



Insider

News and information to help Florida's aging road users



September 2020



Understand



Be Proactive



Plan



Understand

How to Stay on Top of Age-Related Changes

Aging is not a one-size-fits-all process. Specific skills such as vision, memory, strength, flexibility, and reaction time decline as we age, but how this happens varies from person to person. It is important to understand how these changes impact our driving so that we can track these changes and adjust driving habits to stay safe on the road.

Below is a list of some of the most common age-related changes, their impacts and what you can do.

Natural Age-Related Changes

Vision



Impact on Driving

Declines in vision can impact your ability to read signs, see roadway markings, and navigate glare.

What You Can Do

Visit your eye doctor on an annual basis. They may need to prescribe or adjust corrective eyewear, such as glasses.

Cognition



Impact on Driving

Delayed reactions, trouble adjusting to traffic conditions, or slower responses to signals all point to a potential change or decline.

What You Can Do

Reading and puzzles, like crosswords or sudoku, are activities that can exercise the brain and keep it sharp.

Physical Ability



Impact on Driving

Aging can lead to a loss in muscle or bone strength, and a potential loss in your ability to control your vehicle.

What You Can Do

Simple range of motion exercises, like head tilts to ease neck pain, or wrist and finger bends to stretch out your hands.

In Florida's Guide to Safe Mobility for Life there are several self-assessment tools to help you identify if any of these common changes are happening to you. [Access it here](#) to stay on top of your safe driving skills.



Be Proactive

Do Your Part to Share the Road

Have you noticed more people out walking and biking in your community? Statewide, people are exploring outdoor spaces where they can be active at a safe physical distance. That does not mean, however, that there is less traffic on the roadways. Chapter 2 of Florida's Guide to Safe Mobility for Life has tips to

help you be more proactive when walking, biking, or driving. You can expect to find people using different ways to travel when you are out and about. It is important for all of us to do our part to make sure that everyone gets to their destination safely.



Driving in Florida

- Drivers are required to “move over” or “slow down” when approaching an authorized emergency vehicle that is stopped on the road. ([Section 316.126, F.S.](#))
- Make a right turn on red only after coming to a full stop after yielding to pedestrians and other road users unless there is a NO TURN ON RED sign posted. ([Section 316.075\(1\)\(c\)\(1\)\(a\), F.S.](#))
- Drivers must give bicyclists a minimum of three feet of clearance when driving alongside or passing them. It's the law. ([Section 316.083, F.S.](#))



Walking in Florida

- Always use sidewalks and crosswalks when they are available. When there are no sidewalks, always walk facing traffic. ([Section 316.130 \(4\) F.S.](#))
- Make eye contact with drivers before crossing the street and watch out for cars entering or exiting driveways.
- Use a flashlight and wear brighter colors at night so that you can be seen by drivers.



Biking in Florida

- In Florida, the bicycle is legally defined as a vehicle and has all the privileges, rights, and responsibilities on public roads (except for expressways) that a motor vehicle operator does. When riding on roadways, you must ride with the flow of traffic and follow the rules of the road. ([Section 316.2065 \(1\) F.S.](#))
- When riding on the sidewalk, you have the same rights and responsibilities as someone walking. You must give an audible signal when passing a pedestrian. ([Section 316.2065 \(10\) F.S.](#))
- Stay alert to debris, gravel, and leaves that could cause you to lose balance or slide. Remember to always wear a helmet, even on a separated path, to protect your head from injuries.

No matter how we choose to get around our community, we can stay safe if we look out for each other. Please do your part when sharing the road with your fellow Floridians.



Plan

The Three Steps to Build Your Transportation Plan

Some people think of personal vehicles as the only way to maintain their independence, but what happens when your car breaks down? True mobility independence comes when you can get around your community beyond the driver's seat. Proactive transportation planning is the first step to keeping you safe, mobile and independent, whether you are driving or not.



Next, we show you step-by-step how easy it is to use [Florida's Guide to Safe Mobility for Life](#) to build out a personalized transportation plan:

Step 1: Complete the “My Transportation Options” Worksheet

This is where you list all the transportation options available in your area and details for each, including cost, timing, and availability. This may include walking (if you have places within walking distance), a local bus route, or nearby bike trail.

Step 2: Complete the “My Transportation Plan” Worksheet

Once you have found the transportation options that you can use, make them part of your routine. Start listing out all the places that you need and want to go and how often you make that trip. Can a bike ride get you to your sister’s house for your weekly book club? Does your local bus have a stop in front of your favorite shopping center? Is your neighbor willing to share a ride and split the costs for a joint trip to the grocery store?

Step 3: Practice with your plan, adjust as needed, and practice again

To gain more confidence using your transportation plan, challenge yourself to complete one errand without using your personal vehicle. If you learn new things along the way, adjust your plan and keep working to improve it. It is never too early to start becoming comfortable with using new transportation options.

Having a transportation plan, along with experience using your plan, is the perfect way to be proactive so that you can remain safe, mobile and independent. It is the first step in ensuring that transportation is not a barrier should you choose to stop driving or become unable to drive. Now is the time to take control of your transportation future!

MY TRANSPORTATION OPTIONS				
Name: Kristin Cloud		Date: July 2019		
Transportation Options	Times Available	Contact Info	Cost	Need to Bring
Walking	Daytime hours	None	Free	Sunscreen, umbrella, hat, water
Regional Transit System	6am-11pm	555-5200	\$0.60 one way (reduced for 65+)	Bus pass, ID card
Uber	Anytime	Phone app	Varies	Phone
Ride from son, Tommy	Sunday - Saturday	555-1234	Lunch once a month	Nothing
Paratransit	Call before 5pm the day before	555-5199	\$2.50 one way	Exact change
Bicycling	Daytime hours / light traffic	None	Free	Helmet, bike pump, backpack
Church vanpool - Trinity transit	Monday - Sundays (call in advance)	555-2304	Donation	Cash
Taxi - Yellow Cab	Anytime	555-5555	\$2.50 First 1/5 th mile/\$0.50 after	Cash/Credit Card



TIP

Use FindaRideFlorida.org to find all the transportation options available in your community.

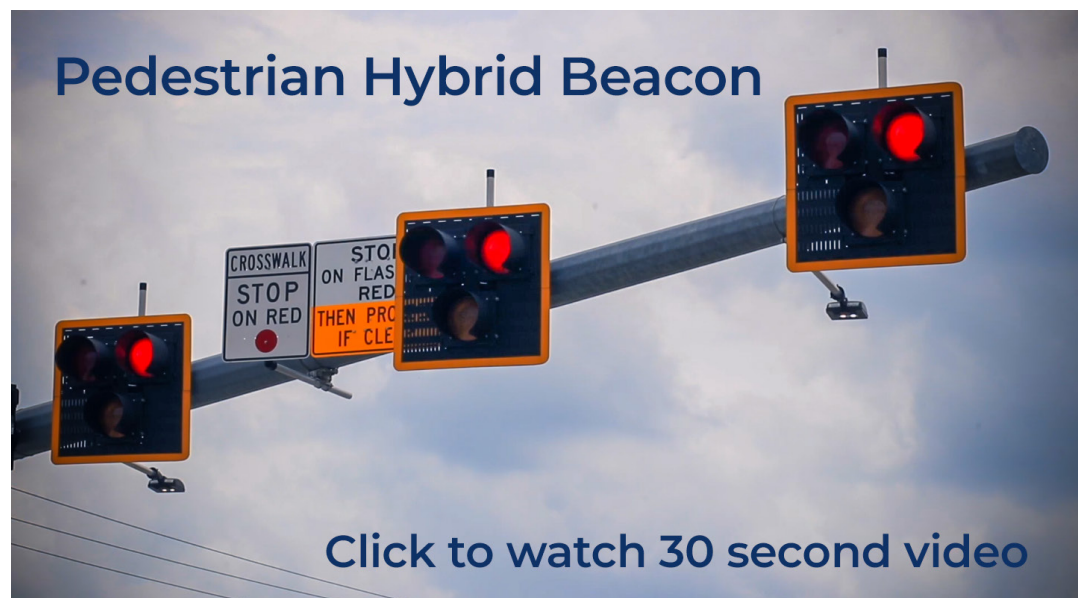
MY TRANSPORTATION PLAN							
Name: Kristin Cloud		Date: July 2019					
Where do I want to go?	How often do I go?	How far?	What options are available?*	First choice	Alternative	Can I combine a trip or mode?	
Volunteering at hospital	Mon-Fri	4 miles	<input checked="" type="checkbox"/> Walk <input checked="" type="checkbox"/> Transit <input checked="" type="checkbox"/> Share Ride	<input checked="" type="checkbox"/> Bike <input checked="" type="checkbox"/> TNC <input type="checkbox"/> Other	Church vanpool	K bus to A bus	Walk 3 blocks from bus stop
Farmers Market	Saturday Morning	2 miles	<input checked="" type="checkbox"/> Walk <input checked="" type="checkbox"/> Transit <input checked="" type="checkbox"/> Share Ride	<input checked="" type="checkbox"/> Bike <input type="checkbox"/> TNC <input type="checkbox"/> Other	K bus to terminal	Bike	Can bring bike on bus
Hair Salon	Once a month	.5 miles	<input checked="" type="checkbox"/> Walk <input type="checkbox"/> Transit <input checked="" type="checkbox"/> Share Ride	<input checked="" type="checkbox"/> Bike <input checked="" type="checkbox"/> TNC <input checked="" type="checkbox"/> Other	walk	Ride with Patty	Use Uber if weather is bad
Visit my brother, Peter	Once a week	6 miles	<input type="checkbox"/> Walk <input checked="" type="checkbox"/> Transit <input checked="" type="checkbox"/> Share Ride	<input type="checkbox"/> Bike <input checked="" type="checkbox"/> TNC <input type="checkbox"/> Other	Para-transit	Ride from Tommy	Peter lives near senior center
Pharmacy	Once a month	1 mile	<input checked="" type="checkbox"/> Walk <input checked="" type="checkbox"/> Transit <input checked="" type="checkbox"/> Share Ride	<input checked="" type="checkbox"/> Bike <input type="checkbox"/> TNC <input checked="" type="checkbox"/> Other	walk	Paratransit	Stop by after doctor appt
Yoga class at Senior center	Tues & Thurs	5 Miles	<input type="checkbox"/> Walk <input checked="" type="checkbox"/> Transit <input checked="" type="checkbox"/> Share Ride	<input type="checkbox"/> Bike <input checked="" type="checkbox"/> TNC <input type="checkbox"/> Other	Ride with Patty	Paratransit	Uber if Patty stays late
Dr. Mitchell	Every 3 months	1.5 Miles	<input checked="" type="checkbox"/> Walk <input checked="" type="checkbox"/> Transit <input checked="" type="checkbox"/> Share Ride	<input type="checkbox"/> Bike <input checked="" type="checkbox"/> TNC <input type="checkbox"/> Other	Taxi (covered by insurance)	Paratransit	Walk to after pharmacy
Visit my daughter, Grace	Twice a year	2 hour drive	<input type="checkbox"/> Walk <input checked="" type="checkbox"/> Transit <input checked="" type="checkbox"/> Share Ride	<input type="checkbox"/> Bike <input type="checkbox"/> TNC <input checked="" type="checkbox"/> Other	Ride from Tommy	Regional Express	Tommy can drop off at terminal



New Pedestrian Crossings to Boost Safety in Tampa Bay Region

Earlier this summer, the Florida Department of Transportation District 7 installed Pedestrian Hybrid Beacons (PHBs) to improve safety for people biking and walking in the Tampa Bay region. These traffic control devices are designed to help people safely cross busy or higher-speed roadways at midblock crossings and uncontrolled intersections. Locations where these signals have been installed saw [a 55% reduction](#) in crashes involving pedestrians and a 29% reduction in total crashes. Long story short — they work.

PHBs are not unique to Tampa. In fact, they are popping up on roadways across the state. You may not have seen one before, but that does not mean that you will not come across one. To help understand what to do if you come across a PHB in your area, visit Alert Today Florida's [CrossSafeFL.com](#) or view their 30-second [public service announcement](#).





Safe Mobility for Life Coalition Maintaining Momentum

Like most of the world, members of the Safe Mobility for Life Coalition replaced handshakes with headsets during this summer's Coalition meeting. While our annual group photo may look a little different this year, our commitment to improving the safety, access, and mobility of Florida's aging population has not changed.

We have been hard at work to keep information flowing through our digital platforms. In July, we sent more than 700 postcards to people across the state. These postcards provide instructions on how to access and order materials from the safety of their own home. We want you to take advantage of the many free resources that we currently have available, as well as new materials coming to our [Resource Center](#). Stay tuned for our newest resources, which include:

- A safe walking booklet developed in partnership with Alert Today, Alive Tomorrow.
- New and improved versions of our Golf Cart and Transportation Network Companies brochure.
- Spanish-translated tip cards about using FindaRideFlorida.org, navigating roundabouts, turning right on red, and flashing yellow arrows.

We look forward to safely joining you all at in-person events again in the future. Until then, we will continue to provide you with the latest and greatest tools to remain safe, mobile, and independent.

Need help accessing the Resource Center or ordering copies to your home? Email us at contact@SafeMobilityFL.com for assistance or give us a call toll-free at 1-833-930-2952.





Florida's Guide to
**Safe Mobility
for Life**

The Keys to Your Transportation Future

Everything you need to stay safe, mobile, and independent.

Download at fdot.tips/guide
Now available in Spanish!

To request outreach materials: Safe Mobility for Life Resource Center
Phone: 1-833-930-2952, Email: Contact@SafeMobilityFL.com

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](https://www.SafeMobilityFL.com)



Safe Mobility for Life Program
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