

# Driving as we age

## GET THERE YOUR WAY – CONVENIENT PERSONALIZED TRAVEL

Mental, physical, and visual changes can affect driving as we age. Recognizing these changes and using resources and advice on how to adapt can keep you driving safely for as long as possible, or help you decide when it's time to retire from driving.

### COPING WITH CHANGES IN DRIVING



**Avoid driving situations that you find more difficult or stressful.** For many, this typically includes avoiding driving:

- ✓ At night
- ✓ During rush hour
- ✓ Through high-volume, busy intersections and routes
- ✓ On certain types of roads (for example, interstate and highway driving)



**Allow more time to get where you need to go,** so you can drive safely, at a slightly reduced speed, and not feel rushed.



**Reduce the amount of driving by using alternative transportation options** like friends or family, public transit, buses, taxis, etc.  
<https://iowadot.gov/transit>



**Consider taking regular driving assessments** like the AARP Smart Driver Refresher Course.  
[www.aarpdriversafety.org/why-take-our-course.html](http://www.aarpdriversafety.org/why-take-our-course.html)



**Change or adapt your car to make your driving easier and safer.** A trained professional will ask you simple questions and complete a 12-point CarFit checklist.  
<https://www.car-fit.org>

### RETIRING FROM DRIVING

The time may come when it is simply no longer possible for you to continue to drive safely, and for your own sake and the sake of others, you must stop driving and consider alternative ways to get where you need to go.

Retiring from driving doesn't mean you have to lose your freedom and mobility. There are many alternatives to driving, and if you no longer use your car very much, it may make good financial sense to give it up and use the money you save for other ways of getting around.

Visit our website (<https://iowadot.gov/GETTHEREYOURWAY>) to learn more about the following transportation options.



#### PUBLIC TRANSIT

Available in all 99 counties in Iowa, either by large bus, small bus, or van.



#### IOWA RIDESHARE

Our ride matching system will help you quickly, and securely, find a carpool or vanpool.



#### TAXI SERVICES

Just search "taxi services in (your town)" online for your available options.



#### UBER/LYFT

Available in much of Iowa and can be accessed online and through the mobile app.



#### NON-EMERGENCY MEDICAL TRANSPORTATION

Available to qualifying Iowa Medicaid members. To determine if you qualify, contact your Medicaid Managed Care Organization (MCO).



## HELPING AN AGING LOVED ONE KNOW WHEN IT'S TIME TO RETIRE FROM DRIVING

Retiring from driving may be one of the most challenging moments in your aging loved one's life. Is it time to stop driving? How will I know? Ideally, this is a conversation that has been happening over time, but if that's not the case, don't panic – we're here to help you throughout this transition.

When a parent or loved one is no longer able to safely drive, there is a readjustment period and time of grief. Many things have changed that have led up to this moment; for many, it is a signal of loss. We realize having this conversation with your parent or loved one is sensitive and difficult.

### GUIDING THE CONVERSATION



#### KEEP IT POSITIVE.

Rather than talking only about the negative, focus on your loved one's transition and actively plan for ways they can maintain as much freedom, control, and choice in their lives as possible.



#### EXPLAIN THE IMPORTANCE.

Drivers over age 70 and vehicle crash fatality rates continue to be some of the highest.

As you age, it becomes more difficult to recover from physical trauma like car crashes.



#### GET HELP IF NEEDED.

If your loved one is having difficulty with the transition to retire from driving, consider speaking with a professional who can help evaluate not only their driving but also mental and physical abilities.

### ONLINE RESOURCES

- We Need to Talk: Family Conversations with Older Drivers  
[www.thehartford.com/resources/mature-market-excellence/publications-on-aging](http://www.thehartford.com/resources/mature-market-excellence/publications-on-aging)
- Tenemos que Hablar: Conversaciones familiares con conductores de edad avanzada  
[https://s0.hfdstatic.com/sites/the\\_hartford/files/tenemos-que-hablar-2012.pdf](https://s0.hfdstatic.com/sites/the_hartford/files/tenemos-que-hablar-2012.pdf)
- Iowa Department on Aging  
<https://www.iowaaging.gov/programs-services>
- AARP Iowa  
<https://states.aarp.org/region/iowa/>