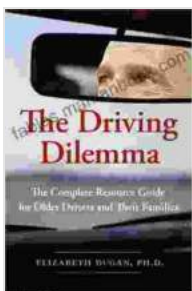


The Complete Resource Guide for Older Drivers and Their Families

As we age, our bodies and minds undergo changes that can affect our ability to drive safely. These changes can include slower reaction times, decreased vision, and reduced flexibility. While these changes do not necessarily mean that we need to stop driving, they do require us to be more aware of our limitations and to take steps to mitigate any risks.

This guide provides a comprehensive overview of the resources available to older drivers and their families. We will discuss tips for staying safe on the road, safe driving practices, and transportation alternatives. We will also provide information on financial assistance programs, legal issues, and elder abuse prevention.

There are a number of things that older drivers can do to stay safe on the road. These include:



The Driving Dilemma: The Complete Resource Guide for Older Drivers and Their Families by Elizabeth Dugan

★★★★☆ 4.8 out of 5

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- **Getting regular checkups.** Your doctor can check your vision, hearing, and reflexes to make sure that you are fit to drive.
- **Taking medication as prescribed.** If you are taking medication for a chronic condition, be sure to take it as prescribed. Some medications can cause side effects that can affect your driving ability.
- **Getting enough sleep.** When you are tired, your reaction times are slower and your judgment is impaired.
- **Avoiding alcohol and drugs.** Alcohol and drugs can impair your driving ability.
- **Driving in familiar areas.** When you are in a familiar area, you are more likely to be aware of potential hazards.
- **Using public transportation.** Public transportation can be a safe and convenient way to get around.

In addition to staying safe on the road, there are a number of safe driving practices that older drivers should follow. These include:

- **Wearing a seat belt.** Seat belts can save your life in a crash.
- **Driving at a safe speed.** The speed limit is the maximum speed at which you are allowed to drive. It is important to drive at a speed that is safe for the conditions.
- **Being aware of your surroundings.** Pay attention to the traffic around you and be prepared to react to changes.
- **Using your turn signals.** Turn signals let other drivers know what you are going to do.

- **Yielding to other vehicles.** Yield to other vehicles when you are entering a road or intersection.
- **Avoiding distractions.** Distractions can take your attention away from the road. This includes talking on the phone, texting, and eating.

If you are no longer able to drive safely, there are a number of transportation alternatives available. These include:

- **Public transportation.** Public transportation can be a safe and convenient way to get around.
- **Ride-sharing services.** Ride-sharing services are a good option for getting around town.
- **Taxis.** Taxis are a more expensive option than public transportation, but they are more convenient.
- **Non-profit transportation services.** There are a number of non-profit organizations that provide transportation services to older adults.

There are a number of financial assistance programs available to help older drivers with the cost of transportation. These include:

- **The Senior Citizen Reduced Fare Program.** This program provides reduced fares on public transportation to seniors who meet certain income requirements.
- **The Medicaid Non-Emergency Transportation Program.** This program provides transportation services to Medicaid recipients who need to get to medical appointments.

- **The Veterans Transportation Service.** This program provides transportation services to veterans who need to get to medical appointments or other VA facilities.

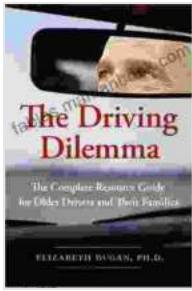
There are a number of legal issues that older drivers should be aware of. These include:

- **Driving under the influence.** Driving under the influence of alcohol or drugs is a serious offense.
- **Reckless driving.** Reckless driving is a serious offense that can result in the loss of your license.
- **Vehicular homicide.** Vehicular homicide is a crime that can result in jail time.

Older drivers are at risk of elder abuse. Elder abuse can take many forms, including financial exploitation, physical abuse, and neglect. If you are concerned that an older driver is being abused, you should report it to the authorities.

This guide provides a comprehensive overview of the resources available to older drivers and their families. By following the tips in this guide, older drivers can stay safe on the road and continue to enjoy their independence.

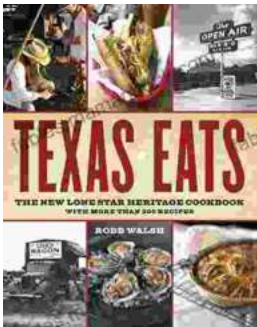
- [The National Highway Traffic Safety Administration \(NHTSA\)](#)
- [The American Association of Retired Persons \(AARP\)](#)
- [The National Council on Aging](#)



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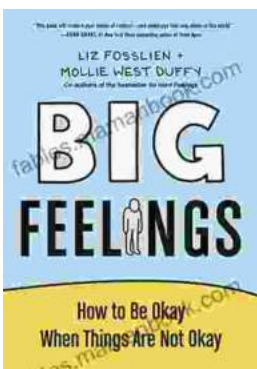
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