



Aging and Driving Instructions

As people age, cognitive function and motor skills decrease, sometimes without us even noticing. Many times family members and friends are the first to notice these signs of aging and try to intervene and ask them to limit or quit driving, but the senior many times refuses and swears they still have the reflexes of a teenager. This questionnaire is designed to help us understand what you would like us and your family to do when you're showing signs that you may not be fit to drive.

Before we get to the questionnaire, here are some warning signs that you should limit or stop driving to be aware of and keep an eye out for as you age:

- Abruptness
- Frequent "close calls" or minor fender benders
- Failing to use turn signals
- Drifting into other lanes
- Driving on the wrong side of the road
- Trouble reading signs
- Trouble navigating directions/getting lost frequently

Being able to drive a car represents independence and many are not very willing to give that up without a fight. Luckily, you don't have to give up being independent just because you can't drive. Here are some examples of options you can use to stay independent while also staying safe and off the roads:

- Errand Runners: Drivers will pick you up and drive you to the grocery store, drug store, mall, etc. and help you while you're inside if you need/want
- Uber & Taxis: Will pick you up and drop you off wherever you need to go
- Bus & Shuttle Services: Many are free for seniors and some shuttles will even pick you up at your home
- Caregivers: Will bring you where you need to go, help you while you're inside, and also help you at home as needed

Another reason to consider giving up driving sooner rather than later is the cost benefits. The average costs of owning a car in Florida is roughly \$9,000 per year. So if you were to stop driving ten years sooner you would have an extra \$90,000 to go on dream vacations or to leave to your children.

Name: _____

Date: _____

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I agree that if one or more family member is concerned about my driving, I will (check at least one option):

- Take a senior/defensive driving course to brush up on my skills
- Take a driving assessment to determine if it's safe for me to be driving
- Limit my driving to daytime hours
- Agree not to drive in the rain
- Quit driving

I agree that if I get in _____ or more accidents after age _____, I will (check at least one option):

- Take a senior/defensive driving course to brush up on my skills
- Take a driving assessment to determine if it's safe for me to be driving
- Limit my driving to daytime hours
- Agree not to drive in the rain
- Quit driving

What are some signs you believe may be signs that it is time to stop driving?

What steps should be taken if someone is concerned it is not safe for you to be driving?
How would you like us to discuss this with you?

What alternative modes of transportation are acceptable to you?

Is there anything else you would like to document in regards to driving?
