

## Older Driver Safety

*Three out of four older adults take at least one medication linked to car accidents. Remind your loved one to talk to doctors about their own risk.*



### Initiating the Talk

Choosing the **right time and place** is important to create a calm, non-confrontational environment for discussing the need to stop driving. Involving supportive family or friends can help make it a caring, **family-centered** conversation.

### Safety Concerns

When discussing the need to stop driving, use examples like **recent accidents**, **vision decline**, or **slower reaction times** to highlight safety risks. Use **compassionate language** to explain that these concerns are for their safety.

### Offer Alternatives

Discuss alternatives that **preserve independence without driving**, such as family assistance, public transit, senior-specific ride-sharing, and community transport services. Emphasize **support options** like escorted transportation.

### Preparing for Change

**Encourage consultations** with healthcare providers to assess how health conditions might impact driving abilities. They may be able to adjust medications to reduce driving risk.

### Supporting Through Change

Compassionate strategies can help older adults transition from driving.

- Offer activities that don't require driving to maintain **independence** and **social connectivity**.
- Keep communication **open, honest**, and **respectful**.
- **Address their concerns** and **provide alternatives** when possible to ensure they feel supported. This is a significant transition in their life.