

HEALTHYLIVINGTIPS

Family Caregivers and Driving Retirement: Tips for Planning Ahead



Most Americans will outlive their ability to drive. On average, the gap between driving expectancy and life expectancy is seven years for men and ten years for women.

Consider the following tips when planning ahead for the time when your loved one will stop driving:

- Imagine your own life without driving to help understand how it feels.
- Encourage your loved one to express feelings about driving cessation.
- Initiate conversations about transportation choices well before driving must stop.
- Ride along with your loved one often.
- Observe how your loved one is driving and keep notes.
- Without being confrontational, share your observations with your loved one.
- Talk with other family members about broaching the subject of driving cessation.
- Ask their physician to raise questions about driving safety with your loved one.
- Encourage your loved one to take a safe driver course.
- Get information about driving evaluation services and alternative transportation choices through the Eldercare Locator.



Useful Resources

Transportation Options for Older Americans: Choices for Mobility Independence
This brochure describes transportation services for older adults.

http://www.eldercare.gov/ELDERCARE.NET/Public/Resources/Brochures/docs/Trans_Options_Panels.pdf

National Center on Senior Transportation (NCST)

Includes resources on transportation options for older adults.

<http://www.seniortransportation.net>

Eldercare Locator

Find out what is available in your community by contacting the Eldercare Locator at 1-800-677-1116 or visit www.eldercare.gov.



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