


Practical  
Resources for  
Florida's Aging  
Population

# You Hold the Keys

to Your  
Transportation  
Future





**YOU HOLD THE KEYS**   **To Your Transportation Future**

Today's older adults are living longer, staying active, and driving more. In Florida, nearly one in four licensed drivers—over 4 million people—are age 65 or older, and that number continues to grow.

To meet this need, the Florida Department of Transportation (FDOT) established Safe Mobility for Life to support older adults in planning for their transportation future.

All of Safe Mobility for Life's resources are built around three simple but empowering actions that puts you in the driver's seat with clarity and confidence.



**UNDERSTAND** how natural age-related changes to your vision, strength, and reaction time can affect driving.



**BE PROACTIVE** about safe driving skills by staying sharp and practicing strategies that make every trip safer.



**PLAN** ahead for the day when driving may no longer be the safest option and know the safe transportation choices beyond the driver's seat.



# YOU HOLD THE KEYS TO YOUR TRANSPORTATION FUTURE

All Safe Mobility for Life resources are research-driven and designed to educate and empower you to take control of your transportation future. Think of each resource as a key that helps unlock safer driving, smoother transitions, and more ways to stay connected as you age.



## UNDERSTAND

The Impact Aging Has on Driving

As we age, our vision, memory, and reaction time can change. Missing the signs may put your safety at risk.

### DO YOU KNOW?

- ▶ **Vision is critical for safe driving**  
90% of the information needed to stay safe on the road comes from your vision.
- ▶ **Florida's vision requirements**  
A minimum of 20/70 corrected visual sharpness is required for driving a vehicle or golf cart.
- ▶ **Physical changes matter**  
Loss of muscle mass and bone strength that often comes with age can make injuries more severe in a crash.
- ▶ **Medication and reaction time**  
As we age, older adults may take medications, that can affect judgment, memory, and response time.



## BE PROACTIVE

About Safe Driving Skills

Taking the necessary steps now helps you stay safe and maintain independence even beyond the driver's seat.

### WHAT CAN YOU DO NOW?

- ▶ **Talk to your loved ones early**  
Understand the warning signs and find conversation tips in the Families & Caregivers brochure.
- ▶ **Learn about roadway features**  
Easy-to-follow education on safety features like roundabouts, wrong-way driving, and flashing yellow arrows.
- ▶ **Build driving skills now**  
Attend a workshop, try CarFit, or take a driver safety course to refresh your skills.
- ▶ **Read Florida's Guide to Safe Mobility for Life**  
Comprehensive guide full of tips, planning tools and transportation information for Floridians to know as they age.



## PLAN

For a Safe Transition from Driving

Don't wait until you have to stop driving. By exploring options now, you protect your independence beyond the driver's seat.

### WHAT CAN YOU DO NOW?

- ▶ **Develop a personal transportation plan**  
Access to worksheets and templates to plan for continued independence and a safe transition from driving.
- ▶ **Visit FindaRideFlorida.org**  
Online listing of transportation service providers in all of Florida's 67 counties.
- ▶ **Use transportation options with confidence**  
The How to Use Transportation Options Series offers tips and information on:
  - Walking • Public Transportation
  - Bicycling • Golf Carts
  - Transportation Network Companies



## SCAN & BOOKMARK FREE RESOURCES

Available for download or request printed copies by mail.

# THE SAFE MOBILITY FOR LIFE INSIDER NEWSLETTER

The Insider Newsletter delivers what matters most: clear, practical information to help you **Understand** how aging affects driving, **Be Proactive** about safe driving, and **Plan** for your transportation future.



Join thousands of Floridians who rely on the Insider to stay up to date on the latest research, driving resources, planning tools, and local outreach events happening near you. Delivered straight to your inbox or mailbox, twice a year.



## SUBSCRIBE TODAY INSIDER NEWSLETTER

Scan the QR code or visit [SafeMobilityFL.com](https://www.SafeMobilityFL.com)

Who is

## Safe Mobility for Life?

The Safe Mobility for Life Program was established in 2004 by the Florida Department of Transportation (FDOT) to address the growing needs of Florida's aging population, particularly as changes in health, vision, and reflexes begin to affect driving as early as age 55.

In 2009, FDOT partnered with the Pepper Institute on Aging and Public Policy at Florida State University to form a statewide coalition. Together, we implement a research-based, proactive, data-driven approach aimed at eliminating fatalities and reducing serious injuries for Florida's aging road users.

Safe Mobility for Life resources are designed to support older adults in maintaining safe mobility and independence, even beyond the driver's seat.

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Safe Mobility for Life


## Resource Center

Educational materials and resources for Florida's aging population are developed and distributed through the Safe Mobility for Life Resource Center at FSU's Pepper Institute.




**SCAN & BOOKMARK  
FREE RESOURCES**

**Available for download or  
request printed copies by mail.**

 Visit: [fdot.info/resourcecenter](https://fdot.info/resourcecenter)

 Email: [contact@safemobilityfl.com](mailto:contact@safemobilityfl.com)

 Call: 833-930-2952

