5 TYPICAL CRASHES INVOLVING OLDER DRIVERS

- Turning left at an **intersection** with a stop sign.
- Turning left at an **intersection** with a green light without a dedicated left turn arrow.
- Turning right at a yield sign to **merge** with traffic at speeds of 40-45 mph.
- **Merging** onto a highway from a ramp with a yield sign.
- **Changing lanes** on a roadway having four or more lanes.

Source: NHTSA, Safety in Numbers (Dec 2013)

Drivers ages 65 and over make up less than one-tenth (9%) of all drivers involved in crashes, but more than **16% of all fatalities** involve an older driver.

% of drivers 65+ involved in crashes

% of fatalities that involve an older driver

SAFE DRIVING TIPS

- Judging oncoming traffic can be challenging both at intersections and while making left hand turns. Allow enough time when crossing traffic and pay attention to signs and signals.
- Use caution when merging onto higher speed roads and when changing lanes on a highway.
- Be extra careful at intersections. Use turn signals and stay alert for cars and pedestrians entering from the side.
- Always wear a seat belt and make sure all passengers are belted as well.
- Avoid distractions so you can make safe driving decisions.
- Drive at or near the speed limit. It's unsafe to drive too fast or too slow.

More information and resource links can be found at:

mva.maryland.gov/olderdriversafety

Test yourself to stay sharp and up-to-date on driver safety; take the Online Driver Test Tutorial:

mva.maryland.gov/tutorial

MVA Driver Wellness & Safety Division
6601 Ritchie Highway NE, Glen Burnie, MD 21062

Phone: **410-768-7511** Fax: **410-768-7627**
Email: **MVACS@mdot.state.md.us**

Customer Service Center:
1-800-950-1MVA(1682)
TTY/Hearing Impaired: 1-800-492-4575

Maryland Department of Transportation

MVA Motor Vehicle Administration

Maryland Highway Safety Office

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MAINTAINING YOUR DRIVING HEALTH

Safe Driving Skills for Life

3 WAYS HEALTH AFFECTS DRIVING

Aging can affect your driving but more importantly, health affects your ability to drive. ALL drivers should be aware of potential risks, know how to manage them, and know where to find helpful resources.

- **Physical Health**
  Reduced strength, flexibility, and coordination will impact your ability to control your vehicle safely.
- **Vision**
  As we age, our vision changes and responses to signals, signs, and changing traffic conditions become slower which can increase crash risk.
- **Cognitive Health**
  Safe driving requires the ability to recognize situations, divide attention and react quickly. Aging can impact these skills and driving ability.

The number of older driver-involved crashes and injuries has steadily increased over the past decade.

20%

SIGNS YOUR DRIVING ABILITY IS CHANGING

- Family member or friend expressed concern about your driving.
- You sometimes get lost while driving on routes that were once familiar.
- You were pulled over by a police officer and warned of poor driving behavior, regardless of receiving a ticket.
- You have had several moving violations, near misses, or actual crashes in the past three years.
- Physician or health care provider has advised you to restrict or stop driving.

HOW TO MAINTAIN YOUR DRIVING HEALTH

- **Physical Health** - Exercise, eat healthy and get regular medical check-ups. Also, a driving rehabilitation specialist (DRS) may be able to adapt your vehicle to any special needs.
- **Vision** - Get regular vision exams and maintain an optimal field of view from your vehicle. Reducing blind spots and keeping windshields and headlights clean will maximize visibility.
- **Cognitive Health** - Plan ahead and avoid driving at night and busy times of the day. Understand that medications can affect driving ability and always be alert to your surroundings while driving.

Listen to what people tell you who know you best and care the most about you.

Discuss driving with your physician or health care provider – they can evaluate any interactions or side effects of medications you may be taking.

Refresh your knowledge of safe driving practices and learn about new traffic control and roadway design features through a mature driver class.

Begin planning for alternate ways of meeting your mobility needs. Now is the time to learn about mobility options in your community – try them out and see what works best for you.

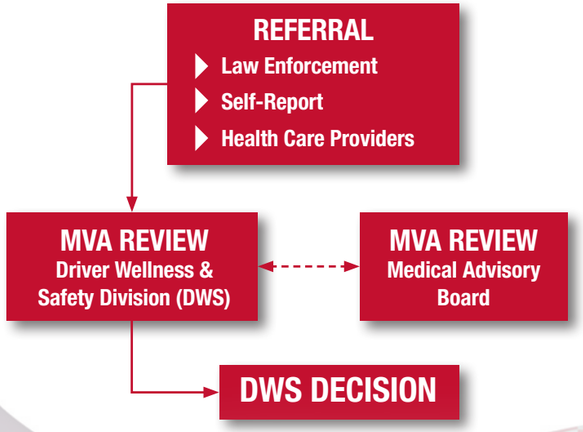
Source: The Clinicians Guide to Assessing and Counseling Older Drivers (American Geriatric Society and the National Highway Traffic Safety Administration)

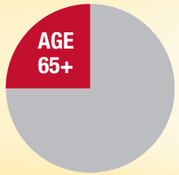
MVA'S MEDICAL REVIEW PROCESS

The purpose of MVA's medical review process is to help all drivers remain safe on the road for as long as possible.

1. Licensed drivers may be referred to the MVA's medical review process if there is a question of medical fitness to drive.
2. Most referrals are made by law enforcement, health care providers, or are self-reported.
3. Family, friends and concerned citizens can also make referrals.
4. The majority of MVA medical reviews result in drivers being qualified to retain their driver's license.

MVA's Medical Review Process





Maryland's older population **(defined as 65+)** is rapidly increasing and will make up more than **25%** of the total state population by **2030**.