



Insider

News and information to help Florida's aging road users



December 2019

The Safe Mobility for Life Coalition honors December as "Proactive Driver" Month. Everyone ages differently, which is why there is no age when someone should stop driving. However, it is important to be proactive about your driving skills to maintain safety behind the wheel.



Understand



Be Proactive



Plan



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



Understand

You Hold the Keys to Your Transportation Future

The Florida Department of Transportation's Safe Mobility for Life Coalition invites Floridians to take control of their transportation futures during Older Driver Safety Awareness Week, December 2-6, 2019.



The statewide campaign is part of the American Occupational Therapy Association's national effort to promote the importance of keeping you active in your community, whether you are driving or not.

You hold the keys to your transportation future, with everything you need in one easy-to-access location at [SafeMobilityFL.com/ODSAW2019.htm](https://www.SafeMobilityFL.com/ODSAW2019.htm). Take advantage of the wealth of information to understand the impact aging has on driving, be proactive about your safe driving skills, and plan for a safe transition from driving.

The Coalition's Older Driver Safety Awareness Week webpage features an overview of some of the resources available to Florida's aging road users. You can:

- Browse a statewide interactive map showing events such as CarFit, AARP Smart Driver Courses, AAA Mature Driver Improvement Courses and FLOW Mobile locations.
- Download or flip through the new "Florida's Guide to Safe Mobility for Life" e-book in either English or Spanish.
- Access helpful brochures, booklets and tip cards such as the "Tips on Using Transportation Options in Florida" series that explores various transportation options.
- Complete worksheets to design the perfect transportation plan for your mobility needs.

It's easier than ever to participate in Older Driver Safety Awareness Week: find a class or event in your community, download or order your copy of Florida's Guide to Safe Mobility for Life, and build your transportation plan. Remember, you hold the keys to your transportation future and have everything it takes to remain safe, mobile, and independent for life.



Be Proactive

Sharpen Your Driving Skills with These Courses and Events

Americans spend a lot of time behind the wheel – an average of 365 hours a year, according to a recent AAA Foundation’s American Driving Survey. Courses and

events focused on keeping you safe and comfortable while in your vehicle can positively enhance your driving experience and help you be proactive about safety behind the wheel. Both the AAA and AARP courses may even result in discounts on your auto insurance, so make sure you check in with your provider to see if it is an option for you.



CarFit is all about helping you maintain comfort and safety in your vehicle. Trained technicians offer individual and confidential safety check-ups during this free event. While it is not a driving test or mechanical inspection, technicians do assist in identifying any potential problems and provide safety recommendations for your consideration. Schedule your 20-minute appointment at an event near you.

AAA’s Mature Driver Improvement Course is a 6-hour motor vehicle course geared toward adults over age 55. During the course, you will learn about new vehicle technology, how to hone your driving skills, and tips for navigating today’s roadways. The course, available in-person and online, covers topics such as extending your safe driving career, distractions and drowsiness, managing visibility, time and space, medications, comfort, and more.

AARP’s Smart Driver Safety Course teaches proven techniques to help you and your loved ones stay safe on the road. The online course covers topics such as reducing driver distractions, effects of medications on driving, techniques for handling left turns, roundabouts, and right-of-way, and age-related physical changes that impact safe driving.

Keys to Achieve Safe Mobility for Life Workshops, hosted by Safe Mobility for Life community partners, help you stay safe, mobile and active, even beyond the driver’s seat. Attendees will better understand the impact aging has on driving, learn how to be proactive about safe driving skills, and plan for a transition if driving is no longer an option.

The Safe Mobility for Life outreach page features a calendar that lists these events all year long. Visit [SafeMobilityFL.com](https://www.SafeMobilityFL.com) to find an event going on near you.



Discover Transportation Options Near You

It's no surprise that 67 percent of participants in the 2017 Aging Road User Survey fear they would become isolated if they were no longer able to drive. For most people, driving has been their only form of transportation for as long as they can remember. Thankfully, there are other options available to keep you connected to your community.



The first step is to identify which of those are available where you live, a process made easy with [FindaRideFlorida.org](https://findarideflorida.org). Simply input where you are traveling from, select the best option that meets your needs, and then contact the provider to secure your ride (if needed) – easy as 1-2-3! [Watch a quick video](#) on using the service to see for yourself.

Remember that vehicles are not the only choices that you have. Walking is a great transportation option if you live or work within walking distance of stores, shops, or restaurants. You can also walk or bike to local transit stops and board a bus or train that will take you where you are trying to go. Plus, you can use Transportation Network Companies (TNCs) like Uber and Lyft, and shuttles, depending on your community, to help take you the extra mile. The “How to Use Transportation Options in Florida” series (available in the Safe Mobility for Life [Resource Center](#)) can help you take advantage of these options with tips on biking, taking public transit, and using TNCs.

With a variety of choices, it can be hard to figure out the best way to get where you need to go. The “My Transportation Options” worksheet gives you a place to list your options, breaking down the available times, how much they cost, and what you need to bring to successfully use the service. For example, you may choose to only bike between 9:00 a.m. and 12:00 p.m. when it is sunny but not yet too hot. It is free, and all you need to bring is a helmet, backpack, water bottle, cell phone, and identification.

By listing out these transportation options, you can easily incorporate them into your transportation plan and figure out different ways to get around. In doing so, you are taking control of your transportation future.

Florida's Guide to Safe Mobility for Life lists all of this information and tips for tackling each step along with easy to use worksheets. [Flip through](#) the e-Book, now available in both English and Spanish.



Partner Spotlight



American Occupational Therapy Association, Inc.

The American Occupational Therapy Association, Inc. (AOTA) and their local chapter and official member of the Safe Mobility for Life Coalition, the Florida Occupational Therapy Association (FOTA), help aging road users extend their safe driving ability. Occupational therapists play a vital role in helping you drive safely longer with the skills and resources to evaluate a person's overall ability to operate a vehicle. They can also provide rehabilitation, if necessary, and work with you, your family, and caregivers to offer an individualized assessment.

In 2006, AOTA collaborated with AAA and AARP to create the CarFit program, ensuring that older adults all

over the country have the opportunity to fit safely and comfortably in their vehicles. Their nationwide database of driver programs and specialists can be utilized by anyone looking for assistance in identifying their driving skills strengths and weaknesses as well as their physical, visual, and cognitive challenges. These specialists can offer recommendations and assistance with adaptive equipment, making driving a safer and more comfortable experience.

During their Older Driver Safety Awareness Week, and all year long, the Safe Mobility for Life Coalition thanks AOTA and FOTA for their commitment to keeping older adults active in our communities.

Collaboration Brings Home the Gold

Three cheers for the Safe Mobility for Life Coalition, whose law enforcement training video [“Helping Florida’s Aging Drivers Stay Safe and Mobile”](#) recently received a Golden MarCom Award from the Association of Marketing and Communication Professionals.

Since its YouTube release in September 2018, the video has garnered over 3,300 views and has been a part of 1,956 Florida Highway Safety and Motor Vehicle trainings since April 2019. That’s a lot of officers learning how to identify drivers who may have a medical impairment, how to respond to those drivers, and where to access available community resources to help them.

The award, which honors excellence in marketing and communication, highlights the hard work put forth by both the Licensing and Enforcement Team and the Safe Mobility for Life Coalition members as a whole. Thanks to their collaboration, Florida law enforcement is better prepared to navigate situations with older drivers and can ensure they get access to the resources that they need.





Beyond the Driver's Seat:

Expand Your Options with TNCs like Uber and Lyft

Transportation Network Companies (TNCs) like Uber and Lyft are just one more transportation option to consider when identifying ways to get where you need and want to go. While the different services can vary, most operate through a smartphone app and allow you to request an immediate ride to your destination.

No smartphone? No problem! Both Uber and Lyft allow you to hail a ride from a computer by putting an “m” in place of the “www” in their web address (Example: “m.lyft.com”). However, you must have a cellphone capable of getting texts and calls. There are also fee-based services like “Arrive” and “Go Go Grandparent” that will arrange a TNC ride for you.

Tackling one of these services can seem daunting at first, which is why the Safe Mobility for Life Coalition put together a brochure with all of this information (and more) to help you utilize TNCs with confidence. It includes information such as:

- What is a TNC and who is a TNC driver?
- Things to consider when selecting a TNC.



- Questions to ask your driver.
- How to request a ride without a smartphone.
- Tips on staying safe while riding.
- Common questions and concerns about TNCs.

[Download or order](#) hard copies for yourself and others.

Read through our brochure and then challenge yourself to take one outing via a TNC this month. Whether you pick-up groceries or head downtown for dinner, the experience is great practice in staying independent beyond the driver's seat.





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 “The Keys to Achieve Safe Mobility for Life” workshop today.



SafeMobilityFL.com



Safe Mobility for Life Program
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