

Driving Longevity

Communicating With Older Loved Ones About Driving Safety

Age-related changes affect everyone differently, and they may impact safe driving ability. Keeping the lines of communication open with older loved ones can help protect them and their independence.



- » **Reaction time decreases with age. Help avoid a crash—talk to the older loved one in your life about safe driving habits.**
- » **Medications matter. Know what medications your loved one is taking and how these drugs may affect their driving.**
- » **Be proactive. Discuss driving safety with your older loved one before it becomes a problem.**
- » **Plan accordingly. Help your loved one schedule trips so they can be home before the sun sets.**
- » **Make a plan. Whether walking, riding, or driving, ensure your loved one knows the safest routes.**



NHTSA