

# Young at Heart: Motor Vehicle Safety in Our Golden Years

Presented by Linda Hill, MD, MPH

Lifesavers Conference – March 15, 2022

Sample Slides from Complete Presentation



**Young at Heart:**  
**Motor Vehicle Safety in**  
**Our Golden Years**

Sample Slides  
from Complete Presentation

Linda L. Hill, MD, MPH  
Distinguished Professor, Herbert Wertheim School of Public Health  
Director, Training, Research and Education for Driving Safety  
University of California San Diego

March 15, 2022

**TREDS** UC San Diego  
TRAINING, RESEARCH AND EDUCATION FOR DRIVING SAFETY SCHOOL OF MEDICINE

1



**DRIVE SAFER**  
**DRIVE LONGER**

**OTS** CALIFORNIA OFFICE OF **TREDS**  
TRAFFIC SAFETY TRAINING, RESEARCH AND EDUCATION FOR DRIVING SAFETY

Funding by the California Office of Traffic Safety, through the National Highway Traffic Safety Administration  
Copyright © The Regents of the University of California 2022. All Rights Reserved.

2

## Curriculum Overview

- Aging and Driving
- Collision Factors
- Safe Driving Strategies
- Licensing Information
- Self-Assessment & Resources

3


## Health Impacts Driving


- Impaired vision
- Cognitive impairment
- Decreases strength and mobility
- Other medical conditions and medications




4

## Impairing Substances

**Medications**  2/3 of drivers over 65 take five or more daily medications that can affect driving

**Alcohol**  Involved in 1/3 of all traffic fatalities

**Cannabis**  After alcohol, cannabis most linked to impaired driving

5

## Your Physician is a Resource

- Report health changes 
- Review medications 
- Share driving concerns 

**Make them your partner in driving safety!**

6

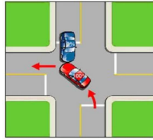
# Young at Heart: Motor Vehicle Safety in Our Golden Years

Presented by Linda Hill, MD, MPH  
Lifesavers Conference – March 15, 2022  
Sample Slides from Complete Presentation

## Top Crash Factors – Age 65+

**Right of Way Violations**


- Misjudge time and distance
- Fail to see another vehicle






40% of fatal crashes involving drivers over age 80 occur at intersections

7

## Three Types of Distraction

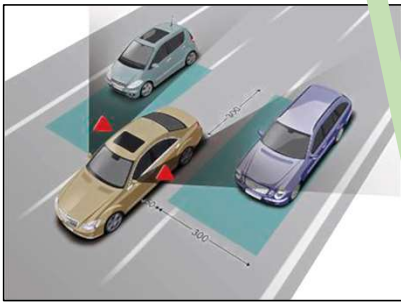


	Visual
	Manual
	Cognitive

**Texting involves all three!**

8

## Blind Spots



9

## Self-Regulate Your Driving

- Reduce driving exposure
- Daylight driving only
- Fair weather driving only
- Non-freeway driving
- Non-rush hour driving



10

## Transitioning from Driving

Most people outlive their driving abilities

- Men by 7 years
- Women by 10 years

Plan ahead


- Prepare for driving retirement
- Explore transportation options
- Make it your decision



11

## AAA Foundation LongROAD: Study Outcomes Will Be Presented

**PURPOSE:** To understand and meet the safety and mobility needs of the nation's growing population of older adult drivers



- Prospective cohort
  - Age 65-79 at baseline
- Multisite
  - CA, CO, MI, NY, and MD
- In-vehicle data recording device
- Longitudinal
  - Baseline assessment
  - Annual follow up (in-person and phone)

12