



Healthy Aging Information

We have all your aging
needs covered

Should I Continue to Drive?

You have driven all your life and you are not about to give up your car keys and your independence, regardless of how your adult children feel about it. But consider this: Are you risking your own safety and the safety of others by being stubborn? Are you considering your present physical changes and challenges? Research proves that as we age, many of our skills required for safe driving decline, some more rapidly than others. Older drivers become more conservative on the road, modifying driving habits to avoid busy highways or night-time driving as an answer to declining capabilities. Knowing this, are you as confident behind the wheel as you once were?



While research from the National Institute of Health indicates that the rate of crashes among adults 65 and over has actually decreased in recent years (due to a number of factors, including older adults' better health, safer cars, and safer roads), older drivers are more apt to avoid night driving, and face stricter state laws when renewing driver's licenses. However, most traffic deaths of older drivers occur during the daytime, on weekdays, and involve other vehicles.

- At around the age of 65 drivers face an increased risk of being involved in a vehicle crash
- After the age of 75, the risk of driver fatality increases dramatically
- Older drivers are more vulnerable to crash-related injury and death
- Poor judgment in making left-hand turns; drifting within the traffic lane; and decreased ability to change behavior in response to an unexpected or rapidly changing situation are leading causes

Programs such as DriveWise, a driving assessment and training program at Menorah Park Campus, help aging drivers and their loved ones to truly understand if it's time to hang up the keys based on factual data and simulated road tests. According to Rehabilitation Therapist at Menorah Park Center for Senior Living, Dianne Rokakis, these programs can assess senior driving abilities off and on the road with various tests to check for driver safety. Insuring you are still able to drive as well as you once did will give you and your loved ones peace of mind, and just may save your life.

Call DriveWise at 216-360-8221 for more information on driving assessments and training. (A Community Service of Menorah Park Center for Senior Living www.menorahpark.org)