

3 Safe Driving Tips for Older Adults

Changes that happen with age may affect your driving. However, there may be steps you can take to help stay safe on the road.



Take care of your vision and hearing:

Schedule routine eye and ear exams.



Know your limits:

If you are concerned about driving in bad weather or at night, try waiting until another time or using transit or ridesharing services.



Exercise:

Staying strong and flexible can lengthen your driving years.

For a full list of safe driving tips for older adults, visit:

www.nia.nih.gov/health/older-drivers.