



## Checklist on Safe Elderly Driving

Watch for telltale signs of decline in the elderly person's driving abilities. Do they:

- Drive at inappropriate speeds, either too fast or too slow?
- Ask passengers to help check if it is clear to pass or turn?
- Respond slowly to or not notice pedestrians, bicyclists and other drivers?
- Ignore, disobey or misinterpret street signs and traffic lights?
- Fail to yield to other cars or pedestrians who have the right-of-way?
- Fail to judge distances between cars correctly?
- Become easily frustrated and angry?
- Appear drowsy, confused or frightened?
- Have one or more near accidents or near misses?
- Drift across lane markings or bump into curbs?
- Forget to turn on headlights after dusk?
- Have difficulty with glare from oncoming headlights, streetlights, or other bright or shiny objects, especially at dawn, dusk and at night?
- Have difficulty turning their head, neck, shoulders or body while driving or parking?
- Ignore signs of mechanical problems, including under inflated tires? (one in 4 cars has at least one tire that is under inflated by 8 pounds or more; low tire pressure is a major cause of accidents.)
- Have too little strength to turn the wheel quickly in an emergency such as a tire failure, a child darting into traffic, etc.?
- Get lost repeatedly, even in familiar areas?

If the answer to one or more of these questions is "yes," you should talk to their physician about issuing driving restrictions. Contact Elder Solutions at 317-803-6000 for a free copy of *At the Crossroads, A Guide to Alzheimer's Disease, Dementia & Driving* or *We Need to Talk, Family Conversations with Older Drivers*.