



Driving As We Age

Driving is a key part of independence for many older adults, but aging can bring physical and cognitive changes that affect the ability to drive safely. As vision, hearing, reaction time and overall health evolve, these factors can increase the risk of accidents and make every day driving tasks more difficult.

Key Considerations:

Vision: Regular eye exams are essential. Cataracts, glaucoma and macular degeneration can impact night driving and peripheral vision.

Hearing: Hearing loss can make it harder to hear sirens, horns, or other important sounds. Get your hearing checked annually.

Medications: Some medications cause drowsiness, dizziness or slowed reaction time. Always review side effects with your doctor or pharmacist.

Reflexes and flexibility: Slower reflexes or stiff joints can make it harder to turn your head or brake quickly. Gentle exercises and stretching can help maintain mobility.

Safe Driving Tips:

- Drive during daylight and in good weather when possible.
- Avoid high-traffic times and unfamiliar areas.
- Keep a safe following distance.
- Minimize distractions — no texting, eating, or fiddling with the GPS while driving.
- Plan your route in advance.
- Keep your car in good condition and ensure all safety features (mirrors, lights, brakes) work properly.

Continued on Page 2



Call 540-712-3876 or visit www.thelegacyatnorthaugusta.org

The Legacy at North Augusta is affiliated with National Lutheran Communities & Services, a faith-based, not-for-profit ministry of the Evangelical Lutheran Church in America, serving people of all beliefs.

Know when to get help:

You or your loved ones should reassess driving ability if you experience:

- Frequent close calls or accidents
- Getting lost in familiar areas
- Difficulty staying in the lane
- Hesitation or confusion at intersections

Resources:

AARP Driver Safety: aarp.org/drive

NHTSA Older Driver Safety: nhtsa.gov/road-safety/older-drivers

Local DMV: Check for state-specific older driver regulations and programs

Consider taking a driver refresher course through AARP or local driving schools.

Remember: Safe driving is key to maintaining independence and mobility. Regular self-checks and openness to change can help keep you and others safe on the road.

Contact The Legacy at North Augusta team today for a personal visit to learn more about how residents in our community embrace an active aging lifestyle.



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