



OLDER ADULT DRIVING

Staying Safe on the Road

Growing older does not mean that you will lose the independence that comes with driving. However, it is important to plan ahead and take the right steps to keep everyone safe on the road.

Safety Steps for Adults

- Exercise on a regular basis to increase strength and flexibility.
- Have your doctor review medications to avoid interactions.
- Wear glasses or contacts if you need them. Have your eyes checked on a regular basis.
- Drive during daylight and in good weather.
- Plan your route before you drive. Choose well-lit streets and intersections with left turn arrows.
- Leave a large distance between you and the car ahead of you.
- Avoid distracted driving. Listening to a loud radio, talking with passengers, using cell phones, and eating are all distractions.
- Avoid driving by riding with a friend or using public transit.

Services From the AARP

- **CarFit** – CarFit helps older drivers find out how well they fit into their personal vehicle while promoting conversations about driver safety and community mobility. A good fit in one's vehicle can help keep a driver safe.
- **Driver Safety Course** – This course teaches the current rules of the road, defensive driving techniques, and tips for operating your vehicle safely. Drivers learn adjustments to help with common age-related changes in vision, hearing, and reaction time.
- Visit www.aarpdriversafety.org to learn more.

Know the Law!

Follow the rules of the road for a safe drive.

Arkansas Primary Laws:

- Drivers and passengers in the front seat must wear a seat belt.
- No texting for all drivers.
- Bus drivers may not use a handheld or hands-free cell phone.

Arkansas Secondary Laws:

- No cell phone use in school and construction zones.



In Cooperation With:

Statewide Injury Prevention Program

(501) 364-3400 or (866) 611-3445 • www.archildrens.org/injury_prevention

Sources: Center for Disease Control and Prevention, National Highway Traffic Safety Administration