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

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

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

Impairing Substances
- Medications
- Alcohol
- Cannabis
  - 2/3 of drivers over 65 take five or more daily medications that can affect driving
  - Involved in 1/3 of all traffic fatalities
  - After alcohol, cannabis most linked to impaired driving

Your Physician is a Resource
- Report health changes
- Review medications
- Share driving concerns

Make them your partner in driving safety!
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**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

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**Three Types of Distraction**

Visual
Manual
Cognitive

Texting involves all three!

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**Blind Spots**

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**Self-Regulate Your Driving**

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

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**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

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**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)