



OLDER DRIVING

SAFETY TIPS:

AVOID VISUAL DECLINE BY HAVING ANNUAL EYE EXAMS

None of your senses are more important to safe driving than vision. Have your eyes checked by an eye doctor at least once a year, and wear your glasses and contact lenses as required.

KNOW HOW MEDICATIONS AFFECT DRIVING

Two-thirds of older drivers, age 65 and older, take 5 or more medications daily. Ask your doctor or pharmacist to review your medicines (prescription and over-the-counter) to reduce possible side effects and drug interactions.

EXERCISE TO STAY FIT TO DRIVE

Physical changes, such as arthritis or reduced strength, may affect some older adults' driving abilities. Exercising regularly will increase strength, flexibility, and mobility.

WARNING SIGNS & KNOWING WHEN TO STOP

The decision to stop driving is never an easy one. Recognizing any of the warning signs will help you determine when it may be necessary to limit or stop driving. Visit our website to learn more about the warning signs.

TNTRAFFICSAFETY.ORG/OLDERDRIVERS

helping you **ARRIVE**



Maintain Your MOBILITY & INDEPENDENCE



YELLOW DOT PROGRAM

The Tennessee Yellow DOT Program is designed to provide first responders with an individual's medical information in the event of an emergency on Tennessee's roadways. The information can mean the difference between "life and death" in the "Golden Hour" immediately following a serious incident.



CARFIT

CarFit is an educational program that offers older adults the opportunity to check how well their personal vehicles "fit" them. The CarFit program also provides information and materials on community-specific resources that could enhance their safety as drivers, and/or increase their mobility in the community.



DRIVER SAFETY COURSES

Tennessee older drivers, 55 and older, may be eligible to receive a cost reduction on insurance costs if they complete a driver safety course. Visit our website for additional information on AAA's and AARP's driving safety courses.



TRANSPORTATION OPTIONS ARE AVAILABLE

Consider alternative transportation and the benefits of not driving like improving health by walking, expanding social circles by ride sharing, and saving money on the cost of a car and insurance.

TNTRAFFICSAFETY.ORG/OLDERDRIVERS



Department of
Safety &
Homeland Security

TENNESSEE HIGHWAY SAFETY OFFICE
helping you **A R R I V E**

TENNESSEE HIGHWAY SAFETY OFFICE