

LIFESAVERS

The New Driving Impairment: Conditions That Affect Aging Drivers

Highlights of Maryland's Older Driver Safety Program & Analysis of Specific Projects

- E-referrals
- Silver alerts
- Resource Guides

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Why Care About Older Driver Safety?

- Older adults more likely to be injured, disabled or killed if involved in a crash *(IRCOBI 2012 Conference)*
- Research suggests most older drivers will outlive their ability to drive by 7-10 years *(NIA, 2002)*
- Older adults who stop driving are at risk of adverse health consequences *(AAAFTS, 2015)*
- Transportation options are available but limited in various respects

Medical Issues With Aging

■ Physical Impairments

- Leg Strength (Diabetes)
- Gripping the Wheel (Arthritis)

■ Visual Impairments

- 55 yr old takes 8x longer recover from glare as 16 yr old

■ Cognitive Impairments

- Ability to reason, remember, handle perceived threat
- 100,000 Marylanders w/Alzheimer's (2016)

■ Medications

- 78% drivers use 1+ meds on regular basis
- 19% drivers use 5+ meds on regular basis

Macular Degeneration



Glaucoma



Normal Vision



Cataracts



Medical Review Process

- Medical Advisory Board since 1947
- Driver Wellness & Safety Division – **Nurse case reviewers**
- Focus on **functional ability** - not age or condition ...with an **individual** review of fitness to drive

Outcomes may include:

- License restrictions
- Adaptive Modifications
- Approval with No Restrictions
- Suspension

Who Makes Referrals to MVA ?

- **Professionals**
 - clinicians, law enforcement, etc
- Concerned **citizens**
 - neighbors, friends and family
- **Self-reports** medical condition



Electronic Medical Referrals from Law Enforcement

- **Not adequately controlling vehicle (58%)**
- **Other (45%)**
- **Confused / disoriented (45%)**
 - Lost of confused while driving near home
 - Drowsy
 - Blackout
 - Seizure
 - Fainting spell
 - Alcohol / drug use
 - Prescription medication
 - Weakness / poor coordination
 - Walking / balance problem
 - Vision problem
 - Not reacting to vehicles / pedestrians
 - Driving too slow or inappropriately stopping
 - Driving on wrong side of road / wrong lane

Red Flags of Medically At-Risk Drivers

Look for “Red Flags” when you make a stop:

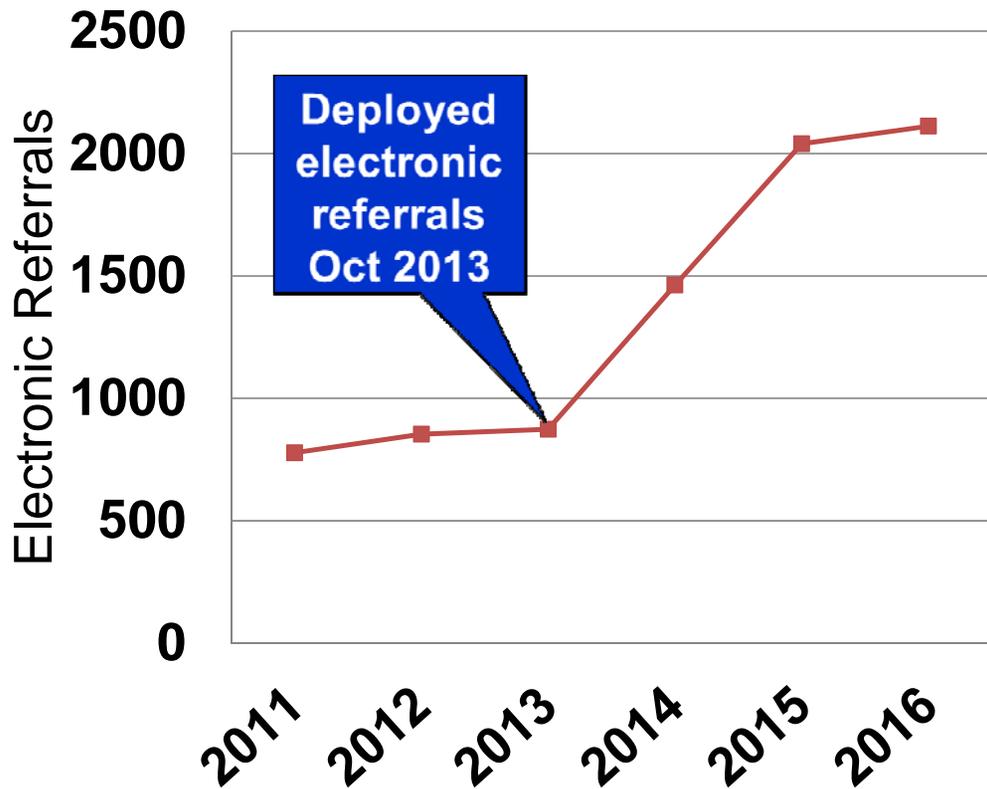
- Does the driver have difficulty communicating/ do the answers make sense?
- Does the driver seem confused when following your instructions or have difficulty producing ID?
- Does the driver recall the time of day, day of the week, month, or year?
- Does the driver admit to being unaware of other vehicles or pedestrians?
- Does the driver understand the laws ignored or violated?

If the behavior you observe raises **Red Flags about a potential medical condition that affects safe driving, MAKE THE REFERRAL:**

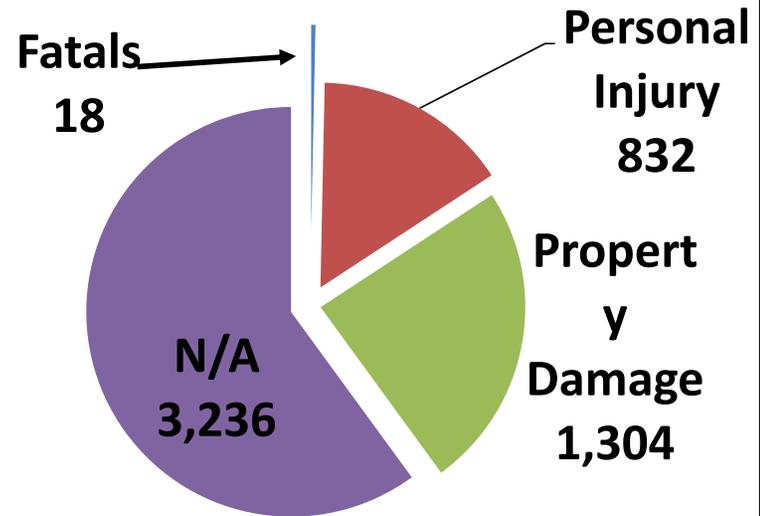
Check-off Indicators:

<input type="checkbox"/> Confused/disoriented	<input type="checkbox"/> Walking/balance problem
<input type="checkbox"/> Lost or confused while driving near home	<input type="checkbox"/> Vision problem
<input type="checkbox"/> Drowsy	<input type="checkbox"/> Not reacting to vehicles/pedestrians
<input type="checkbox"/> Blackout	<input type="checkbox"/> Not adequately controlling vehicle
<input type="checkbox"/> Seizure	<input type="checkbox"/> Driving too slow or inappropriately stopping
<input type="checkbox"/> Fainting Spell	<input type="checkbox"/> Driving on wrong side of road/wrong lane
<input type="checkbox"/> Alcohol/drug use	
<input type="checkbox"/> Prescription medication	
<input type="checkbox"/> Weakness/poor coordination	

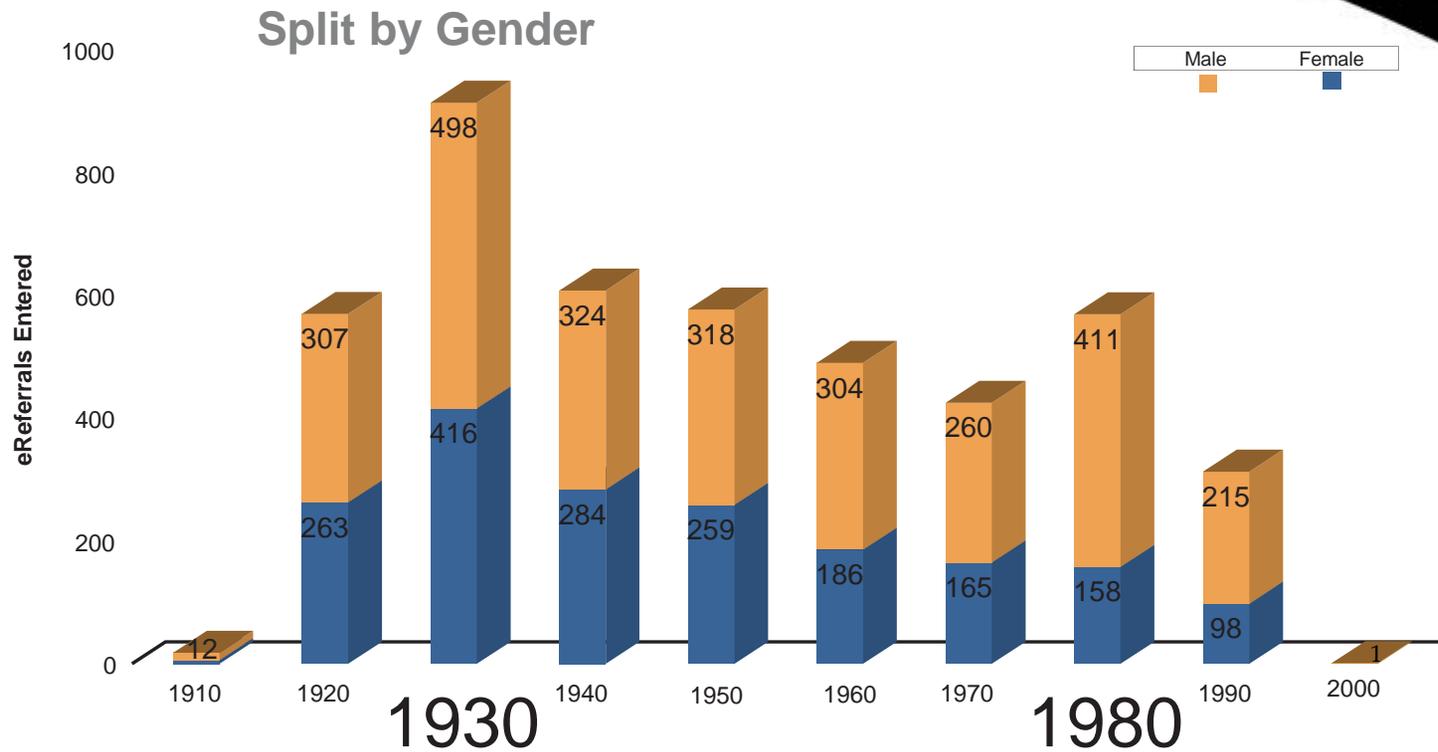
Referrals from Law Enforcement



Crash Type Corresponding to eReferral Oct '13 thru Sep '16



eReferrals By DOB Decade





Outreach & Education

- **Three statewide symposiums** – with plenary sessions and exhibits / demonstrations to showcase Maryland programs
- **Professional development training** – segmented by profession
- Workshops **focusing on integration** of ODS into **everyday** practice
- Focus on providing **tools & resources**
- Each with **basics** including **referrals & medical review process** and case presentation **exercises**

Program Growth

- Development of a statewide **Strategic Program Action Plan for Older Driver Safety**
 - Specific projects to address priorities
- Stepping up the **collaboration** with and learning from **national partners and researchers**
- Taking **workshops on the road** around the state
- Aging Road User Safety:
Interstate Collaboration



Maryland



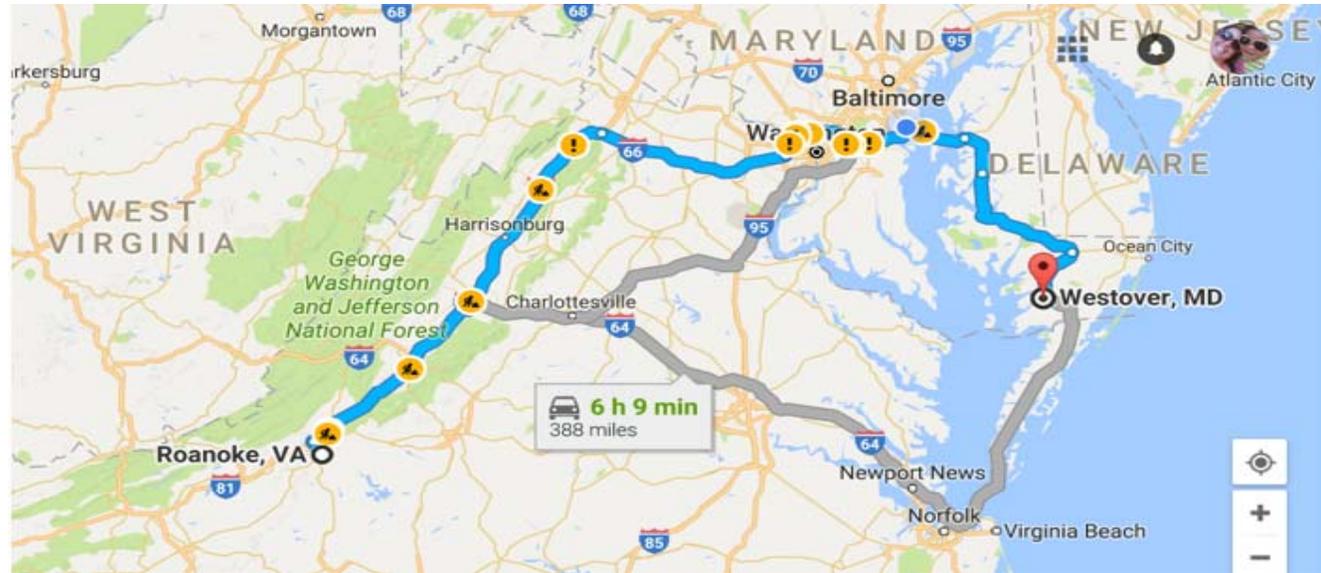
Florida



Medical Reviews for Silver Alerts

– Why & How

- **Assessment of records for silver alert drivers determined a need to review fitness to drive and licensing for these drivers**
 - 71% still had a valid license (including all 5 repeat customers)
 - Only 13% had been referred to MVA
- **In collaboration with Maryland State Police, all Silver Alert drivers referred to MVA**
 - First, review and report from Investigations
 - Then, full medical review process, if necessary

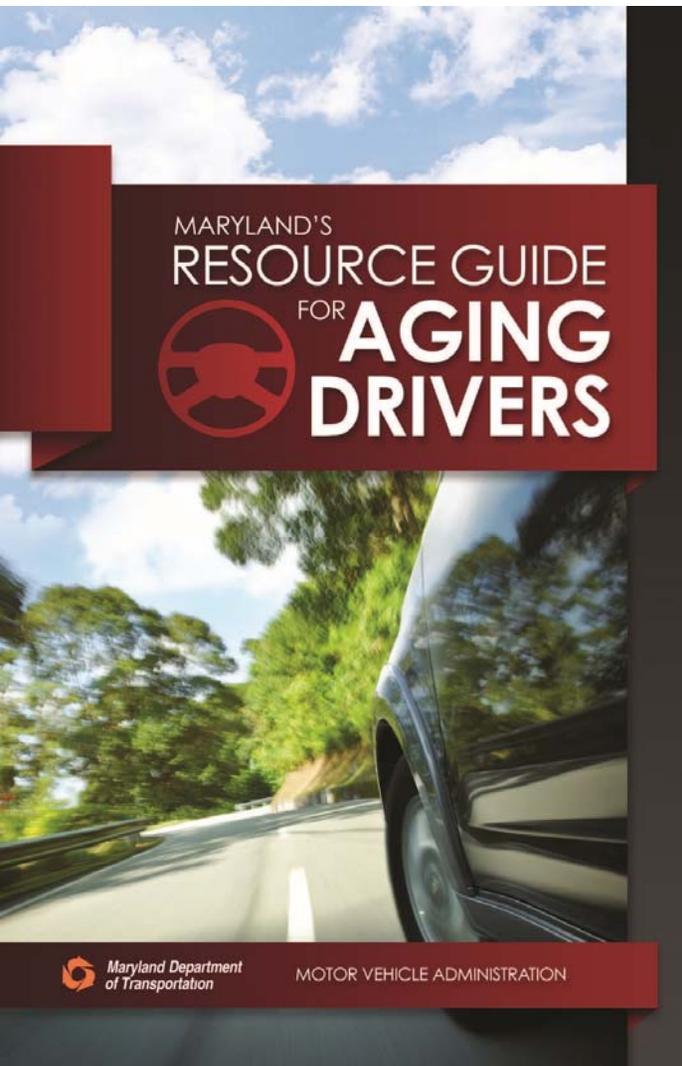


- 80-year-old Somerset County man reported as missing has been located in Roanoke, Va.
- ...It was reported to police that Owens left his home in Westover around 3:30 p.m. Saturday to drive to the "Dash In" convenience store and had not been seen or heard since.
- However, shortly after 11 p.m. Sunday, Owens was located on Interstate 81 in Roanoke after his pickup truck ran out of gas ...



Medical Reviews for Silver Alerts – Since Implementation (6 months)

- **59 Cases**; Ages ranging from 58 to 91 – avg 78 years old
- 71% white, 27% black; and 63% male, 37% female
- Most all driving a vehicle they own
- **Most found unharmed within their own county, but...**
 - 2 were hospitalized after found
 - 9 found in another county in Maryland
 - 9 found in another state (1 was deceased)
- Continue to review and assess for **opportunities to educate** and help drivers, families, and the professionals involved

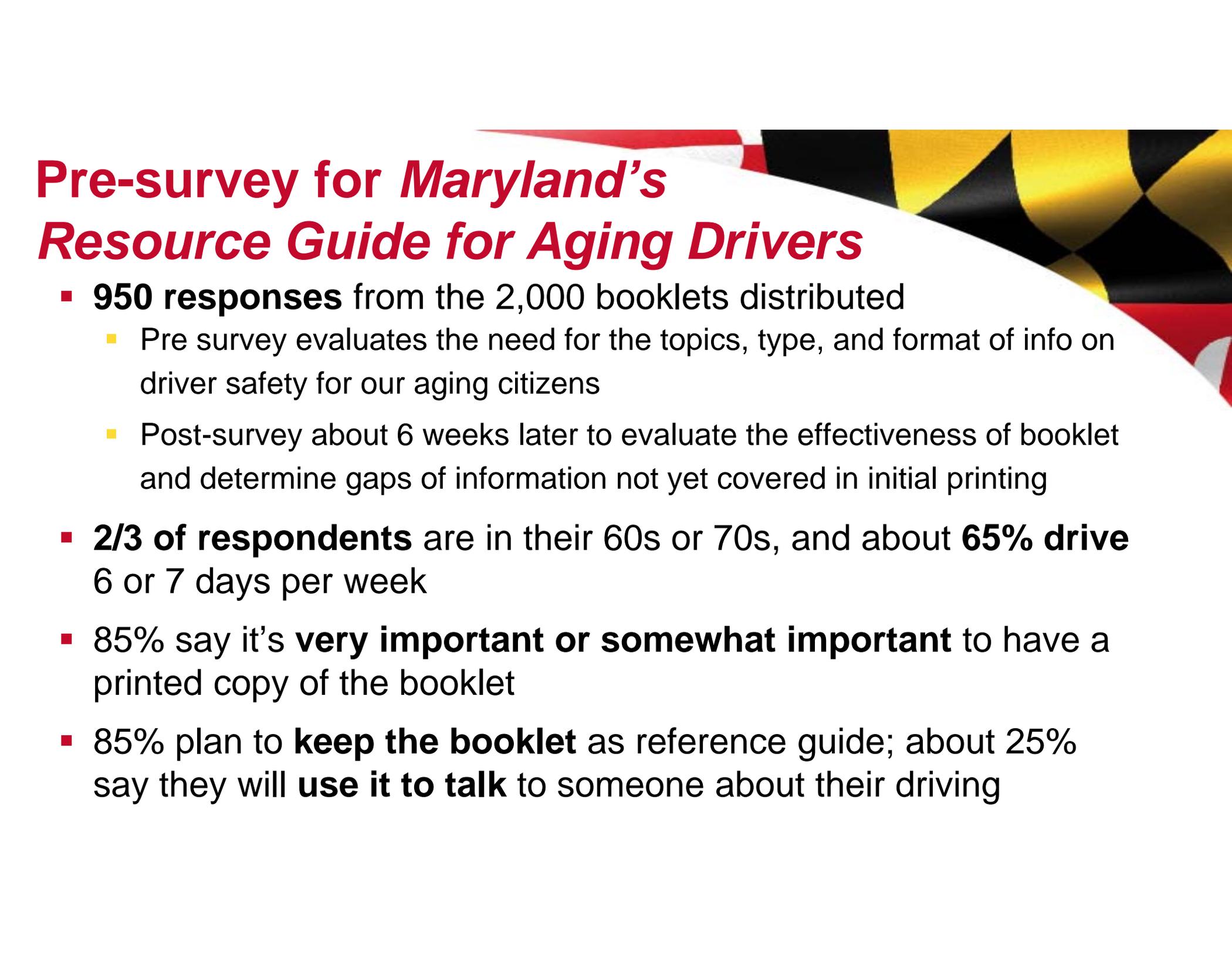


Maryland's Resource Guide for Aging Drivers

Booklet is concise, easy-to-follow format that focuses on primary issues and messages important to aging drivers, including several checklists and charts for personal use and plenty of resources for local follow-up

Download online at

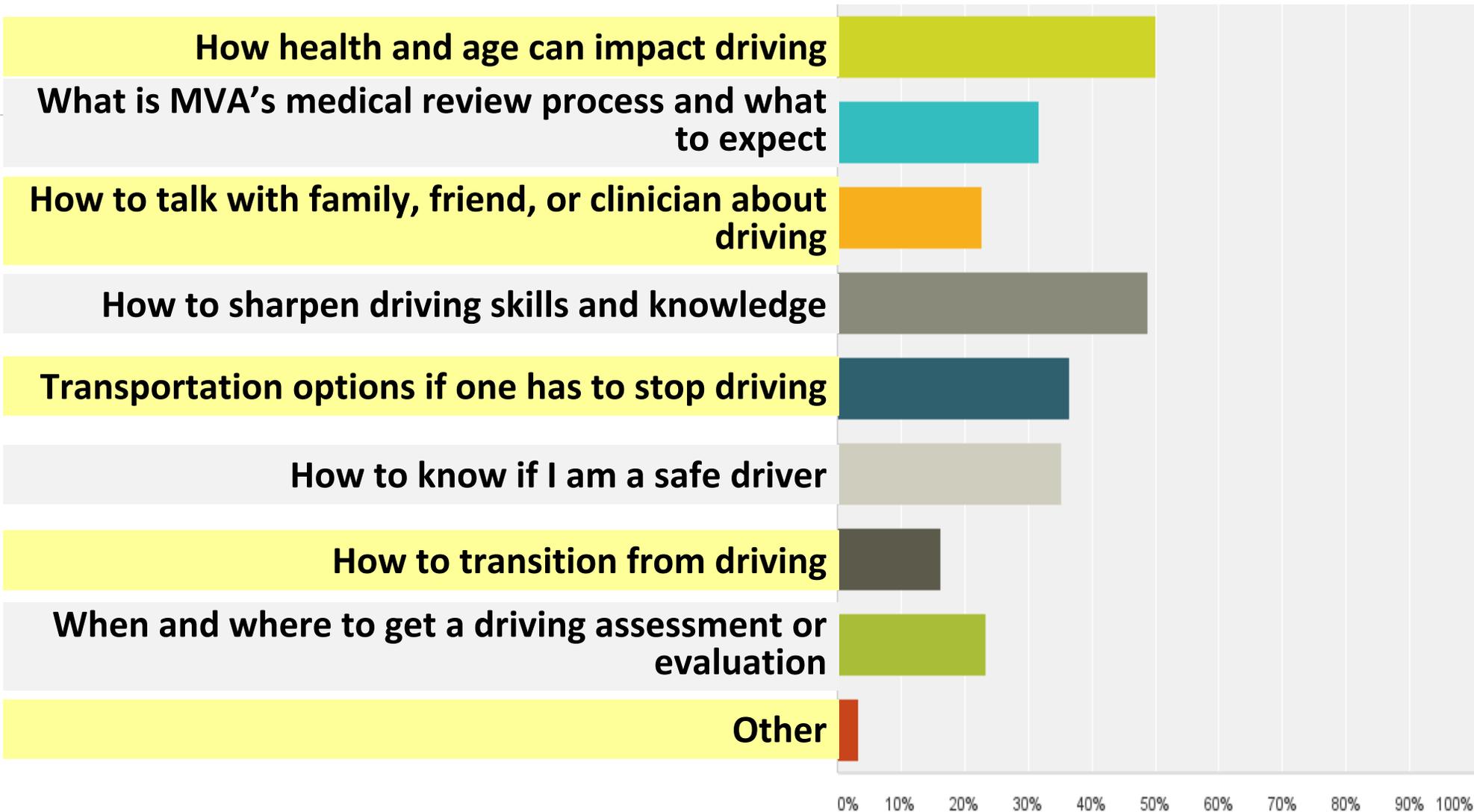
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Pre-survey for *Maryland's* *Resource Guide for Aging Drivers*

- **950 responses** from the 2,000 booklets distributed
 - Pre survey evaluates the need for the topics, type, and format of info on driver safety for our aging citizens
 - Post-survey about 6 weeks later to evaluate the effectiveness of booklet and determine gaps of information not yet covered in initial printing
- **2/3 of respondents** are in their 60s or 70s, and about **65% drive** 6 or 7 days per week
- 85% say it's **very important or somewhat important** to have a printed copy of the booklet
- 85% plan to **keep the booklet** as reference guide; about 25% say they will **use it to talk** to someone about their driving

Which topics of most interest to you?





Overall Goals for Maryland's Older Driver Safety Program

- How can we help aging drivers continue driving as long as safely possible?
- How can we help folks to plan for transportation?
 - Realize important **skills** necessary for driving
 - Realize there are higher **risks** as we age – because of likely health issues – BUT there are things we can do to mitigate those risks; and
 - Realize that chances are there will be a time when we have to **transition** from driving



**Thank
You!**