

DRIVING RESOURCES

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In my last article I discussed aging and the ability for older adults to continue driving safely. In this article, I would like to offer some ways to decrease the driving risks associated with aging. Some of the most common risk factors related to safe driving are listed below along with suggested steps that can be taken:

Vision: Get eyes checked every year and make sure corrective lenses are current. Keep the windshield, mirrors, and headlights clean. Consider limiting nighttime driving.

Hearing loss: Have hearing checked annually. Make sure hearing aids are worn while driving.

Limited Mobility: To increase reaction time to make it easier to steer the car and to operate the foot pedals, consider working with an occupational therapist for equipment and exercises.

Drowsiness: Sleeping well is essential to driving well. If there are problems, try to improve nighttime sleep conditions and talk with a doctor about the effects of any medications that may increase lethargy.

Identified below are additional driving resources for older adults and their families.

Measure your driving skills with help from AAA Auto Club:
<http://www.seniordrivers.org/home/#assessment>

Find alternative ways to get around:

<http://www.getting-around.org/home>

Find an AARP Driver Safety Program:

<http://www.aarp.org/applications/vmisLocator/searchDspLocations.action>

Find safe driver programs through the NJ. Dept. of Motor vehicles:

<http://www.state.nj.us/mvc/Licenses/MatueDrivers.htm>

Use NJ Transit website to find bus, train or light rail schedules:

http://www.njtransit.com/hp/hp_servlet.srv?hdnPageAction=HomePageto

For a more comprehensive eldercare assessment and care plan, contact Elder Life Management directly.

Only by being an educated consumer, can you assure the quality care and services an older adult needs.

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