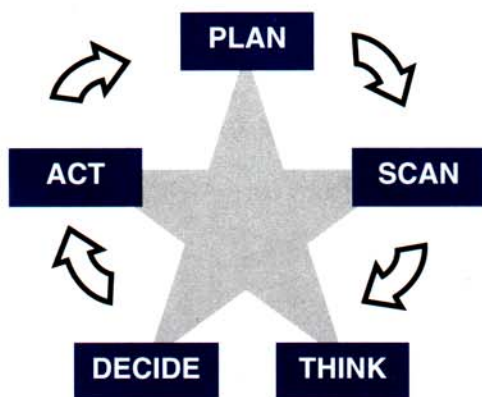


Senior Driver  
***Driving Safety Cycle***



**THE DRIVING SAFETY CYCLE**

- PLAN:** Before you begin driving, plan your route, make sure your car is properly prepared and make alternate transportation arrangements when appropriate.
- SCAN:** Pay close attention to what is happening all around you. Look and listen for situations that may require you to react quickly.
- THINK:** Consider how safety will be affected by what you have seen or heard.
- DECIDE:** Decide how to handle the situation so you feel in control.
- ACT:** Apply good judgement to eliminate unsafe acts and unsafe conditions.

**TRANSPORTATION ALTERNATIVES**

- ✓ Public transportation.
- ✓ Friends and family members who drive.
- ✓ Keep your vehicle and have others drive for you e.g. volunteer driver programs
- ✓ Scheduled or customer call request van/bus pick-up.
- ✓ Taxi voucher system.
- ✓ Community access bus or van pools.

**HOW AGING AFFECTS DRIVING SAFETY**

- ✓ Reduced vision – especially at night.
- ✓ Difficulty judging distance and speed.
- ✓ Limited movement and range of motion.
- ✓ Slower reaction time.
- ✓ Difficulty focusing attention for long periods of time.
- ✓ Easily distracted.
- ✓ More time needed to understand what we see and hear.
- ✓ More use of prescription and/or over-the-counter drugs that may impair your driving ability.

**DECIDING WHEN TO STOP DRIVING**

**THE WARNING SIGNS**

1. Increasing number of near collisions.
2. Direct involvement in minor collisions.
3. Difficulty seeing pedestrians, objects and other vehicles.
4. Difficulty co-ordinating hand and foot movements.
5. Increased nervousness when behind the wheel.

**PERSONAL REMINDERS**

What age-related factors affect your driving?

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What changes will you make to keep driving safely?

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How will these changes benefit you?

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