Florida’s Aging Population

Today’s older adults are not only living longer, they are driving longer and for more miles. Florida currently ranks second in the nation with the highest number of adults aged 65 and older. By the year 2045, it is projected that 1 in 4 drivers will be 65 years or older.

While older adults have fewer crashes than other age groups, their crashes are more likely to result in death or serious injury due to age-related fragility.

Safe Mobility for Life Coalition

The Florida Department of Transportation’s Safe Mobility for Life Program partnered with the Pepper Institute on Aging and Public Policy at Florida State University to create the Safe Mobility for Life Coalition.

Coalition members work together to improve aging road user safety and mobility by achieving a reduction in their fatalities, serious injuries, and crashes while maintaining their safe mobility and connection with the community.

The Keys to Achieve Safe Mobility for Life

The Safe Mobility for Life Coalition believes that “you hold the keys to your transportation future.” To help Floridians stay safe and mobile for life, the Coalition promotes the keys to achieve safe mobility for life:

- UNDERSTAND the impact aging has on driving
- BE PROACTIVE about safe driving skills
- PLAN for a safe transition from driving

To maintain quality of life and prevent isolation, older adults must continue to safely get from place to place even after transitioning from driving.

Why it’s important

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<th>Non-drivers make:</th>
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<td>15% fewer trips to the doctor</td>
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<td>59% fewer shopping trips</td>
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<td>65% fewer trips for social, family and religious activities</td>
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Source: Preserving the Mobility and Safety of Older Americans; TRIP; March 2018
Presentations & Workshops
In addition to developing and distributing educational materials, we have created interactive workshops to help educate older adults on how to maintain their mobility independence.

The Keys to Achieve Safe Mobility for Life workshop was developed to help older adults understand the impact aging has on driving, be proactive about their safe driving skills, and plan for a safe transition. Participants will walk away with resources to help them be safe and mobile for life.

The Safe Walking for Life workshop was developed in partnership with Alert Today Florida to increase awareness and knowledge among older Floridians on the benefits and risks of walking and how to safely use walking as a transportation option to get around their community.

The Safe Transit for Life workshop was developed in partnership with the Florida Public Transportation Association to educate on and increase the use of public transit among older adults. It includes a trip on the area’s local transit to a nearby destination for real time riding experience.

CarFit is an educational safety program created by the American Society on Aging and developed jointly with AAA, AARP, and the American Occupational Therapy Association, designed to help aging drivers improve the “fit” of their vehicles for safety and comfort. Events are held statewide to promote safe driving conversations and provide community safety and mobility resources. The free, 20-minute check-up uses a team of trained volunteers, including occupational therapists, to assist older drivers with items such as:

- Clear line of sight over the steering wheel.
- Safe space between the front air bag/steering wheel and the driver.
- Proper seat belt use and fit.
- Safe positioning of mirrors to minimize blind spots.

For more information on our workshops, contact:
Stefanie Hartsfield
Program Coordinator
Call: (850) 644-8115
Email: Stefanie.Hartsfield@fsu.edu

For more information on CarFit, contact:
Megan Case
Statewide CarFit Instructor
Call: (850) 644-8145
Email: MCase@fsu.edu
Visit: www.Car-Fit.org

For program information, contact the Safe Mobility for Life Program Manager
Call: (850) 410-5414, Email: Gail.Holley@dot.state.fl.us
Resource Center

The following materials were developed to support the mission of the Coalition and distributed through the Safe Mobility for Life Resource Center.

Florida's Guide to Safe Mobility for Life is a workbook developed to educate Floridians on how to achieve mobility independence even beyond the driver’s seat.

Families and Caregivers brochure provides tips for talking with aging drivers about safe driving concerns as well as the reporting process for an unsafe driver.

How to Use Find a Ride Florida tip card takes you through the steps to use FindaRideFlorida.org, an online listing of transportation providers in all of 67 counties.

Roadway improvements tip cards and graphics are designed to help educate on how to safely use or navigate the following roadway features or devices:
> Flashing Yellow Arrows
> Roundabouts
> Turning Right on Red
> Wrong Way Driving

How to Use Transportation Options in Florida is a series that contains tips and resources on how to use:
> Bicycling
> Golf Carts
> Public Transit
> Transportation Network Companies
> Walking

Community Partners

Through the support of individuals and groups across the state, the Safe Mobility for Life Community Partner Agreement is a grassroots effort aimed to expand access to resources that benefit aging road users. The mission of the Community Partner Agreement is to:

> Build mutually beneficial relationships with organizations and community groups.
> Connect partners with the tools available to educate their communities about the three keys to achieve safe mobility for life.
> Engage and educate older adults at a local level through workshops and events.

It is easier than ever to become a Community Partner so that you can start sharing Safe Mobility for Life resources in your community.

Step 1: Complete the Community Partner Agreement.

Step 2: Review the Member Handbook.

Step 3: Submit an online order request through the Resource Center.

See if becoming a community partner is right for you by visiting SafeMobilityfl.com/CommunityPartners.htm.

SafeMobilityFL.com

The Safe Mobility for Life website was developed to be a one-stop-shop for all our stakeholders to find safety and mobility resources.

To request outreach materials from the Safe Mobility for Life Resource Center:

Phone: 1-833-930-2952 | Email: Contact@SafeMobilityFL.com

SafeMobilityFL.com | Follow us @SafeMobilityFL