



Insider

News and information to help Florida's aging road users



December 2018

Maintaining a healthy lifestyle that allows people to stay connected to their community, beyond the driver's seat, begins with knowing The Keys to Achieve Safe Mobility for Life:



How Older Driver Safety Awareness Week Helps Older Adults Achieve Safe Mobility for Life



The Florida Department of Transportation's Safe Mobility for Life Program and Coalition has partnered with The American Occupational Therapy Association's (AOTA) national Older Driver Safety Awareness Week this year to promote **The Keys to Achieve Safe Mobility for Life: understand** the impact aging has on driving, **be proactive** about safe driving skills, and **plan** for a safe transition from driving.

The Safe Mobility for Life Coalition is proud to offer, in conjunction with AOTA, events throughout Older Driver Safety Awareness Week, December 3–7, 2018. The events are designed to instruct and help older adults in achieving safe mobility for life.

Florida residents and visitors are invited to participate in Safe Mobility for Life Coalition events during Older Driver Safety Awareness Week and learn how to remain safe, mobile, and independent. More information on the classes, events, and activities going on during this week, and beyond,

can be found by visiting SafeMobilityFL.com/ODSAW2018.htm.

All throughout the year, the Safe Mobility for Life Coalition works to help older adults stay active, independent, and connected to their communities for a lifetime. Materials such as Florida's Guide for Aging Drivers and information on how to use public transit and transportation network companies, such as Uber or Lyft can be ordered for free through the Safe Mobility for Life Resource Center.



To request outreach materials:
Safe Mobility for Life Resource Center, Phone: (850) 644-8426, Email: Contact@SafeMobilityFL.com



Be Proactive

Driver Programs Help Aging Motorists Stay Safe on the Road



A lot has changed for aging drivers since they first received their driver license. Car technology, traffic rules, and road conditions are constantly being updated. Aging drivers are more likely to practice safe driving habits than other age groups, however, there are proactive steps they can take to improve their safety and mobility on the road.

Here are **driver programs** for aging drivers to **help them stay safe on the road and find the right fit in their vehicle:**

- **CarFit** is all about helping older adults maintain comfort and safety in their vehicle. Learn more about this great program in our “Partner Spotlight” section!
- **AAA’s Mature Driver Improvement Course** or **AARP’s Smart Driver Safety Course** are refresher courses for older drivers. Driving techniques can always be enhanced. By taking a driver refresher course, aging adults can learn the current rules of the road, defensive driving techniques, and how to operate their vehicle more safely in today’s increasingly challenging driving environment.



Plan

Plan Ahead to Safely Transition From Driving

The changes of aging do not affect all drivers at the same age or in the same way, this is why it is very important for all drivers to plan ahead and prepare for a safe transition from driving.

A driver may choose to transition for any number of reasons: sitting in traffic becomes more of a hindrance than driving is a convenience; giving up driving reduces carbon emissions; or the natural effects of aging have made it increasingly difficult to drive safely. **No matter the reason to transition from driving, being prepared ahead of the transition makes it an easier and safer experience.**

Find a Ride Florida, an online resource that helps people find transportation service providers in all of Florida’s 67 counties, will help in the planning process. Visit **FindaRideFlorida.org** to learn which transportation options are available in each community.





Lifelong Communities Spotlight:

The Active Living Expo Encourages Older Adults to Explore Age-Friendly Tallahassee

Residents of Tallahassee and nearby communities are invited to join the Active Living Expo at the City of Tallahassee's Senior Services Center on Thursday, January 24 from 5 to 8 p.m. and Friday, January 25 from 9:30 a.m. to 12:30 p.m., 2019. Event-goers can attend free workshops, learn about transportation options, and visit with health and home experts to discover how to stay healthy, active, and independent in Tallahassee.

To learn more about the upcoming expo, visit:

<https://www.tallahasseeseniorfoundation.org/active-living-expo/>.

Want to see how your community compares? Get started in your planning process by ordering the "How to Choose Your Lifelong Community — A Transportation Checklist" from the Safe Mobility for Life Resource Center.



Beyond the Driver's Seat:



Keep an Eye On It!

According to the National Research Council, 90 percent of driver information is acquired through vision. A decline in brightness and sharpness of vision is a common byproduct of aging, making monitoring eye health essential to achieving Safe Mobility for Life. The Safe Mobility for Life website (SafeMobilityFL.com) has more information on how vision decline affects driving ability. Visit aoa.org for more Older Driver Safety Tips from the American Optometric Association.





Partner Spotlight:

CarFit: Educating Aging Drivers on How to be Safe and Comfortable Behind the Wheel



One of the best ways to be proactive on staying safe behind the wheel as an aging driver is to look into a **CarFit Event**.

CarFit is a national educational program, sponsored by AARP, AAA, and the American Occupational Therapy Association. Florida's Safe Mobility for Life Coalition is a partner and strong supporter. It is a free, parking lot activity that teaches participants how to make their personal vehicle "fit" them to increase safety and comfort when they hit the road. Trained technicians offer an individual and confidential safety checkup to help older drivers become more comfortable and confident behind the wheel, while identifying any potential problems. You may receive some safety recommendations for your consideration. It takes about 20 minutes. It is not a driving test or mechanical inspection.

Do you know a group of older adults who would be interested in learning more about the Keys to Achieve Safe Mobility for Life? Email Contact@SafeMobilityFL.com to schedule a "You Hold the Keys to Your Transportation Future" workshop today.



SafeMobilityFL.com



Safe Mobility for Life Program
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