

# Older Drivers and Safety

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# OUR AGING POPULATION

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- Today, one in 7 Americans is over age 65
- By 2040, one in five Americans will be over 65
- By 2040, there will be a 145% increase in Clark County Residents 65 and older from 2010
- By 2040, there will be a 356% increase in Clark County Residents 85 and older from 2010

*[2017 Profile of Older Americans - Administration for Community Living (ACL) annual report] and <https://ofm.wa.gov>*

# AN OLDER DRIVER

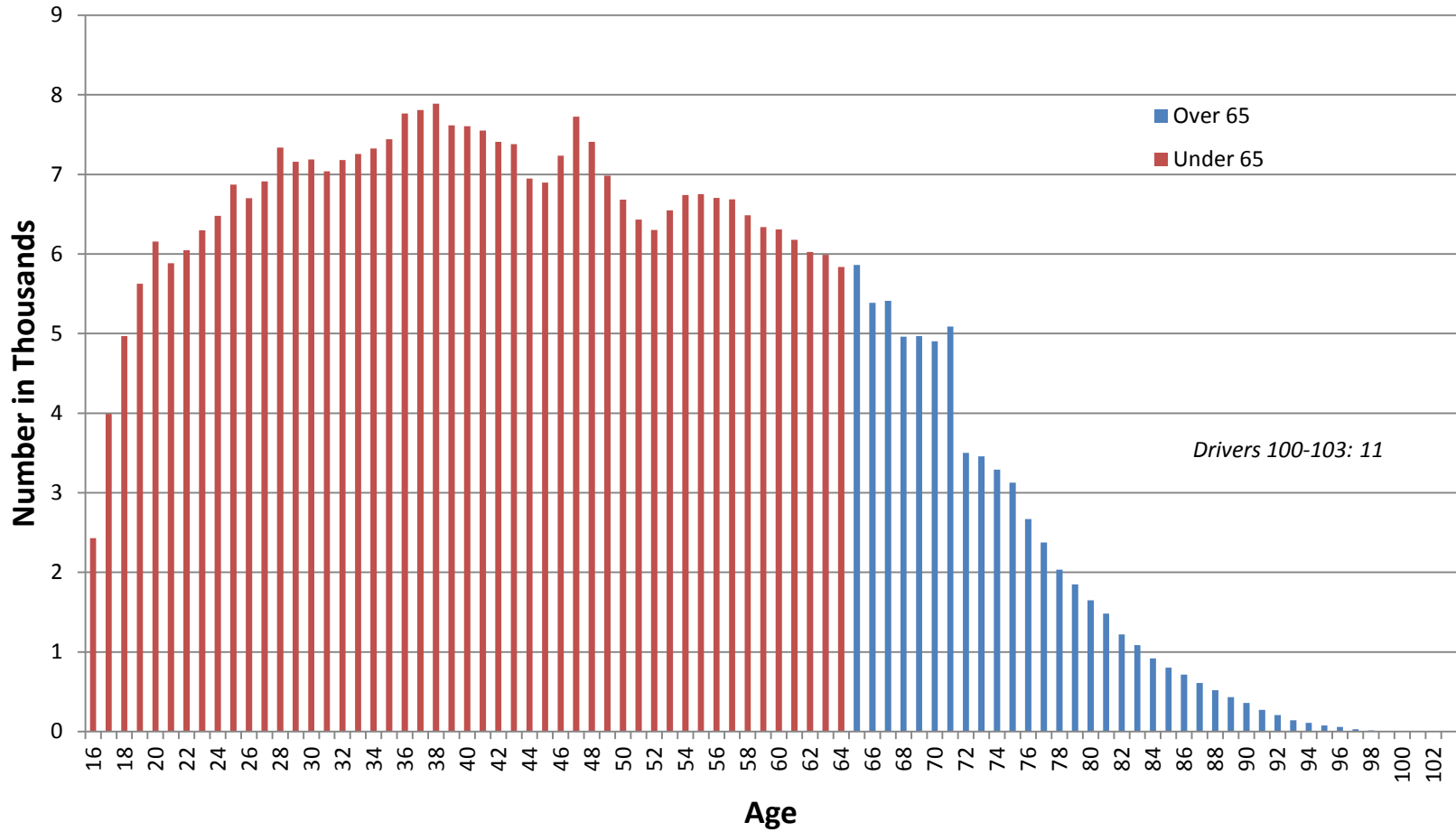
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- **What is an older driver?**
- **We all sort of know, right? – an older person who is driving, right?**
- **What is an older person, over 50? 55? 65? 70? 80?**

# Number of Licensed Drivers by Age

Clark County, WA

June 2018

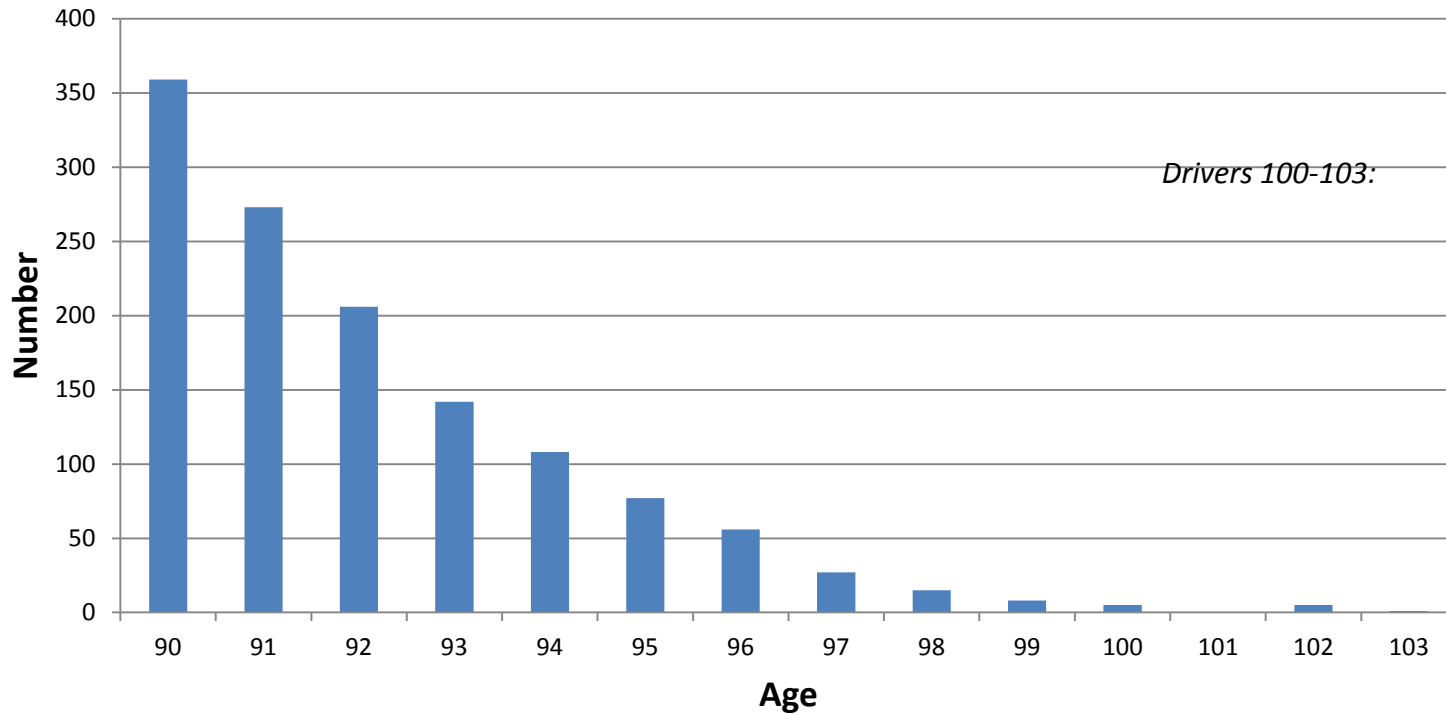


Drivers 100-103: 11

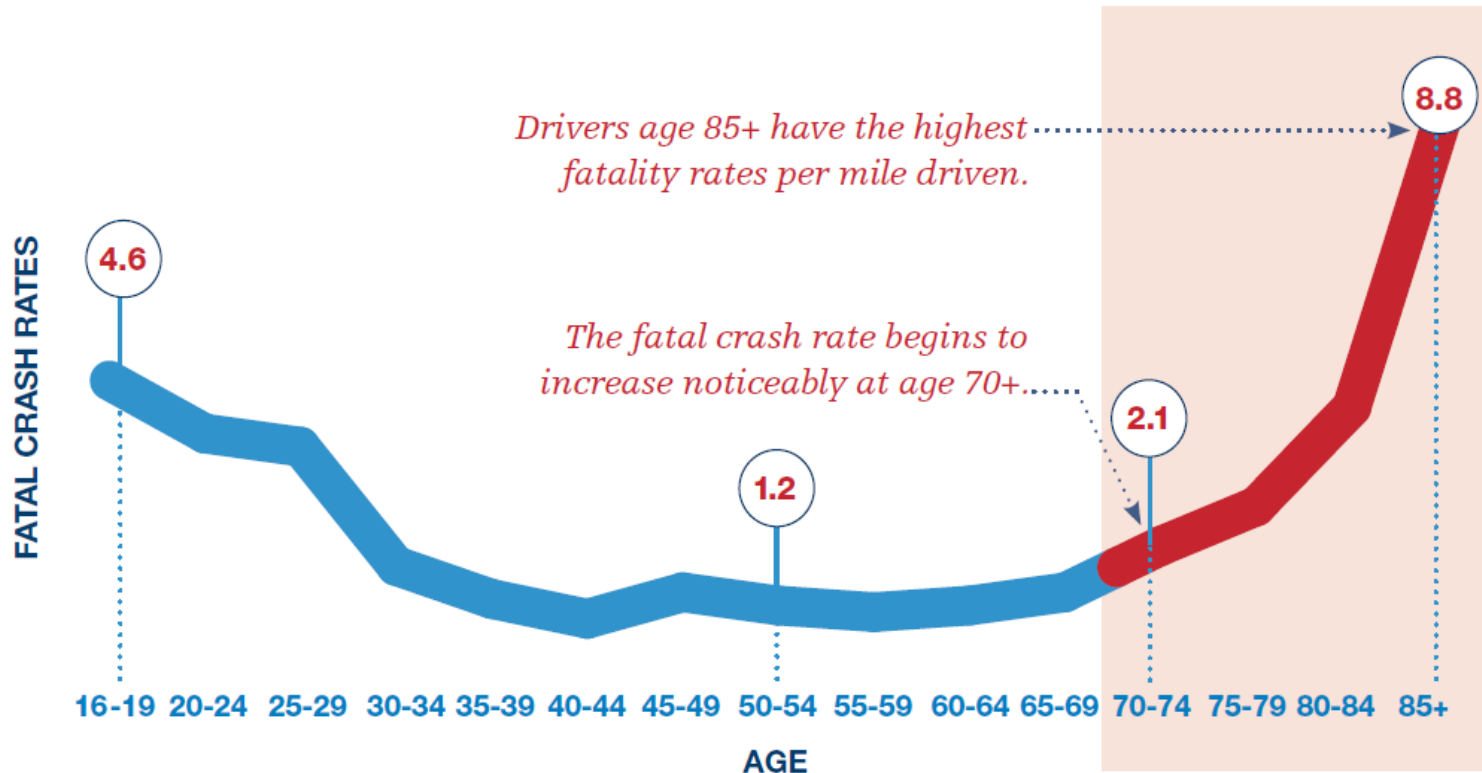
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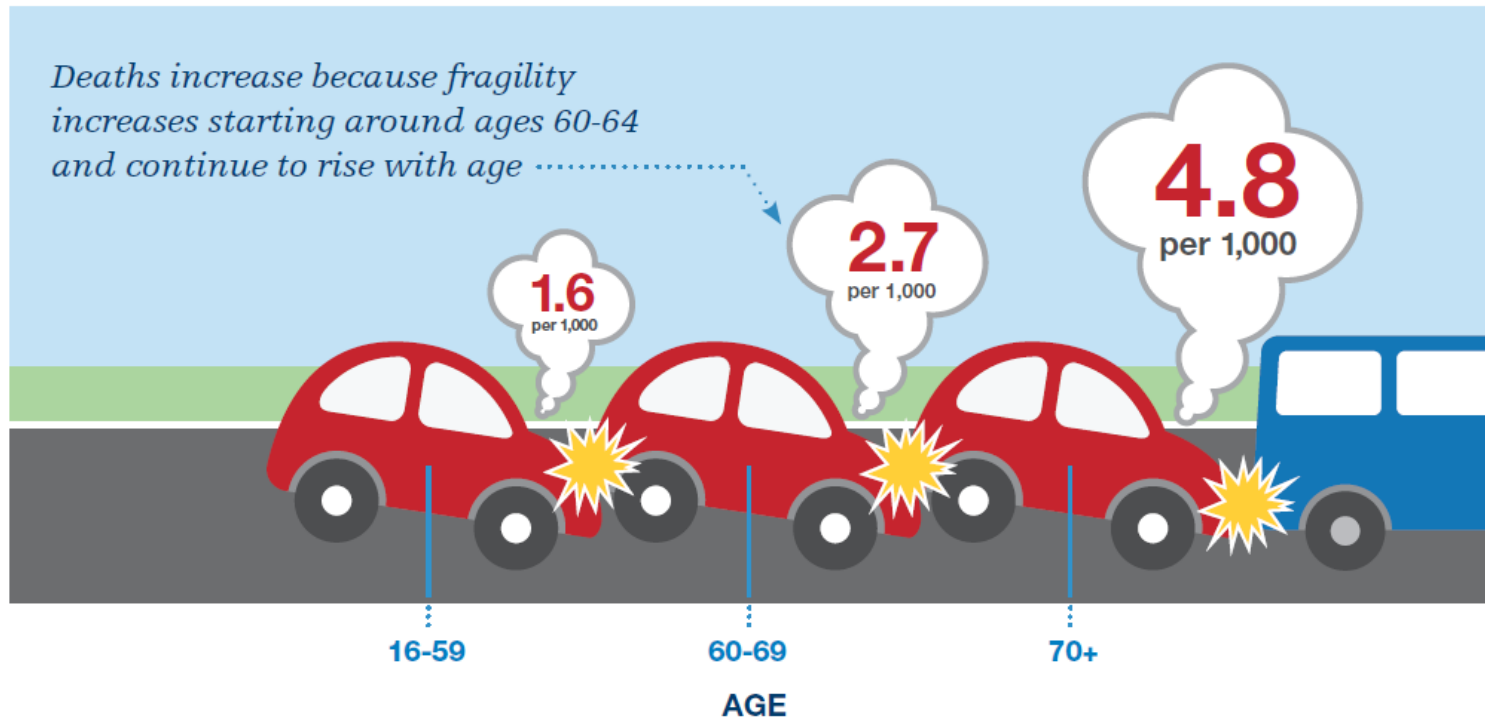


## Fatal Crash Rates



Number of passenger vehicle fatal crash involvements per 100 million miles traveled by driver age group.

## Deaths per 1,000 Crashes



*Number of passenger vehicle driver deaths per 1,000 drivers involved in police-reported crashes by age group.*

# AS PEOPLE AGE

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➤ Typically have more medical conditions

➤ Take more medications

➤ Typical vision issues

- Cataracts
- Macular Degeneration
- Decreased Depth Perception
- Decreased light sensitivity
- Glaucoma
- Decreased Contrast Sensitivity
- Decreased Peripheral Vision
- Decreased Useful Field of View



# AS PEOPLE AGE

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- **Hearing issues**
- **Reduced flexibility**
- **Slower reaction time [with 1X at 20 , 60 is 2X and 85 is 3X]**
- **A slowing down in cognitive processing**
- **Decreased ability to concentrate**
  - **Slower information processing**
  - **Decreased problem solving skills**
  - **Poorer memory**

# AGING AND DRIVING

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- The aging process is different for everyone
- There is **NO** correlation between chronological age and driving ability
- There is **NO** test to predict at what age someone should no longer drive

# MOTIVATIONS TO CONTINUE DRIVING

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- **America is an auto-centric culture**
- **Driving provides greater flexibility, independence and freedom**
- **How would you feel if you suddenly found out you would not have your car available for:**
  - **Tomorrow**
  - **Next week**
  - **Had to quit driving all together**

# REASONS TO REDUCE DRIVING PHYSICAL CAPABILITIES

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- **Not being able to see or hear what is going on outside the car**
- **Trouble moving foot from gas pedal to brake pedal**
- **Difficulty turning head when checking blind spot or backing up**
- **Delayed responses to unexpected situations**

# REASONS TO REDUCE DRIVING COGNITIVE CAPABILITIES

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- Decrease in confidence while driving
- Needs someone else to tell him or her how to drive
- Getting lost in familiar places
- Becoming easily distracted while driving
- Getting confused at intersections, entrance or exit ramps, or roundabouts
- Inability to adapt to new situations
- Failing to recognize dangerous situations

# REASONS TO REDUCE DRIVING POOR DRIVING SKILLS

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- Not using turn signals correctly or not using them at all
- Having trouble making turns
- Having difficulty moving into or maintaining the correct lane of traffic
- Having trouble judging the space between vehicles in traffic on highway entrance or exit ramps
- Parking inappropriately

# REASONS TO REDUCE DRIVING POOR DRIVING SKILLS (CONTINUED)

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- **Hitting curbs when making right turns or backing up**
- **Unpredictable stopping in traffic**
- **Driving too slowly; other drivers often honk horns**
- **Failing to stop at stop signs or stoplights**
- **Failing to notice important activity on the side of the road**

# REASONS TO REDUCE DRIVING

## UNDESIRABLE BEHAVIORS

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- Driving too fast or too slow for road conditions
- Becoming more agitated or irritated when driving
- Distracted driving
- Impaired driving
- Not following doctor's guidance
- Evidence of warning signs
- Getting scrapes or dents on car, garage or mailbox
- Having frequent close calls
- Being warned or ticketed for moving violations
- Having multiple vehicle crashes



# REASONS TO REDUCE DRIVING

## EXTERNAL ADVICE

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- **Doctors or pharmacists have advised him or her that certain medications may affect the capacity to drive**
- **Friends, relatives, doctors or other trusted sources have suggested that driving be limited or that driving ceased**
- **Friends won't ride with you**

# COMPENSATION FOR DEFICIENCIES

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**Certain driving situations make them nervous  
so they try to avoid those situations:**

- Night driving**
- Freeway driving**
- Driving in congested traffic**
- Driving in rain, snow and ice**

# SELF EVALUATION

JUDGING YOUR DRIVING				
Statements About Your Own Driving	Never	Sometimes	Most of the Time	My Score
I notice that other drivers seem to be honking at me.	0	1	2	
I find space in traffic hard to judge.	0	1	2	
I find that cars suddenly appear from nowhere.	0	1	2	
I find drivers are stopping suddenly in front of me.	0	1	2	
I fail to notice red lights and traffic signs.	0	1	2	
I have trouble looking over my shoulder to back up or change lanes.	0	1	2	
I have trouble remembering to look left and right to check for traffic at intersections.	0	1	2	
I have trouble driving through intersections.	0	1	2	
I get nervous making left turns against oncoming traffic.	0	1	2	
I lack confidence that I am able to drive in heavy traffic.	0	1	2	

# SELF EVALUATION (CONTINUED)

I lack confidence that I am able to drive at high speeds.	0	1	2	
I feel overwhelmed by too many road signs, signals, pavement markings, pedestrians, and other vehicles.	0	1	2	
I have trouble moving my foot from the gas pedal to the brake pedal or turning the steering wheel.	0	1	2	
I get lost on roads that should be familiar to me.	0	1	2	
I feel nervous, agitated, or irritated while driving.	0	1	2	
I need someone else to tell me how to drive.	0	1	2	
I have had several close calls or a near crash in the last 3 years.	0	1	2	
I worry that I might make a mistake and will get hurt.	0	1	2	
I worry that I might make a mistake and someone else will get hurt.	0	1	2	
My doctor advised me to limit or stop driving because of my health.	0	1	2	
I have had police warnings or moving violations in the last 3 years.	0	1	2	
I have had fender benders in the last 3 years.	0	1	2	
<b>Total Score (check your score on the next page)</b>				

# SELF EVALUATION SCORING

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**Check your Total Score. If your Total Score is:**

- 0-5** Do not be concerned at this time.
- 6-16** Do self-assessments on a regular basis.
- 17-26** Consider a formal assessment of your driving.
- 27 and above** Look for other means of travel for most or all of your trips.

# COSTS OF AUTO OWNERSHIP

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- **Vehicle payment/lease payment**
- **Fuel**
- **Insurance**
- **Routine Maintenance (oil changes, wipers blades, wash)**
- **Repairs (tune-ups, tires, brakes)**
- **Vehicle Registration Fees**
- **Driver License Fees**
- **Taxes**
- **Parking**

# HELPFUL NEW CAR FEATURES

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**More air bags**

**Adjustable pedals**

**Crash Warning Systems**

**Lane Departure Warning**

**Blind Spot Warning**

**Electronic Stability Control**

**Drowsy driving alerts**

**Tilting steering wheel**

**Back-up Cameras**

**Forward Collision Warning**

**Lane Change Warning**

**Adaptive Cruise Control**

**Navigation Systems**

# “THE TALK”

[WWW.AARP.ORG/WENEEDTOTALK](http://WWW.AARP.ORG/WENEEDTOTALK)

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**AARP offers a free online seminar called *We Need to Talk* that will help you determine how to assess your loved ones’ driving skills and provide tools to help you have this important conversation. And since it's online, you can set your own pace.**

- **Module 1: The Meaning of Driving – 26 minutes**
- **Module 2: Observing Driving Skills - 19 minutes**
- **Module 3: Planning Conversations – 30 minutes**



# DRIVING EVALUATIONS

## OCCUPATIONAL THERAPIST DRIVING REHABILITATION SPECIALISTS

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- **Occupational Therapist Driving Rehabilitation Specialists (OT-DRSs) can provide clinical evaluations**
- **Cost varies between programs and according to the extent of services provided.**
- **Typically \$200 to \$400+ for a full assessment, plus \$100 an hour for rehabilitation.**
- **Varies for adaptive equipment, if required. Examples of adaptive equipment include spinner knobs, left foot accelerators, hand controls, reduced-effort steering systems and wheelchair lifts.**

# DRIVING EVALUATIONS

## DRIVING SKILLS EVALUATOR (DSE)

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- Driving skills evaluators (DSEs) conduct evaluations to help you identify any weaknesses in driving skills and determine if supplemental training can further reduce driving risk.
- DSEs are trained, licensed and certified by states to offer driver training
- Cost varies between programs and according to the extent of services provided.
- Approximately \$100 to \$200.
- Supplemental training sessions cost approximately \$75 to \$150 per hour, and overall costs vary, depending on the amount of training conducted.

# SENIOR TRANSPORTATION INFORMATION

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- [www.thehartford.com/lifetime](http://www.thehartford.com/lifetime)
- [www.aarp.org/drc](http://www.aarp.org/drc) [Driving Resource Center]
- [www.SeniorDriving.aaa.com](http://www.SeniorDriving.aaa.com)
- C-Tran

# WHAT CAN BE DONE

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- **Driving Refresher Classes**
- **Driving Evaluations**
  - **Driver Training Schools**
  - **AOTA Driver Rehabilitation Specialists**
  - **Bureau of Licensing**
- **Non-Freeway Routes**
- **Convenient Van/Bus Service**
- **Shopping Clubs**
- **VillagesNW Volunteers**

# WHAT CAN BE DONE (CONTINUED)

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- **Uber/Lyft Training**
- **Bus Use Training**
- **Ride Sharing**
- **Opportunities to Exercise**
  - **Walking Paths**
  - **Walking Opportunities – Senior Strolls**
  - **Bike Paths**
- **Social Opportunities**

# CLARK COUNTY AARP SMART DRIVER™

## CLASS SITES

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### VANCOUVER

- Clark County Administration Building, 1308 Franklin
- Evergreen Community School, 13501 NE 28<sup>th</sup> Street [9/128]
- Clark County Auto License Department, 1408 Franklin
- Fairway Village, 15509 SE Fernwood Drive
- Legacy Salmon Creek Hospital, 2211 NE 139<sup>th</sup> Street
- The Quarry at Columbia Teck Center, 415 SE 177<sup>th</sup> Ave [4/60]
- Forty & Eight Chateau, 7607 NE 26<sup>th</sup> Ave
- Van Mall Retirement Center, 7808 NE 5<sup>1st</sup> Street

### RIDGEFIELD


- Clark County Public Safety Complex, 505 NW 179<sup>th</sup> St [3/20]

[www.aarp.org/findacourse](http://www.aarp.org/findacourse)





**AARP**<sup>®</sup>  
Driver Safety

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 [Twitter.com/aarpdsp](https://Twitter.com/aarpdsp)

 [YouTube.com/AARPDriverSafety](https://YouTube.com/AARPDriverSafety)

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