age but increasing distance between other cars and objects may help some older drivers.

VISION Good vision is essential to safe driving. An older person may notice difficulties focusing on objects & switching focus from near to far. The ability to see fine detail may diminish. Peripheral vision may also change with age. This is significant, since about 98% of what we see when we drive is seen first peripherally. Driving at night may become more difficult due to clarity in sight issues. As we get older, we need more light to see clearly. Approaching headlight glare may make it harder to adjust to.

HEARING Some hearing loss is common among people age 65 and older. High pitched sounds may become less audible long before low pitched ones do. This is important because horns, sirens & train whistles are high pitched. Studies show people who have hearing difficulties are more likely to be inattentive to their surroundings. Family & friends who suspect an older person doesn't hear well should recommend a hearing exam & offer to go with the older person to get one.



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It is important to understand that even after taking steps to correct diminished eyesight or hearing, and after successfully avoiding adverse reactions to medication, an older person still may not feel comfortable behind the wheel. Encourage the older person to discuss this with you, another family member, friend or doctor. As a family member or friend, you must be sensitive to this insecurity and help your elder loved one.

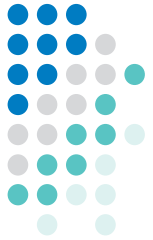


Solution ...



**St. Louis Park, MN
952-544-6300**

Talking With Older Drivers



Is It Time To Put The Brakes On ?



A guide for family, friends and loved ones

from America's Choice In Homecare!



A Public Service from Visiting Angels®

Is It Time To Put The Brakes On & Hang Up The Keys?

A Guide For Family, Friends & Loved Ones To Discussing One Of Life's More Difficult Issues.

Q's & A's

The growing number of older drivers and today's driving complexities has increased the concern expressed by many Americans about the safety of a loved one.

These decisions about driving are difficult for older American's to make on their own.

This guide is to help bring about the conversation and assist you when the time is right to discuss the safety of your elderly relative, loved one or friend.

More information is available at your state's department of motor vehicle office or website.



Driving today is not the same as it used to be.

What can I, as a family member or friend, do if I am concerned about the driving ability & safety of someone older who continues to drive?

First, recognize that driving is very important as it is our primary means of getting around. Second, if there are other family members or friends available, talk with them to see if they have made some of the same observations & discuss how you may be able to help the driver.

What can family members & friends do when a driver continues to drive against the advice of their doctor & others?

It is best to maintain a sense of trust in your relationship, being honest & persistent. Encourage the person to make a decision to reduce or stop driving as appropriate. Be aware that persons who lose the privilege of driving often feel lonely or anxious because they have fewer opportunities to be with friends or involved in activities. If the person will not listen to reason, you may want to discuss the problem with their doctor to find out if there are any medical reasons that should be reported.

If an older driver stops driving, what alternative means are available?

Most metropolitan areas have alternative means available, if you qualify, and these services can be located within your community phone book. Be sensitive to the older person's feelings. Expect some emotional reactions, and do what you can do to help them through this trying time.

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