

STAY
FIT TO 
DRIVE



OVERVIEW

The Ohio Department of Transportation (ODOT) and its partners, including AAA, AARP and others, know how important it is for drivers of all ages to be safe on Ohio's roadways. Ohio is committed to helping everyone "stay fit to drive" as they age.

For many Ohioans, driving is a lifeline. Learning to evaluate and review driving

skills can help older Ohioans stay independent longer while reducing risks to themselves and others.

Through its Stay Fit to Drive program, ODOT is sharing information about resources and services available to older Ohioans, families and friends, caregivers and others who interact with older road users.

AGING IN OHIO & NATIONALLY

Like the rest of the nation, Ohio is getting older.

By 2030, the state will have more than 2.3 million residents who are 65 or older — that's more than 20% of Ohio's population. Ohioans age 65 or older represent the fastest-growing segment of drivers.

TIP

One way to analyze driving skills is through self assessment.

There are printed and interactive, online self-assessment tests through AAA, AARP, The Hartford and others.

(See the Resources list for details.)

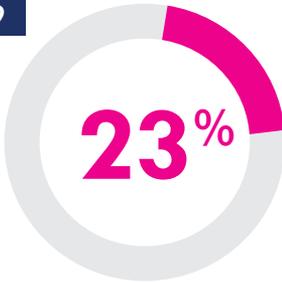
AGING AND IMPACTS ON SAFE DRIVING

TRAFFIC DEATHS INVOLVING A 65+ DRIVER

2009



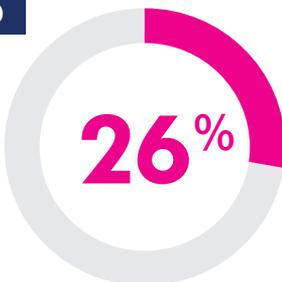
2019



2020's fatalities involving a 65+ driver were down due to the COVID-19 pandemic; and older drivers staying at home and driving less.

PROJECTED PERCENTAGE OF DRIVING POPULATION OVER 65

2030



Experts estimate that most older adults will outlive their ability to drive safely by up to 10 years.

There are two circumstances that can affect a person's ability to drive. The first is normal aging. The second is medications and medical conditions.

NORMAL AGING

Normal aging typically involves gradual changes in physical and mental abilities. This can include changes in vision and diminishing ability to see clearly at night; changes in strength, flexibility and reflexes; and minor lapses in memory or temporary confusion.

Older adults often self-regulate themselves to adjust for these changes in abilities by avoiding nighttime driving; compensating for decreased reaction time; traveling during non-peak hours; and preplanning trips ahead.

MEDICATIONS AND MEDICAL CONDITIONS

Medications and medical conditions can also affect an older driver's ability to drive safely.

MEDICATIONS

Overall, older Americans take more medicines than any other portion of the population. This makes it vital to know the effects of medications on driving fitness.

The risk of medication side effects and interactions increases with the number of medications taken. These side effects can influence the ability to drive safely.

7

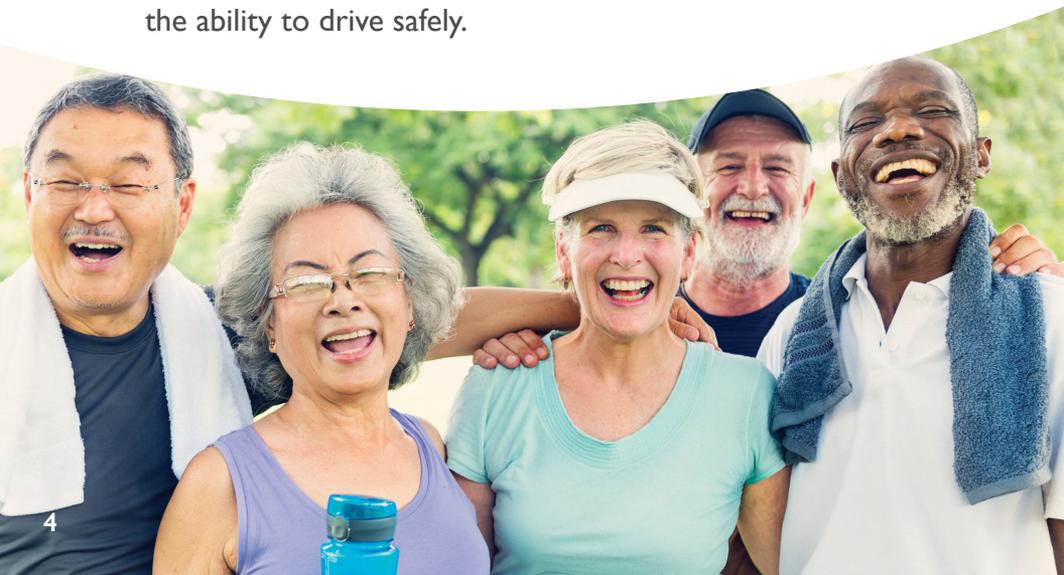
An average older adult takes seven prescription or over-the-counter medications a day

Source: AAA Foundation, 2018



TIP

Talk with your doctor, health care provider or pharmacist about your medications and possible impacts on safe driving.



MEDICAL CONDITIONS

Older Americans also have more chronic conditions than any other portion of the population. A wide range of medical conditions including diabetes, stroke, dementia and others can create serious risks to driving safely.

Older adults with one, or more, suspected or known medical conditions should be referred to and evaluated by a doctor, nurse, pharmacist, occupational therapist or driver rehabilitation specialist for comprehensive clinical and driving evaluations to determine the conditions' effects on safe driving.

TIP

Be aware, get information and seek help if needed.



TRANSITIONING FROM DRIVING

Older drivers may decide on their own to “retire from driving.”

Others may decide in partnership with a spouse, adult children, physician or other professional. As with other life changes, planning ahead and being proactive can make the transition easier.

BE SUPPORTIVE

Remind your spouse, parent, friend or relative that you are only a phone call away. Help them schedule social activities and appointments and offer to take them.

ALTERNATIVES TO DRIVING

You or a loved one may be more comfortable relying less on driving if you know about other ways to get around. This can include carpooling, asking a friend or relative for a ride, asking about volunteer drivers at a local senior or community center, church, synagogue, temple or mosque, private ride sharing companies such as Uber and Lyft, taking a cab or using public transit.

DELIVERY INSTEAD

If going out to eat or to shop for meals isn't an option, have them come to you instead.

There are multiple restaurant delivery services around the state, call the restaurant or look on their website for delivery options and information.

Additionally, some older drivers may be eligible for Meals-on-Wheels, a program that delivers hot meals at a low cost. Check with your local Area Agency on Aging for more information. (See *resources*)

If delivery is not an option, family, friends or a volunteer from a local senior or community center, could drop off groceries or meals.

Similarly, order medications by mail or check with your local pharmacy to see if delivery is available.

TIP

Stop • Look • Listen • Act

Stop • Don't scold an older driver.

Look • Take a ride with the older driver to analyze their safe driving skills as objectively as possible.

Listen • Really listen to and try to understand the older driver's concerns.

Act • Work together to create a transportation plan for future safety. This may be with a physician, driver rehabilitation specialist or other professional, or among family members.



Nearly all grocery stores, pharmacies and “big box” stores offer online shopping and delivery services.

RESOURCES

Resources to help stay fit to drive.

GENERAL INFORMATION

CHORUS

Roadway Safety Foundation

roadsafeseniors.org

The Clearinghouse for Older Road User Safety (CHORUS) website has extensive resources for older road users, their families, friends and caregivers, as well as for law enforcement, health care and other professionals who interact with older road users.

<https://www.nhtsa.gov/older-drivers/driving-safely-while-aging-gracefully>

There are self assessment guidelines, changes that older drivers should watch for and alternative transportation options on this website.

Roadwise RX, AAA Foundation for Traffic Safety

roadwiserx.com

This website lets users type in medications and learn about their impacts on driving safely.

OLDER ADULTS: STAY FIT TO DRIVE

Driver Improvement Courses for Seniors and Online Driver Self Evaluation Tool, AAA

aaa.com

Find senior driving resources and courses by finding your local AAA club at AAA.com.

Driver Safety Courses, AARP

aarp.org/auto/driver-safety

On this website visitors learn about and sign up for a driving refresher course, specifically for older road users, including SmartDriver TEK, which focuses on new vehicle technology.

Mature Driver Courses, Ohio Department of Public Safety

drivertraining.ohio.gov/drivers.aspx

Find state-approved mature driver courses around the state that update older drivers on new laws and practices. Older drivers age 60-plus who successfully complete the program could receive a discount on their car insurance rates.

Car Fit, jointly sponsored by AAA, AARP and the American Occupational Therapists Association

car-fit.org

Learn tips to help older drivers have a better fit in their car and find out about local upcoming Car Fit events to attend in person.

OLDER ADULTS: TRANSITIONING FROM DRIVING

Online directory, Ohio Area Agencies on Aging

ohioaging.org/area-agencies

Find a local Area Agency on Aging in Ohio for information about transportation options, Meals-on-Wheels and more in your area.

Resource Directory for Older People, National Institute on Aging

<http://purl.access.gpo.gov/GPO/LPS57093> or
800-677-1116

A comprehensive directory listing organizations that provide services for older people.

RESOURCES

Directory of Transit Systems in Ohio, American Public Transportation Association (APTA)

www.apta.com/research-technical-resources/public-transportation-links/ohio

A listing of public transit systems in Ohio.

FAMILY, FRIENDS, CAREGIVERS

We Need to Talk, AARP

aarp.org/auto/driver-safety/we-need-to-talk

This online seminar provides information on how to assess an older adult's driving skills and how to begin the conversation about retirement from driving.

Multiple Publications,
Hartford Advance 50 Team and the MIT AgeLab
thehartford.com/mature-market-excellence

These downloadable guides can help begin and have family conversations about older driver safety.

HEALTH CARE AND OTHER PROFESSIONALS

Driving Evaluations, American Occupational Therapy Association or Association for Driver Rehabilitation Specialists

aota.org/older-driver or 301-652-2682

aded.net or 866-672-9466

Find a local driving rehabilitation specialist who can conduct a driver safety evaluation.





EVERY MOVE YOU MAKE

			
TOWARD			
ZERO DEATHS			
			