

Fifteen Tips For Safer Driving

By Edna Greig



Driving can become challenging with age due to declines in vision and general health. Following these fifteen tips for you and your car can make driving safer and more enjoyable:

You

1. Get a comprehensive vision examination every one to two years or as recommended by your eye doctor. If you need glasses for driving, wear them at all times while driving. Wear prescription or clip-on sunglasses on sunny days.
2. Be sure your general health is good enough to drive safely. Follow your doctor's recommendations if you take medications that affect driving ability.
3. Don't allow any distractions while driving. Even with a hands-free cell phone, it's best to safely pull off of the road to make a call. If grandkids are noisy and distracting, wait until they get a little older before taking them on a trip.
4. Know your route. Consider using a GPS in unfamiliar areas.
5. Take roads that are easier to drive, even if it means your trip may take a little longer.
6. Avoid driving when roads are congested, during bad weather, when the sun is low in the sky, or at night.
7. If you'll need to pay tolls, place money in an easy to reach location in your car before you start to drive.
8. Allow generous leeway when planning the time your trip will take.
9. Don't drive if you feel tired. During long trips, take frequent breaks to stretch your legs and get fresh air.
10. Take a driver safety course geared to older adults.

Your car

11. Keep your car in top mechanical condition.
12. Keep windows, mirrors, and lights spotless. Carry window cleaner and paper towels in your car for touch ups while away from home.
13. If sun glare is a problem, try using a tinted plastic sun shield that attaches to your car's visor.
14. Attach small blind spot mirrors to your car's existing mirrors.
15. If you're in the market for a new car, check out features that make driving easier, such as lane change warning alarms and articulating headlights.

This article was submitted by Edna Greig