Florida’s Guide for Aging Drivers

Your guide to staying safe and mobile ...

2016–2018
Introduction

During your lifetime, you will spend thousands of hours driving, walking, biking, or riding. Florida’s Safe Mobility for Life Program is working to make sure each of those trips – whether by car, bus, bicycle, motorcycle, or on foot – is as safe as possible, particularly for Florida’s growing number of residents over the age of 65.

This guide is designed to help you continue to drive as long as safely possible while sharing information to help prepare you for the day when you retire from driving. It is important that you plan ahead for your transportation needs so you can remain independent and active in your community.
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Essential Facts

Today’s older adults are continuing to drive into their later years and for more miles than in the past. Research suggests that older adults can expect to outlive their ability to drive safely by 7 to 10 years.

Who is an Aging Road User?

Florida defines an Aging Road User as someone who is a driver, passenger, pedestrian, bicyclist, transit-rider, motorcyclist, or operator of a non-motorized vehicle who is 50 years of age or older, with a special focus on the 65 years or older age group.
Florida’s Projected 2030 Population Aged 65 and Older By County

- 15% to 19%
- 20% to 24%
- 25% to 29%
- 30% to 50%

(Bureau of Economic and Business Research (BEBR) at UF )

Florida leads the country with over 18 percent of the population over the age of 65. Experts say that by the year 2030, over 27 percent of Florida’s population will be over the age of 65. That means that Florida’s licensed drivers will also be getting older.

To ensure that we meet the challenges of Florida’s aging population, agencies and organizations are working together to address the safety and mobility needs of our 65+ population.
Promoting Safe Mobility for Life
Promoting Safe Mobility for Life

The Safe Mobility for Life Coalition is working hard to help Florida’s aging road users, just like you, stay safe, mobile, and active within their own community even if driving is no longer a safe option.

Florida’s Safe Mobility for Life Coalition

To prepare to meet the challenges of the inevitable increases to Florida’s aging population, the Florida Department of Transportation (FDOT) partnered with the Pepper Institute on Aging and Public Policy at Florida State University reached out to other agencies and organizations with responsibilities and interests in aging road user safety and mobility to form a statewide coalition. It is the goal of the Safe Mobility for Life Coalition to improve the safety, access, and mobility of older Floridians and to reduce their crash, fatality, and injury rates.

To see a list of the Coalition’s member organizations, please refer to page 78 in the Appendix.
Aging Road User Strategic Safety Plan

To help reduce aging road user crashes, fatalities, and injuries, the Safe Mobility for Life Coalition has developed a broad safety plan that focuses on:

- Aging in Place*
- Licensing and Enforcement
- Outreach and Advocacy
- Prevention and Assessment
- Program Management, Data, and Evaluation
- Transitioning from Driving

With this safety plan, we are trying to strike a balance between safety and mobility to make sure that you are able to maintain independence and remain active in your community even when driving is no longer a safe option.

Educational Materials

The Safe Mobility for Life Coalition creates materials to promote and educate Floridians on aging road user issues. To distribute these educational materials, the Coalition has developed a Safe Mobility for Life Resource Center. In addition to this guide, we have tip cards, fact sheets, and other

*Definitions begin on page 81 of the Appendix
resources available that support our Aging Road User Strategic Safety Plan.

This guide was developed by the Coalition to provide easy access to some of the information and resources provided on our website, www.FLsams.org. Our website serves as a virtual “one-stop shop” for all your transportation safety and mobility needs. FLsams.org provides more information to assist you, family members, caregivers, doctors, law enforcement, engineers, planners, and communities to keep you safe while driving and provides tools to help you stay mobile when you are no longer driving.

To contact the Safe Mobility for Life Resource Center, please refer to page 80 in the Appendix and look for us on social media to stay connected to the latest updates and information to help you stay safe and mobile.

Roadway Improvements

For over 20 years, the FDOT has made roadway changes to help residents with visual and physical issues associated with aging, including:

- Increased visibility by:
  - Changing the width of the lines on the road from 4 to 6 inches
  - Adding reflective back plates on traffic signals on roads over 45 miles per hour
  - Spacing reflective pavement markers at 40 feet
  - Using larger lettering on guide signs based on the speed of the road
- Improved pedestrian features at intersections, including the use of:
  - Countdown pedestrian signals
  - Refuge islands
  - High-emphasis crosswalks
  - Longer walk times
- Advance notification through the use of:
  - Advance street name signs
  - Advance warning signs (Stop, Yield, Signal Ahead)
- Improved intersection safety for:
  - Roundabouts
  - Flashing yellow arrows

It is important to remember that roadway improvements that help older adults also benefit road users of all ages. For more information on the latest roadway improvements visit www.FLsams.org/Roadway.htm.

### Licensing Requirements

Floridians 79 years of age or under are issued an eight (8) year license that can be renewed by mail or in
person. Drivers 80 years of age or older are issued a six (6) year license.

Florida has new documentation requirements to meet state compliance for the Real ID Act. To meet Real ID requirements, you must bring original documents that prove your identity, social security number, and residential address. You must visit an office to renew either your license or identification card when:

- You are applying for your first driver license or identification card
- Your current license or identification card expires and you have already used the one-time renewal option
- You have legally changed your name (for example: by marriage or divorce)

To find out what you need to bring with you before you make a trip to a driver license or tax collector’s office, please visit www.gathergoget.com or call the Department of Highway Safety and Motor Vehicles (DHSMV) Customer Service Center at (850) 617-2000.

**Identification Cards**

Sometimes people continue to keep and/or renew their driver license because they think they need it for proof of identification, which is vital in today’s world. However, there is an alternative. Did you know that Florida’s Identification Card functions exactly the same as a driver license for the purpose of providing proof of identification? It can be used in airports,
doctor’s offices, banks, or anywhere else a photo ID is needed. In addition, the documentation needed for an identification card is the same as for a driver license.

You may obtain an ID card by visiting any driver license or tax collector’s office. To locate an office near you, please visit www.flhsmv.gov/locations or call the DHSMV Customer Service Center at (850) 617-2000.

Vision Requirements for Drivers Aged 80 and Older

In Florida, drivers 80 years of age or older are required to pass a vision test when obtaining or renewing a driver license. A vision test is required using the following steps:

- Have a licensed Florida doctor (medical, osteopathic, or optometrist) administer the test and submit the Mature Driver Vision Test form to the DHSMV.
- If you pass this vision test, you may continue the process to obtain or renew your license.
- If you do not pass the vision test, you must have an eye specialist licensed in Florida complete the Report of Eye Examination form and submit it to the DHSMV before you can continue the process to obtain or renew your license.

If your license is revoked as a result of poor vision but
improves after treatment, you may apply to get your driver license restored by having your eye specialist complete an updated eye exam report. Take the completed report to your local driver license or tax collector office where you may be re-licensed if your vision meets the minimum requirements. If your license has been taken away for inadequate field of vision you must mail an updated eye exam report along with charted visual fields to DHSMV.

To find out how to get any of these vision forms and where to mail them to, please refer to page 80 in the Appendix.

Reporting Unsafe Drivers

Under Florida law, any physician, agency, family member, or the general public who knows of any licensed driver’s mental or physical disability to drive, is authorized to report this information to the DHSMV. The Medical Reporting Form should provide the full name, date of birth, and address of the person being reported along with a description of the problem. Anyone reporting the driver must include their own contact information and sign the report. This contact information is not shared with anyone, including the driver being reported, it is only used when the information in the report needs to be clarified.

These reports are kept strictly confidential and no civil or criminal action may be brought against the person who submits the information.

To find out how to obtain a Medical Reporting Form
Medical Review Process

Florida has a Medical Advisory Board that consists of doctors who advise the DHSMV on medical criteria and vision standards as they relate to the privilege of having a Florida driver license. The board also reviews medical/vision reports and makes recommendations regarding a person’s ability to drive safely.

After the DHSMV receives a report regarding an unsafe driver, they will notify the reported driver that they need to take action. Depending on the reported findings, the driver may be required to take a re-examination (vision, written, or driving test) or submit a medical report from their doctor for review by the Medical Advisory Board. The board then considers all available facts including the driver’s medical condition(s), driving record, and crash history when making their final recommendation.

If you would like more information on the medical review process, visit www.FLsams.org/LawsAndRegulations.htm.

Rules to Help Share the Road

Not all road users are drivers. Many people walk or ride bicycles, motorcycles, or golf carts. It is important that everyone understand how to safely share the road with all road users. Here are some tips to help you share the road:
Tips for Drivers

- Always wear your seat belt correctly. The shoulder belt should lie across the middle of the chest and shoulder, not the neck or throat, and the lap belt should be low and snug across the upper thighs, not the belly.

- Always look twice before turning. Most crashes occur at intersections.

- Check your blind spots before changing lanes or merging, especially in heavy traffic.

- Always use your turn signal when changing lanes.

- Expect to encounter other road users anytime and anywhere.

- Watch carefully for pedestrians, bicyclists, and motorcyclists who can be very hard to see, especially in bad weather or at night.

- When approaching a crosswalk, drive slowly and be prepared to stop.

- Always stop for pedestrians in a crosswalk. Stop far enough in advance so that drivers in the other lanes can also see the pedestrian in time to stop.

- Do not pass other vehicles that are stopped for pedestrians.
Sometimes you have to wait for a gap in the traffic before you can safely make a turn. Be aware that during that time, pedestrians or bicyclists may cross into your intended path.

Stop before making a right turn on red. Pedestrians and bicyclists using crosswalks at intersections rely on this time to cross.

Constantly look out for pedestrians in parking lots and be extra careful when backing out of a parking space.

When passing a bicyclist, according to Florida law, you must keep a safe distance of 3 feet between your vehicle and the bicycle.

Always give yourself extra time to respond, leave at least a four-second distance between your car and a motorcycle in front of you.

When passing a motorcycle, give a full lane to the motorcycle. Do not share lanes!

Florida drivers are required to move over one lane or slow down when approaching an emergency vehicle that is stopped on the roadways. This is known as the “Move Over Law”.*

*Definitions begin on page 81 of the Appendix
Florida drivers must stop for any pedestrian that is blind or visually impaired and stepping into the roadway, regardless of their location. This is known as the “White Cane Law”*. 

**Tips for Pedestrians**

- Avoid roads and interstates where pedestrians are restricted.
- Use extra caution at intersections.
- Only cross in a marked crosswalk, especially on multi-lane and higher speed streets.
- Always use the sidewalk. When there is no sidewalk, walk facing traffic on the shoulder of the roadway.
- Make it easy for drivers to see you by dressing in light colors and wearing reflective material both in front and back. Use a flashlight at night or in dimly lit locations.
- Do not count on drivers always paying attention. Make eye contact to be sure they see you. Watch where you are going at all times.
- Avoid any alcohol or drugs that can impair your ability to move safely.

**Tips for Bicyclists**

- Remember that a bicycle is a vehicle and you are

*Definitions begin on page 81 of the Appendix*
a driver. Always ride in the same direction with traffic and follow the rules of the road.

- Do not ride on the sidewalk.
- Ride on the trail, paved shoulder, bike lane, or bike route.
- Make it easy for drivers to see you by dressing in light colors and wearing reflective material both in front and back.
- Watch for debris that might make you fall or swerve.
- Always watch for turning traffic.

**Tips for Motorcyclists**

- Always wear your helmet and other protective gear including gloves, boots, and a jacket to protect you in a crash.
- Make yourself more visible to motorists.
- Be extra cautious, paying attention to the signals and brake lights of other vehicles, especially trucks.
- Train regularly and get endorsed.
- Always ride in control, within legal and personal limits.
Tips for Golf Cart Drivers

- Remember that a golf cart is a vehicle and you are a driver.
- Always follow the same rules of the road, including obeying street signs.
- The same vision requirements needed for safe driving are also needed to safely operate a golf cart.
- Do not ride on the sidewalk or bike trails, unless properly signed and allowed.
- Do not travel over 20 m.p.h.
- When riding on shared paths, watch out for pedestrians and bicyclists.
- Drinking and driving, even on a golf cart, is illegal.

For more information on how to safely operate your golf cart in Florida, please contact our Safe Mobility for Life Resource Center* to receive a free copy of our Golf Cart Brochure.

*Contact found on page 80 of the Appendix
The Impact of Aging on Driving
The Impact of Aging on Driving

Most people see a steady decline in some of the skills important for driving as they get older. Starting at around age 55 there often is a slow decrease in how well we process information and recognize and judge driving events. However, the changes of aging do not affect all drivers at the same age or in the same way. Specific skills such as vision, memory, strength, flexibility, and quick reaction time decline as we age, but how soon this happens can vary from person to person.

Vision

The main sense you use in driving is vision. Visual decline is the most important loss for aging drivers. Aging eyes need:

☐ More light to help distinguish features along the roadway.

☐ To be closer to properly read signs and markings.

☐ More time to recover from the glare of bright headlights at night or the sun.

A vision test is required for all drivers to renew a driver license (if you have already used your one-time renewal either online or by mail). All drivers 80 years or
older must successfully pass a vision test (page 13). You must have at least 20/40 vision in at least one eye, with or without the use of corrective eyeglasses or contact lenses. If your visual acuity is worse than 20/40 you will be referred to an eye specialist. Color blindness does not cause any special condition that will affect obtaining or renewing your driver license.

It is so important that you see well to help ensure safe driving. Have your eyes checked every year by an eye doctor or optometrist. If you wear glasses or contact lenses for driving, please remember to:

- Always wear them when you drive, even if you are only traveling a short distance. If your driver license indicates that you must wear corrective lenses and you are not wearing them it may result in missing a stop sign or getting involved in a crash.

- Keep an extra pair of glasses in your car in case your regular glasses get broken or lost. This will also help if you do not always wear glasses and you forget to take them with you when you drive.

- Do not wear dark glasses or tinted contact lenses when driving at night, even if you think it will help with headlight glare. Dark or tinted glasses/lenses can shut out light. You need as much light as possible to help you see clearly when driving at night.

Cognition

Cognition includes your thinking and how well you use your sensory perception, attention, learning, memory,
thought, visual processing, reading, and problem solving. Driving is a very complex activity that requires you to use many of these skills whether you are driving a short or long distance.

When driving you must always remember how to operate your vehicle, what the traffic signs and signals mean, and know your destination and how to get there safely. You must be able to do all these things while processing any other information you encounter when you are behind the wheel. Cognition issues may result in:

- Distraction or disorientation as you are driving.
- Problems maintaining control of your car for long distances.
- Slower response to traffic signs, signals, or markings.
- Trouble recognizing changes in traffic conditions, traffic hazards, and emergencies.
- Delayed reaction to seeing and responding to the position of other cars, trucks, or motorcycles that could be changing lanes or when you are entering the roadway.
- Trouble recognizing and safely responding to pedestrians and bicyclists.
- Problems properly operating the controls in your car, such as the brake and gas pedal while watching the roadway.
Improper use of your turn signal to warn other drivers when your car is turning or changing lanes.

Trouble planning and safely maneuvering your driving route.

Frequently becoming lost, confused, and unable to find your way from one location to another. This can result in panic and sudden irrational changes while driving, or losing control of your car.

**Dementia**

Dementia is a decline of cognition due to loss of or damage to nerve cells in the brain and can affect many of the critical abilities you need to drive safely. These may include perception and visual processing, maintaining attention, responding to multiple stimuli, making correct decisions, and acting appropriately in difficult traffic situations. People in the early stages of dementia may still be able to operate a vehicle under normal circumstances, but will have difficulty as the disease progresses and may become lost when driving.

The National Highway and Transportation Safety Administration’s (NHTSA) Driver Fitness Medical Guidelines lists the following signs to help determine if a person needs evaluation for possible dementia:

- Scores from simple screening tools show possible cognitive issues
- Has had a recent crash or moving violation
- Has been prescribed medications for memory problems
- Uses medications such as tranquilizers, benzodiazepines, neuroleptics, or antidepressants
- Is 80 years or older
- Has a recent history of falls

Florida has memory disorder clinics located throughout the state where you or a loved one can get an evaluation. To find a memory disorder clinic near you, visit [www.FLsams.org/Diagram](http://www.FLsams.org/Diagram) or call the Elder Helpline at (1-800-96-ELDER or 1-800-963-5337).

**Physical Condition**

As we age we usually lose muscle mass and bone strength, which increases your chances of injury or death in a crash. Drivers 65 years of age or older are four times likely to sustain serious injuries compared to drivers under 24 years of age.

Aging can also result in sensory issues in your hands and feet, such as a tingling or numbness, and problems telling where they are positioned. These can affect your ability to feel, grasp, manipulate, or release objects. Loss of strength results in trouble keeping a firm grip on your steering wheel or keeping consistent pressure on the pedals with your legs and feet.

Decreased flexibility may cause rigidity or limited range
of motion in the neck, torso, arms, legs, or joints. Vertigo, dizziness, or loss of balance can occur along with muscle spasms or tremors that may cause you to lose control of your vehicle.

**Medications**

Older adults take longer to process and eliminate any kind of medication, both prescriptions and over-the-counter drugs. Even medicines that might not have caused any trouble in the past can build up over time and affect you more strongly than before. When you are on multiple medications, the drugs may not mix together well and sometimes can cause unintended side effects. According to a study by AAA Safety Foundation, 90 percent of older drivers take prescription medications, and two-thirds of those taking any medication take multiple medications. Drugs that affect the brain, nerves, and emotions tend to affect driving more frequently. This may affect your ability to perceive hazards on the road and respond quickly.

If you are on three (3) or more medications or a new medication, go over your medicines with a pharmacist or physician to see if there are any that could cause problems with driving ability. Medications that should be checked include, but are not limited to:

- seizure medications
Common Driving Errors

Taking into consideration how aging affects your driving, these can be the most common problem areas:

- Making left turns
- Driving at night
- Merging into traffic
- Changing lanes
- Yielding to traffic
- Following traffic signals
- Impaired driving* (including prescription and over-the-counter drugs)

Go to page 38 in the Keeping Safe While Driving section for resources such as driver safety courses, CarFit events, and self-assessments tools that can help you address and avoid these errors.

*Definitions begin on page 81 of the Appendix
Am I Safe to Drive?
Am I Safe to Drive?

For most adults, the driver license is the most important document that offers mobility and independence. Many of us see cars as physical extensions of ourselves that take us wherever we want, whenever we want. However, the time may come when driving is no longer a safe option, but as we have learned in the previous section, there is no exact age when this can occur. The decision to stop driving is never an easy one. The key to a positive transition from driving while maintaining safe mobility and independence is **planning**.

Warning Signs

To help you plan, it is important to recognize these warning signs to help determine when it may be necessary to limit or stop driving:

- Feel uncomfortable and nervous or fearful while driving
- Difficulty staying in your travel lane
- Get lost even in familiar neighborhoods
- Trouble paying attention to signals, road signs, and pavement markings
- Slower response time to unexpected driving situations
- Medical conditions or on medications that may be affecting your ability to safely handle your car
- Experience frequent close calls such as almost crashing
- Dents and scrapes on the car or on fences, mailboxes, garage doors, curbs, etc.
- Trouble judging gaps in traffic at intersections and on entrance/exit ramps
- Drivers honking at you and more instances when you are angry at other drivers
- Friends or relatives do not want to ride with you
- Difficulty seeing the sides of the road when looking straight ahead
- Easily distracted or have a hard time concentrating while driving
- Difficulty turning around to check over your shoulder while backing up or changing lanes
- Received frequent traffic tickets or warnings by law enforcement officers in the last year or two

If you notice one or more of these warning signs you may want to have your driving assessed by a professional or attend a driver safety class (beginning on page 39). It is also a good idea to start talking with your doctor if you are experiencing any conditions or symptoms that may be affecting your ability to drive safely.
Self-Assessment

Take this short quiz developed by AARP Driver Safety to help you assess your own driving ability.

A = Always    F = Frequently    O = Occasionally    N = Never

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<tr>
<th>Question</th>
<th>A</th>
<th>F</th>
<th>O</th>
<th>N</th>
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<tr>
<td>I notice that other drivers seem to be honking at me.</td>
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<td>I find gaps in traffic hard to judge.</td>
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<td>I find that cars suddenly appear from nowhere.</td>
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<td>I find drivers are stopping suddenly in front of me.</td>
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<td>I have trouble looking over my shoulder to back up or change lanes.</td>
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<td>I have trouble remembering to look left and right to check traffic at intersections.</td>
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<td>I have trouble driving through intersections.</td>
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<td>I get nervous making left turns.</td>
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<td>I lack confidence that I am able to drive in heavy traffic and at high speeds.</td>
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<td>I feel overwhelmed by too many road signs, signals, pavement markings, pedestrians, other vehicles, etc.</td>
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<td>I have trouble moving my foot from the gas pedal to the brake pedal or turning the steering wheel.</td>
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<td>I get lost on roads that are familiar to me.</td>
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<td>I feel nervous, agitated, or irritated while driving.</td>
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<td>I have had several “fender benders” in the last three years.</td>
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Total: ......................................................................   ______     ______     ______     ______

Always = 3    Frequently = 2    Occasionally = 1    Never = 0

(Multiply the total number of checkmarks in each column by the matching number above for your score.)

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<td>0 to 5</td>
<td>Not be concerned at this time</td>
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<td>6 to 15</td>
<td>Take additional self-assessments</td>
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<td>16 or above</td>
<td>Consider a more formal assessment</td>
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Family and Caregiver Involvement

Family, friends, and caregivers can be effective in helping you with the issues of aging and safe driving. It is important for everyone involved to prepare for this conversation by knowing and understanding:

- Signs and symptoms indicating driving problems (page 30).
- Tips on observing the older adult’s driving abilities.
- Florida’s Medical Review Process (page 15).
- The meaning of driving from the loved one’s perspective.
- Suggestions on how to begin the driving discussion.
- How to talk about appropriate driving choices and ways to travel around the community.
- Community resources for driving evaluation and remediation.
- How to plan for driving reduction or retirement.
- Your local transportation options.

This conversation can be difficult for everyone involved but do not let these reasons stop you from having it:

- Apprehension about the older driver’s response
- Fear of being disrespectful
- Isolating the older driver if they live alone
- Older driver may not want to burden others for rides
- A crisis has not yet occurred

Developing a transportation plan early can be a
solution for everyone to maintain quality of life and independence and provide a smooth transition when driving may no longer be a safe option.

For more tips on how to start a conversation about safe driving concerns, please contact our Safe Mobility for Life Resource Center* to receive a free copy of our Family and Caregiver Brochure.

Changes in Driving Behavior

Family, friends, and caregivers need to be aware of potential problems affecting safe driving when the older adult:

- Is often forgetful or confused.
- Uses bad judgment when driving.
- Fails to follow the rules of the road.
- Cannot see where they are going.
- Exhibits aggressive driving.
- Drives well below the speed limit.
- Has had multiple traffic crashes (dents or dings on the car).
- Neighbors, friends, or others indicate there is a problem.

If you notice any of these issues, it is important to review the tips on page 33 to help you prepare to start a conversation about their driving.

*Contact found on page 80 of the Appendix
Doctors and the Medical Community

Doctors and health care providers are also important partners for you in planning your safe driving needs.

They can help you be more aware of how medical conditions may affect your physical or mental function, which can impact your safe driving fitness. When the effects of a medical condition are progressive, periodic evaluations are required. According to NHTSA’s Driver Fitness Medical Guidelines, medical conditions that affect safe driving can fall into these three categories:

- Conditions that create functional limitations
- Conditions that involve a possible loss of consciousness
- Use of substances (alcohol, drugs, medications) judged to be incompatible with safe driving

We can all expect to be confronted by mobility problems as we age. This does not mean that the medical community can withdraw or suspend your driving privileges; only the DHSMV has the authority to make that decision through the Medical Advisory Board (page 15). The health professional’s role is to provide the DHSMV with the information it needs to help determine your ability to drive safely as it relates to your state of health.
Florida’s Silver Alert* is a plan to help local police in locating someone who has a cognitive impairment, such as Alzheimer’s disease or dementia and has become lost while driving a car or lost while on foot. Through the use of dynamic message signs along Florida roadways, Silver Alerts are broadcast to the public with vehicle information.

To report a cognitively impaired missing person, please call your local law enforcement immediately. If you have information on an active Silver Alert, do not approach the vehicle, but immediately contact the Florida Highway Patrol by dialing *(star) 347.

*Definitions begin on page 81 of the Appendix
Keeping Safe While Driving
Keeping Safe While Driving

To keep you safe while driving, it is important to know the resources that are available here in Florida to help you remain a proactive driver*.

CarFit Safety Events

CarFit is an educational safety program created by the American Society on Aging and developed jointly with the American Automobile Association (AAA), AARP, and the American Occupational Therapy Association. CarFit is designed to keep you safe and comfortable by improving the “fit” between you and your vehicle. CarFit helps promote safe driving conversations while providing information about transportation safety and mobility resources available in your community.

CarFit checkups are free, fun, and don’t take up much of your time. Trained volunteers will help you learn things such as:

- What is the clear line of sight over your steering wheel?

*Definitions begin on page 81 of the Appendix
What is the safe distance between you and your airbag?

What is the proper position of your seat and all mirrors?

What is the proper use and fit of your safety belt?

CarFit has been adapted to Florida and events are held throughout the year in many communities across the state. To find an upcoming Florida CarFit event near you, please call 1-855-409-0200 or visit www.car-fit.org.

**Driver Safety/Insurance Discount Courses**

Any Florida driver 55 years of age or older is eligible to complete a driver safety course that will allow you to receive a cost reduction on your car insurance for three years.

To find classroom or online courses available near you, contact:

AAA Auto Club-Safe Driving for Mature Operators (classroom and on-line)
1-866-659-1317
AARP Driver Safety Program (classroom)
1-888-AARP-NOW (227-7669)
www.aarp.org/drive

American Safety Council (on-line)
5125 Adanson Street, Suite 500
Orlando, FL 32804
1-800-771-2255 or 1-800-732-4135
www.MatureDriverClass.com

American Safety Institute – Senior Driving Course (classroom)
9009 Mahan Drive, Suite 501
Tallahassee, FL 32309
1-800-800-7121
www.florida55.com

Cheap Mature Driver (on-line)
1-800-998-8533
www.CheapMatureDriver.com

DriverEducators.com (on-line)
1-888-237-5669
www.mymaturedriver.com

Florida Educational Driving School (classroom and on-line)
Post Office Box 671031
Coral Springs, FL 33067
1-954-592-6818
www.fedsafe.com

I Drive Safely (on-line)
1-800-723-1955
Mature.idrivesafely.com
Driving Skills Assessment

Taking a driving assessment can help you determine where you currently stand with your driving skills and whether it is wise for you to continue driving. A number of assessment tools are available, including evaluations by professionals or self-assessment tools. Both can help you make good decisions about your driving skills.

Health care professionals with special training in driver rehabilitation are called Driver Rehabilitation Specialists* (DRS). A DRS can give you driving evaluations in an office or in a vehicle to help them best assess your physical, visual, and cognitive abilities as a driver.

*Definitions begin on page 81 of the Appendix
A DRS can evaluate your driving skills, recommend rehabilitation, and suggest vehicle or route modifications, such as avoiding left hand turns, to help you continue driving safely.

Based on their assessment, a DRS may recommend one or more options for you: 1) Return to driving with or without any adaptive equipment, 2) limit your driving, 3) attend a remedial driving course, 4) referral to a health care specialist to address specific problem, 5) behind-the-wheel training, or 6) stop driving.

Below is a listing of DRS in Florida as of March 2016. For an updated listing, please visit [www.FLsams.org/DrivingSkills.htm](http://www.FLsams.org/DrivingSkills.htm).

Adaptive Mobility Services, Inc.
1726 S Bumby Avenue
Orlando, FL 32806
(407) 426-8020

Advance Vehicle Modifications, Inc
2520 NW 6th Street
Ocala, FL 34475
(352) 622-4467

Advanced Driver Rehabilitation
1031 Ives Dairy Road, Suite 228
North Miami Beach, FL 33179
(305) 770-0747

Baptist Hospital Rehabilitation Center
8950 N Kendall Drive, Suite 104
Miami, FL 33176
(786) 596-5188
Brooks Rehabilitation  
3901 University Boulevard South  
Jacksonville, FL 32216  
(904) 858-7242

Compassion Rehabilitation  
12650 World Plaza Lane, Bldg 72, Suite 2  
Fort Myers, FL 33907  
(239) 878-7646

Consulate Healthcare of Melbourne  
3033 Sarno Road  
Melbourne, FL 32934  
(941) 705-4285 or 1-800-992-9711

Department of Veterans Affairs (Veterans only)  
13000 Bruce B Downs Boulevard, #117  
Tampa, FL 33612  
(813) 972-2000 x 2155

Department of Veteran Affairs (Veterans only)  
7305 N. Military Trail  
West Palm Beach, FL 33410-6400  
(561) 422-5604

Driver Rehab Services, Inc.  
9315 Hunters Park Way  
Tampa, FL 33647  
(800) 738-9967

Genesis Health Rehab Services  
2425 20th Street  
Vero Beach, FL 32960  
(772) 713-7129
Genesis Rehab at Coral Trace  
216 Santa Barbara Boulevard  
Cape Coral, FL 33991  
(239) 573-9693

Grace Adaptive Driving  
(four locations below)  
(813) 631-7790  
**Hillsborough County:**  
5035 E. Busch Boulevard, Suite 10  
Tampa, FL 33617  
8455 W Linebaugh Avenue:  
Tampa, FL 33625  
**Pasco County:**  
27553 Cashford Circle  
Wesley Chapel, FL 33544  
**Seminole County:**  
330 Harbour Isle Way #1090  
Longwood, FL 33850

Lee Memorial  
2070 Carrell Road  
Ft. Myers, FL 33901  
(239) 343-4960

Progressive HealthWorks, Inc.  
301 Camino Gardens Boulevard, Suite 102  
Boca Raton, FL 33442  
(954) 336-1717

Sarasota Institute for Advance Medicine  
5880 Rand Boulevard  
Sarasota, FL 34238  
(941) 917-7600
UF Health Rehab Center - Magnolia Parke  
4740 NW 39th Place, Suite D  
Gainesville, FL 32606  
(352) 265-5200

USF Health Byrd Alzheimer’s Care Center  
4001 E. Fletcher Avenue  
Tampa, FL 33613  
(813) 396-0728

West Florida Hospital  
8383 N. Davis Highway  
Pensacola, FL 32514  
(850) 494-6162

Winter Park Hospital  
3219 Hidalgo Drive  
Orlando, FL 32812  
(407) 808-9276

Florida 511

The 511 Traveler Information System provides free real-time traffic and travel information on all of Florida’s interstates, toll roads and other major metropolitan roadways. The 511 system can help you stay up-to-date on crashes, congestion, construction, severe weather, emergency evacuation and more.

There are many convenient ways for you to receive traffic updates:
Call 511 toll free for updates in English.

Visit FL511.com for interactive roadway maps showing traffic congestion and crashes, travel times and traffic camera views.

Sign up for a “My Florida 511” account at FL511.com to create custom routes and register for email, text or phone alerts.

You can learn more about 511, including tip sheets, view the roadways that are covered by 511, or other helpful information on the 511 website.

Vehicle Safety

It is essential at any age, but particularly important for older adults, to operate and maintain a safe motor vehicle. On a regular basis, monitor the following to help safely maintain your vehicle:

- Check the tire pressure of all tires, including the spare to make sure they are at the recommended pressure stated in the owner’s manual.

- Check tire tread by inserting a quarter into the tire tread with Washington’s head toward the tire. If no portion of his head is covered, the tread is below 1/8 of an inch and should be replaced soon.
☐ Check all fluid levels, including oil, transmission, brake, windshield wiper, and fuel.

☐ Schedule regular maintenance of brakes.

☐ Check headlights, brake lights, turn signals, emergency flashers and interior lights to make sure they are working properly.

☐ Check windshield wiper blades often and replace when needed.

For more details visit www.FLsams.org/Vehicle.htm.
Retirement from Driving
Retirement from Driving

When thinking about retiring from work, the main concern is how you can support yourself and where you will live. While these are important, few people think about what the key to a satisfying retirement is – transportation. How you will continue to get from place to place if and when you are no longer able to drive is something you need to plan.

Develop a Transportation Plan

Currently 9 out of 10 older adults prefer to grow old in their own homes. However, in order for people to “age in place*” comfortably, they need access to transportation when they are no longer able to drive safely. If you have no other transportation options, you may continue to drive even when it is no longer safe or stop driving all together and stay home, which can lead to isolation and depression.

It is so important for you to develop your own personalized transportation retirement plan. You can start by using the form on page 52 to help you develop your own plan. List every place that you like to go and then see how far it is from your home and how often you go there. Find out what types of local transportation services are available to help you get there (search the

*Definitions begin on page 81 of the Appendix
Find a Ride listing on our website, www.FLsams.org/FindaRide.htm. Remember to include buses, family and friends, volunteer driver programs, senior centers, or other resources from this guide. The last piece of the plan will be to see whether it is possible for you to safely walk there and back. Make sure that your routes have sidewalks in good repair. You should also consider how many streets you will need to cross, how wide the crossing is, and whether you would feel safe walking to your destination. Taking all these things into consideration will be a great start for planning your retirement from driving.

How to Choose Your Lifelong Community

Many community features contribute to a rewarding, healthy, and mobile life as you grow older or age in place. It is especially important to take these into consideration as you approach your retirement years or begin to experience personal mobility issues.

To help you determine whether a community has the features you need to remain independent, mobile, and active the Safe Mobility for Life Coalition has developed a How to Choose Your Lifelong Community Checklist. By completing this checklist, you will learn how well a community meets your mobility needs to help you successfully age in place.

For a free copy of the checklist, please contact our Safe Mobility for Life Resource Center*. To help you find a lifelong community in Florida, visit www.FLsams.org/AgingInPlace.htm.

*Contact found on page 80 of the Appendix
<table>
<thead>
<tr>
<th>Where do I want to go?</th>
<th>Grocery Store</th>
<th>Place of Worship</th>
<th>Doctor’s Office</th>
<th>Shopping</th>
<th>Entertainment</th>
<th>Visit Family/Friends</th>
<th>Other</th>
</tr>
</thead>
<tbody>
<tr>
<td>How many miles from my home?</td>
<td></td>
<td></td>
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<tr>
<td>How often do I want to go?</td>
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<td>Can I walk there?</td>
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<tr>
<td>Can I take a bus?</td>
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</tr>
<tr>
<td>Can I ride with my family/friends?</td>
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<td></td>
</tr>
<tr>
<td>Are there other services to get there?</td>
<td></td>
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<td></td>
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<td></td>
<td></td>
</tr>
</tbody>
</table>

Y/N
Transportation Options

One of the reasons many people continue to drive beyond the time they can safely do so is they feel they have no transportation choices to get to where they need and want to go. When planning for the day you will retire from driving, the first thing you should do is find out what transportation options are available in your community. Knowing how you will get around to continue enjoying the places you like to go.

To find a complete listing of all transportation options available in your community, please visit www.FLsams.org/FindaRide.htm.

If you don’t have internet access, please contact the following agencies to find your best local transportation options.

**Alachua**
Elder Options, the Mid-Florida Area Agency on Aging
5700 S.W. 34th Street, Suite 222
Gainesville, FL 32608
1-800-262-2243 or (352) 378-6649
www.agingresources.org

MV Transit, Community Transportation Coordinator, CTC
3713 SW 42nd Avenue, Suite 3
Gainesville, FL 32608
To Schedule a Ride: (352) 375-2784
Baker
ElderSource, Area Agency on Aging for Northeast Florida
4160 Woodcock Drive, 2nd Floor
Jacksonville, FL 32207
1-888-242-4464 or (904) 391-6600
www.myeldersource.org
Baker County Council on Aging, CTC
101 E. MacClenny Avenue
MacClenny, FL 32063
To Schedule a Ride: (904) 259-9315

Bay
Area Agency on Aging for North Florida, Inc.
2414 Mahan Drive
Tallahassee, FL 32308
1-800-963-5337 or (850) 488-0055
www.aaanf.org
Bay County Board of County Commissioners, CTC
840 W. 11th Street
Panama City, FL 32401
To Schedule a Ride: (850) 785-0808

Bradford
Elder Options, the Mid-Florida Area Agency on Aging
5700 S.W. 34th Street, Suite 222
Gainesville, FL 32608
1-800-262-2243 or (352) 378-6649
www.agingresources.org
Suwannee River Economic Council, CTC
Post Office Box 70
Live Oak, FL 32064
To Schedule a Ride: (904) 964-6696 ext. 25
Toll Free: 1-800-824-5308 ext. 25
Brevard
Senior Resource Alliance
988 Woodcock Road, Suite 200
Orlando, FL 32803
1-800-963-5337
www.seniorresourcealliance.org
Space Coast Area Transit, CTC
401 S. Varr Avenue
Cocoa, FL 32922
To Schedule a Ride: (321) 633-1878
www.ridescat.com

Broward
Aging and Disability Resource Center of Broward County
5300 Hiatus Road
Sunrise, FL 33351
(954) 745-9779
www.adrcbroward.org
Broward County Board of County Commissioners, CTC
1 N. University Drive
Plantation, FL 33324
To Schedule a Ride: Toll Free 1-866-682-2258
www.broward.org

Calhoun
Area Agency on Aging for North Florida, Inc.
2414 Mahan Drive
Tallahassee, FL 32308
1-800-963-5337 or (850) 488-0055
www.aaanf.org
Calhoun County Senior Citizens Association, CTC
16859 NE Cayson Street
Blountstown, FL 32424
To Schedule a Ride: (850) 674-4496 or (850) 674-2947
www.calhouncountyseniors.org/home/transit
Charlotte
Area Agency on Aging of Southwest Florida
15201 N. Cleveland Avenue, Suite 1100
North Fort Myers, FL 33903
(239) 652-6901
www.aaaswfl.org
Charlotte County Transit Department, CTC
25490 Airport Road
Punta Gorda, FL 33950-5746
To Schedule a Ride: (941) 575-4000
www.charlottecountyfl.com/HumanServices/Transportation

Citrus
Elder Options, the Mid-Florida Area Agency on Aging
5700 S.W. 34th Street, Suite 222
Gainesville, FL 32608
1-800-262-2243 or (352) 378-6649
www.agingresources.org
Citrus County Transportation, CTC
1410 S. Lecanto Highway
Lecanto, FL 34461
To Schedule a Ride: (352) 527-7630
www.bocc.citrus.fl.us/commserv/trans/transportation.htm

Clay
ElderSource, Area Agency on Aging for Northeast Florida
4160 Woodcock Drive, 2nd Floor
Jacksonville, FL 32207
1-888-242-4464 or (904) 391-6600
www.myeldersource.org
Clay County Council on Aging, Inc./Clay Transit, CTC
604 Walnut Street
Green Cove Springs, FL 32043
To Schedule a Ride: (904) 284-5977
www.coaclay.org
Collier
Area Agency on Aging of Southwest Florida
15201 N. Cleveland Avenue, Suite 1100
North Fort Myers, FL 33903
(239) 652-6901
www.aaaswfl.org
Collier Area Transit, CTC
2885 Horseshoe Drive South
Naples, FL 34104
To Schedule a Ride: (239) 252-7272
www.colliergov.net

Columbia
Elder Options, the Mid-Florida Area Agency on Aging
5700 S.W. 34th Street, Suite 222
Gainesville, FL 32608
1-800-262-2243 or (352) 378-6649
www.agingresources.org
Suwannee Valley Transit Authority, CTC
1907 Voyles Street
Live Oak, FL 32060
To Schedule a Ride: (386) 362-5332

DeSoto
Area Agency on Aging of Southwest Florida
15201 N. Cleveland Avenue, Suite 1100
North Fort Myers, FL 33903
(239) 652-6901
www.aaaswfl.org
Veolia, CTC
1103 US 27 South
Sebring, FL 33870
To Schedule a Ride: (800) 694-6566
**Dixie**  
Elder Options, the Mid-Florida Area Agency on Aging  
5700 S.W. 34th Street, Suite 222  
Gainesville, FL 32608  
1-800-262-2243 or (352) 378-6649  
www.agingresources.org  
Suwannee River Economic Council, CTC  
Post Office Box 70  
Live Oak, FL 32064  
To Schedule a Ride: (352) 498-5018 ext. 3  
Toll Free: 1-800-597-7579 ext. 3

**Duval**  
ElderSource, Area Agency on Aging for Northeast Florida  
4160 Woodcock Drive, 2nd Floor  
Jacksonville, FL 32207  
1-888-242-4464 or (904) 391-6600  
www.myeldersource.org  
Jacksonville Transportation Authority, CTC  
100 N. Myrtle Ave, P.O. Drawer “O”  
Jacksonville, FL 32203  
To Schedule a Ride: (904) 265-6999  
www.jtafla.com

**Escambia**  
Northwest Florida Area Agency on Aging  
5090 Commerce Park Circle  
Pensacola, FL 32505  
(850) 494-7100  
www.nwflaaa.org  
Escambia, Board of County Commissioners, CTC  
3363 W Park Place  
Pensacola, FL 32505  
To Schedule a Ride: (850) 595-0501  
www.mobilebaytransportation.com
Flagler
ElderSource, Area Agency on Aging for Northeast Florida
4160 Woodcock Drive, 2nd Floor
Jacksonville, FL 32207
1-888-242-4464 or (904) 391-6600
www.myeldersource.org
Flagler County Public Transportation, CTC
1769 East Moody Boulevard, Building 5
Bunnell, FL 32110
To Schedule a Ride: (386) 313-4100
www.flaglercounty.org

Franklin
Area Agency on Aging for North Florida, Inc.
2414 Mahan Drive
Tallahassee, FL 32308
1-866-467-4624 or (850) 488-0055
www.aaanf.org
Gulf ARC & Transportation, CTC
Post Office Box 8
Port St. Joe, FL 32457
To Schedule a Ride: (850) 229-6550

Gadsden
United We Guide Mobility Coordinator*: 1-855-663-7433
Area Agency on Aging for North Florida, Inc.
2414 Mahan Drive
Tallahassee, FL 32308
1-800-963-5337 or (850) 488-0055
www.aaanf.org
Big Bend Transit, Inc., CTC
Post Office Box 1721
Tallahassee, FL 32302
To Schedule a Ride: (850) 627-9958

*Definitions begin on page 81 of the Appendix
**Gilchrist**  
Elder Options, the Mid-Florida Area Agency on Aging  
5700 S.W. 34th Street, Suite 222  
Gainesville, FL 32608  
1-800-262-2243 or (352) 378-6649  
[www.agingresources.org](http://www.agingresources.org)  

Suwannee River Economic Council, CTC  
Post Office Box 70  
Live Oak, FL 32064  
To Schedule a Ride: (352) 498-5018 ext. 3  
Toll Free: 1-800-597-7579 ext.3

**Glades**  
Area Agency on Aging of Southwest Florida  
15201 N. Cleveland Avenue, Suite 1100  
North Fort Myers, FL 33903  
(239) 652-6901  
[www.aaaswfl.org](http://www.aaaswfl.org)  

Good Wheels, Inc., CTC  
10075 Bavaria Road, SE  
Ft. Myers, FL 33913  
To Schedule a Ride: (239) 768-2900

**Gulf**  
Area Agency on Aging for North Florida, Inc.  
2414 Mahan Drive  
Tallahassee, FL 32308  
1-800-963-5337 or (850) 488-0055  
[www.aaanf.org](http://www.aaanf.org)  

Gulf County ARC & Transportation, CTC  
Post Office Box 8  
Port St. Joe, FL 32457  
To Schedule a Ride: (850) 229-6550
Hamilton
Elder Options, the Mid-Florida Area Agency on Aging
5700 S.W. 34th Street, Suite 222
Gainesville, FL 32608
1-800-262-2243 or (352) 378-6649
www.agingresources.org
Suwannee Valley Transit Authority, CTC
1907 Voyles Street
Live Oak, FL 32060
To Schedule a Ride: (386) 362-5332

Hardee
West Central Florida Area Agency on Aging, Inc.
5905 Breckenridge Parkway, Suite F
Tampa, FL 33610-4239
1-800-336-2226
www.agingflorida.com
MV Contract Transportation Inc., CTC
4650 US 27 South
Sebring, FL 33870
To Schedule a Ride: (863) 773-0015

Hendry
Area Agency on Aging of Southwest Florida
15201 N. Cleveland Avenue, Suite 1100
North Fort Myers, FL 33903
(239) 652-6901
www.aaaswfl.org
Good Wheels, Inc., CTC
10075 Bavaria Road, SE
Ft. Myers, FL 33913
To Schedule a Ride: (239) 768-2900
**Hernando**
Elder Options, the Mid-Florida Area Agency on Aging
5700 S.W. 34th Street, Suite 222
Gainesville, FL 32608
1-800-262-2243 or (352) 378-6649
www.agingresources.org
MidFlorida Community Services, Inc., CTC
Post Office Box 896
Brooksville, FL 34605
To Schedule a Ride: (352) 799-1510

**Highland**
West Central Florida Area Agency on Aging, Inc.
5905 Breckenridge Parkway, Suite F
Tampa, FL 33610-4239
1-800-336-2226
www.agingflorida.com
Veolia, CTC
1103 US 27 South
Sebring, FL 38870
Avon Park (863) 452-0139, Sebring (863) 382-0139,
Lake Placid (863) 699-0995

**Hillsborough**
West Central Florida Area Agency on Aging, Inc.
5905 Breckenridge Parkway, Suite F
Tampa, FL 33610-4239
1-800-336-2226
www.agingflorida.com
Hillsborough County Board of County Commissioners,
CTC
3402 N 22nd Street, 1st Floor
Tampa, FL 33605
To Schedule a Ride: (813) 272-7272
www.hillsboroughcounty.org
Holmes
Area Agency on Aging for North Florida, Inc.
2414 Mahan Drive
Tallahassee, FL 32308
1-866-467-4624 or (850) 488-0055
www.aaanf.org

Tri-County Community Council, Inc., CTC
Post Office Box 1210
Bonifay, FL 32425
To Schedule a Ride: (850) 547-3688

Indian River
Area Agency on Aging of Palm Beach/Treasure Coast, Inc.
4400 N. Congress Avenue
West Palm Beach, FL 33407-3226
1-866-684-5885
www.youragingresourcecenter.org

Senior Resource Association, Inc., CTC
694 14th Street
Vero Beach, FL 32960
To Schedule a Ride: (772) 569-0903

Jackson
Area Agency on Aging for North Florida, Inc.
2414 Mahan Drive
Tallahassee, FL 32308
1-866-467-4624 or (850) 488-0055
www.aaanf.org

JTrans, CTC
Post Office Box 1117
Marianna, FL 32448
To Schedule a Ride: (850) 482-7433
**Jefferson**
United We Guide Mobility Coordinator*: 1-855-663-7433
Area Agency on Aging for North Florida, Inc.
2414 Mahan Drive
Tallahassee, FL 32308
1-866-467-4624 or (850) 488-0055
www.aaanf.org

Big Bend Transit, Inc., CTC
Post Office Box 1721
Tallahassee, FL 32302
To Schedule a Ride: (850) 997-1323

**Lafayette**
Elder Options, the Mid-Florida Area Agency on Aging
5700 S.W. 34th Street, Suite 222
Gainesville, FL 32608
1-800-262-2243 or (352) 378-6649
www.agingresources.org

Suwannee River Economic Council, CTC
Post Office Box 70
Live Oak, FL 32064
To Schedule a Ride: (386) 498-5018 ext. 3
Toll Free: 1-800-597-7599

**Lake**
Elder Options, the Mid-Florida Area Agency on Aging
5700 S.W. 34th Street, Suite 222
Gainesville, FL 32608
1-800-262-2243 or (352) 378-6649
www.agingresources.org

Lake County Program Analysis and Contract Management, CTC
Post Office Box 7800
Tavares, FL 32778-7800
To Schedule a Ride: (352) 326-2278 option 2

*Definitions begin on page 81 of the Appendix
Lee
Area Agency on Aging of Southwest Florida
15201 N. Cleveland Avenue, Suite 1100
North Fort Myers, FL 33903
(239) 652-6901
www.aaaswfl.org
Good Wheels, Inc., CTC
10075 Bavaria Road, SE
Ft. Myers, FL 33913
To Schedule a Ride: (239) 768-2900

Leon
United We Guide Mobility Coordinator*: 1-855-663-7433
Area Agency on Aging for North Florida, Inc.
2414 Mahan Drive
Tallahassee, FL 32308
(850) 488-0055 or 1-866-467-4624
www.aaanf.org
Star Metro, CTC
555 Appleyard Drive
Tallahassee, FL 32304
To Schedule a Ride: (850) 891-5199
www.talgov.com/starmetro/starmetrohome.aspx

Levy
Elder Options, the Mid-Florida Area Agency on Aging
5700 S.W. 34th Street, Suite 222
Gainesville, FL 32608
1-800-262-2243 or (352) 378-6649
www.agingresources.org
Levy County Transit, CTC
970A East Hathaway Avenue
Bronson, FL 32621
To Schedule a Ride: (352) 486-3485
Liberty
Area Agency on Aging for North Florida, Inc.
2414 Mahan Drive
Tallahassee, FL 32308
(850) 488-0055 or 1-866-467-4624
www.aaanf.org
Liberty County Transit, CTC
Post Office Box 730
Bristol, FL 32321
To Schedule a Ride: (850) 643-2524

Madison
Area Agency on Aging for North Florida, Inc.
2414 Mahan Drive
Tallahassee, FL 32308
1-866-467-4624 or (850) 488-0055
www.aaanf.org
Big Bend Transit, Inc., CTC
Post Office Box 1721
Tallahassee, FL 32302
To Schedule a Ride: (850) 973-4418

Manatee
West Central Florida Area Agency on Aging, Inc.
5905 Breckenridge Parkway, Suite F
Tampa, FL 33610-4239
1-800-336-2226
www.agingflorida.com
Manatee County Board of County Commissioners, CTC
1108 26th Avenue E
Bradenton, FL 34208
To Schedule a Ride: (941) 748-2317
Marion
Elder Options, the Mid-Florida Area Agency on Aging
5700 S.W. 34th Street, Suite 222
Gainesville, FL 32608
1-800-262-2243 or (352) 378-6649
www.agingresources.org

Marion Senior Services, Inc. d/b/a Marion Transit Services
CTC
1101 SW 20th Court
Ocala, FL 34471
To Schedule a Ride: (352) 620-3071

Martin
Area Agency on Aging of Palm Beach/Treasure Coast, Inc.
4400 N. Congress Avenue
West Palm Beach, FL 33407-3226
1-866-684-5885
www.youragingresourcecenter.org

Medical Transportation Management, CTC
850 NW Federal Highway, Suite 192
Stuart, FL 34994
To Schedule a Ride: (866) 836-7034
www.mtm-inc.net/martincounty

Miami-Dade
Alliance for Aging
760 NW 107th Avenue, Suite 214
Miami, FL 33172-3155
(305) 670-4357
www.allianceforaging.org

Miami-Dade Transit Agency, CTC
701 NW 1st Court, Suite 1300
Miami, FL 33136
To Schedule a Ride: (305) 630-5300
www.miamidade.gov/transit
Monroe
Alliance for Aging
760 NW 107th Avenue, Suite 214
Miami, FL 33172-3155
(305) 670-4357
www.allianceforaging.org
Guidance/Care Center, Inc., CTC
3000 41st Street, Ocean
Marathon, FL 33050
To Schedule a Ride: (305) 434-7660 option 2

Nassau
ElderSource, Area Agency on Aging for Northeast Florida
4160 Woodcock Drive, 2nd Floor
Jacksonville, FL 32207
1-888-242-4464 or (904) 391-6600
www.myeldersource.org
Nassau County Council on Aging, CTC
1367 S. 18th Street
Fernandina Beach, FL 32034
To Schedule a Ride: (904) 261-0700

Okaloosa
Northwest Florida Area Agency on Aging
5090 Commerce Park Circle
Pensacola, FL 32505
(850) 494-7100
www.nwflaaa.org
Okaloosa County Board of County Commissioners, CTC
600 Transit Way
Ft. Walton Beach, FL 32547
To Schedule a Ride: (850) 833-9168
Okeechobee
Area Agency on Aging of Palm Beach/Treasure Coast, Inc.
4400 N. Congress Avenue
West Palm Beach, FL 33407-3226
1-866-684-5885
www.youragingresourcecenter.org
Veolia, CTC
1103 US 27 South
Sebring, FL 38870
To Schedule a Ride: (863) 357-9900

Orange
Senior Resource Alliance
988 Woodcock Road, Suite 200
Orlando, FL 32803
(407) 514-1800
www.seniorresourcealliance.org
LYNX/Central Florida Regional Transportation Authority, CTC
1200 West South Street
Orlando, FL 32805
To Schedule a Ride: (407) 423-8747
www.golynx.com

Osceola
Senior Resource Alliance
988 Woodcock Road, Suite 200
Orlando, FL 32803
(407) 839-4357
www.seniorresourcealliance.org
LYNX/Central Florida Regional Transportation Authority, CTC
455 North Garland Avenue
Orlando, FL 32801
To Schedule a Ride: (407) 423-8747
www.golynx.com
Palm Beach
Area Agency on Aging of Palm Beach/Treasure Coast, Inc.
4400 N. Congress Avenue
West Palm Beach, FL 33407-3226
(561) 214-8600
www.youragingresourcecenter.org
Palm Tran Connection, CTC
50 South Military Trail, Suite 101
West Palm Beach, FL 33415
To Schedule a Ride: (561) 649-9838
www.co.palm-beach.fl.us/palmtran

Pasco
Area Agency on Aging of Pasco-Pinellas
9887 4th Street North, Suite 100
St. Petersburg, FL 33702
1-800-963-5337 or (727) 217-8111
www.agingcarefl.org
Pasco County Public Transportation, CTC
8620 Galen Wilson Boulevard
Port Richey, FL 34668
To Schedule a Ride: West (727) 834-3322, Central (813) 235-6073, or East (352) 521-4587
www.pascocountyfl.net/Index.aspx?NID=243

Pinellas
Area Agency on Aging of Pasco-Pinellas
9887 4th Street North, Suite 100
St. Petersburg, FL 33702
(727) 217-8111
www.agingcarefl.org
Pinellas SunCoast Transit Authority, CTC
3201 Scherer Drive
St. Petersburg, FL 33716
To Schedule a Ride: (727) 540-1900
www.psta.net/tdprogram.php
Polk
West Central Florida Area Agency on Aging, Inc.
5905 Breckenridge Parkway, Suite F
Tampa, FL 33610-4239
1-800-336-2226
www.agingflorida.com
Polk County Transit Services, CTC
Post office Box 9005, Drawer HS09
Bartow, FL 33831-9005
To Schedule a Ride: (863) 534-5500

Putnam
United We Guide Mobility Coordinator*: (386) 325-9999
Elder Options, the Mid-Florida Area Agency on Aging
5700 S.W. 34th Street, Suite 222
Gainesville, FL 32608
1-800-262-2243 or (352) 378-6649
www.agingresources.org
Ride Solution, CTC
220 North 11th Street
Palatka, FL 32177
To Schedule a Ride: (386) 325-9999

Santa Rosa
Northwest Florida Area Agency on Aging
5090 Commerce Park Circle
Pensacola, FL 32505
(850) 494-7100
www.nwflaaa.org
Tri-County Community Council, Inc., CTC
302 North Oklahoma Street
Bonifay, FL 32425
To Schedule a Ride: (850) 626-6806
www.mobilebaytransportation.com

*Definitions begin on page 81 of the Appendix
**Sarasota**
Area Agency on Aging of Southwest Florida  
15201 N. Cleveland Avenue, Suite 1100  
North Fort Myers, FL 33903  
(239) 652-6901  
www.aaaswfl.org

Sarasota County Transportation Authority, CTC  
5303 Pinkney Avenue  
Sarasota, FL 34233  
To Schedule a Ride: (941) 861-1234  
www.scgov.net/SCAT

**Seminole**
United Way & 211 Hotline: (407) 839-4357  
Senior Resource Alliance  
988 Woodcock Road, Suite 200  
Orlando, FL 32803  
(407) 514-1800  
www.seniorresourcealliance.org

LYNX/Central Florida Regional Transportation Authority, CTC  
455 North Garland Avenue  
Orlando, FL 32801  
To Schedule a Ride: (407) 423-8747

**St. Johns**
United We Guide Mobility Coordinator*: (904) 315-6505  
ElderSource, Area Agency on Aging for Northeast Florida  
4160 Woodcock Drive, 2nd Floor  
Jacksonville, FL 32207  
1-888-242-4464 or (904) 391-6600  
www.myeldersource.org

St. Johns County Council on Aging, Inc., CTC  
180 Marine Street  
St. Augustine, FL 32084  
To Schedule a Ride: (904) 209-3710

*Definitions begin on page 81 of the Appendix
St. Lucie
Area Agency on Aging of Palm Beach/Treasure Coast, Inc.
4400 N. Congress Avenue
West Palm Beach, FL 33407-3226
1-866-684-5885
www.youragingresourcecenter.org
St. Lucie County Board of County Commissioners, CTC
437 North 7th Street
Ft. Pierce, FL 34950
To Schedule a Ride: (772) 464-7433
www.stlucieco.gov

Sumter
Elder Options, the Mid-Florida Area Agency on Aging
5700 S.W. 34th Street, Suite 222
Gainesville, FL 32608
1-800-262-2243 or (352) 378-6649
www.agingresources.org
Sumter County Board of County Commissioners, CTC
819 County Road 529
Lake Panasoffkee, FL 33538
To Schedule a Ride: (352) 568-6683

Suwannee
Elder Options, the Mid-Florida Area Agency on Aging
5700 S.W. 34th Street, Suite 222
Gainesville, FL 32608
1-800-262-2243 or (352) 378-6649
www.agingresources.org
Suwannee Valley Transit Authority, CTC
1907 Voyles Street
Live Oak, FL 32060
To Schedule a Ride: (386) 362-5332
<table>
<thead>
<tr>
<th>Location</th>
<th>Agency Name</th>
<th>Address</th>
<th>Phone Numbers</th>
<th>Website</th>
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<tr>
<td><strong>Taylor</strong></td>
<td>Area Agency on Aging for North Florida, Inc.</td>
<td>2414 Mahan Drive, Tallahassee, FL 32308</td>
<td>1-866-467-4624 or (850) 488-0055</td>
<td><a href="http://www.aaanf.org">www.aaanf.org</a></td>
</tr>
<tr>
<td></td>
<td>Big Bend Transit, Inc., CTC</td>
<td>Post Office Box 1721, Tallahassee, FL 32302</td>
<td>(850) 584-5566</td>
<td></td>
</tr>
<tr>
<td><strong>Union</strong></td>
<td>Elder Options, the Mid-Florida Area Agency on Aging</td>
<td>5700 S.W. 34th Street, Suite 222, Gainesville, FL 32608</td>
<td>1-800-262-2243 or (352) 378-6649</td>
<td><a href="http://www.agingresources.org">www.agingresources.org</a></td>
</tr>
<tr>
<td></td>
<td>Suwannee County Economic Council</td>
<td>255 SW 9th Avenue, Lake Butler, FL 32054</td>
<td>(386) 496-0624</td>
<td></td>
</tr>
<tr>
<td><strong>Volusia</strong></td>
<td>ElderSource, Area Agency on Aging for Northeast Florida</td>
<td>4160 Woodcock Drive, 2nd Floor, Jacksonville, FL 32207</td>
<td>1-888-242-4464 or (904) 391-6600</td>
<td><a href="http://www.myeldersource.org">www.myeldersource.org</a></td>
</tr>
<tr>
<td></td>
<td>VOTRAN, CTC</td>
<td>950 Big Tree Road, South Daytona, FL 32119-8815</td>
<td>(386) 322-5100, (386) 424-6810, (386) 943-7050</td>
<td></td>
</tr>
</tbody>
</table>
Wakulla
United We Guide Mobility Coordinator*: 1-855-663-7433
Area Agency on Aging for North Florida, Inc.
2414 Mahan Drive
Tallahassee, FL 32308
1-866-467-4624 or (850) 488-0055
www.aaanf.org
Wakulla County Senior Citizens’ Council, CTC
33 Michael Drive
Crawfordville, FL 32326
To Schedule a Ride: (850) 926-7145

Walton
Northwest Florida Area Agency on Aging
5090 Commerce Park Circle
Pensacola, FL 32505
(850) 494-7100
www.nwflaaa.org
Tri-County Community Council, Inc., CTC
Post Office Box 1210
Bonifay, FL 32425
To Schedule a Ride: (850) 892-2422

Washington
Area Agency on Aging for North Florida, Inc.
2414 Mahan Drive
Tallahassee, FL 32308
1-866-467-4624 or (850) 488-0055
www.aaanf.org
Tri-County Community Council, Inc., CTC
Post Office Box 1210
Bonifay, FL 32425
To Schedule a Ride: (850) 547-3688

*Definitions begin on page 81 of the Appendix
Appendix
The Safe Mobility for Life Coalition is comprised of the following organizations as of May 2016:

- AAA Auto Club South
- AARP
- Area Agency on Aging for North Florida
- Carlin Rogers Consulting
- Commission for the Transportation Disadvantaged
- Community Traffic Safety Teams Coalition
- Department of Economic Opportunity
- Department of Elder Affairs
- Department of Health
- Department of Highway Safety and Motor Vehicles
- Department of Transportation
- Federal Highway Administration – Florida Division
- Florida Association of Area Agencies on Aging
- Florida Association of Senior Centers
- Florida Law Enforcement Liaison Program
- Florida Occupational Therapy Association
- Florida Public Transportation Association
- Florida Regional Councils Association
- Florida State University College of Medicine
- Lee County Sheriff’s Office
- Metropolitan Planning Organization Advisory Council
- National Highway Traffic Safety Administration ex-officio
- Nova Southeastern University
- Pepper Institute on Aging and Public Policy at FSU
- StarMetro
- Tallahassee Senior Center
- The University of Florida Institute for Mobility, Activity, and Participation
- The University of South Florida Sarasota-Manatee
Florida’s Guide for Aging Drivers was created as a print version of our website, www.FLsams.org. The website provides more information and resources on all areas covered in this guide.

Aging Road User Strategic Safety Plan

To learn more about the Safe Mobility for Life Coalition or the Aging Road User Strategic Safety plan, please contact:

Safe Mobility for Life Program and Research Manager
Florida Department of Transportation
State Traffic Engineering and Operations Office
605 Suwannee Street, M.S. 36
Tallahassee, FL 32399-0450
(850) 410-5414
www.FLsams.org/FloridaCoalition.htm
Safe Mobility for Life Resource Center

To receive more information on available educational materials please write, call or email us at:

FSU Pepper Institute on Aging and Public Policy
Safe Mobility for Life Resource Center
Post Office Box 3061121
Tallahassee, FL 32306
(850) 644-8145
safe-mobility-for-life@fsu.edu

Forms

All vision and medical reporting forms are available online at www.flhsmv.gov/FloridaGrandDriver on the Forms tab or call the DHSMV Customer Service Center at (850) 617-2000. Please mail or fax the completed forms to:

Division of Motorist Services
Attn: Medical Review Section
Neil Kirkman Building, MS 86
Tallahassee, Florida 32399-0500
Fax: (850) 617-3944

For more information about the medical review process, please visit www.flhsmv.gov/FloridaGrandDriver or contact DHSMV’s Medical Review Section at (850) 617-3814.
Definitions

The following terms are defined for use in this guide:

**Lifelong Community:** Living in a community with some level of independence in a residence of your choice. This includes having access to services that are needed day to day, while maintaining your independence and quality of life.

**Assessment:** An evaluation or appraisal of a condition.

**Driver Rehabilitation Specialist:** One who is trained and certified to plan, develop, coordinate and implement driver rehabilitation services for mature drivers or individuals with disabilities.

**Impaired Driving:** The operation of a motor vehicle by anyone under the influence of alcohol or drugs or driving while drowsy, or having any medical condition which adversely affects the operator’s ability to drive safely and competently.

**Mobility Coordinator:** A person who is responsible for optimizing mobility by coordinating the travel and trip planning needs of an individual by identifying and offering available community transportation alternatives including, but not limited to, ride-sharing, public or para-transit, volunteer or private driving programs.

**Move Over Law:** Section 316.126, Florida Statutes requires all drivers to move over a lane — when you can safely do so — for stopped emergency, sanitation, utility service vehicles and wreckers. If you can’t move over, or when on a two-lane road, slow to a speed that is 20 mph less than the posted speed limit. Slow down
to 5 mph when the posted speed limit is 20 mph or less. When you fail to move over, you put yourself and others at risk; you could crash into a vehicle or worker. Violating the Move Over law will result in a fine, fees, and points on your driving record.

**No-Zone:** The danger areas around trucks and buses where crashes are more likely to occur. Some No-Zones are actual blind spots or areas around trucks and buses where your car or motorcycle “disappears” from the view of the driver.

**Other Road Users:** Those using an alternative to driving a motorized vehicle including those riding a bicycle, walking, wheelchair users, using public/private transit, golf carts, low speed vehicles, and non-motorized vehicles.

**Proactive Driver:** A driver who has the tools and skills to drive defensively against any factor that might cause a crash whether it is other drivers or adverse conditions on the roadway.

**Remediation:** The act or process of correcting a weak point or deficiency.

**Rehabilitation:** Overcoming functional deficits, which can be accomplished by improving an individual’s skills, and/or using adaptive equipment for those skills that cannot be improved, or a combination of both.

**Silver Alert:** For cognitively impaired individuals who become lost while driving a car or lost while on foot. It is a plan to help local law enforcement in the rescue of missing persons who have a cognitive impairment, such as Alzheimer’s disease or dementia. Through the use of dynamic message signs along Florida roadways,
Silver Alerts are broadcast to the public.

**White Cane Law:** Section 316.1301, Florida Statutes protects the pedestrian rights of the blind and visually impaired. This law requires all drivers to fully stop for any pedestrian on a public street or highway, guided by a dog guide or carrying in a raised or extended position a cane or walking stick that is white in color or white tipped with red.
Safety is Golden
Safe Mobility for Life Coalition

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