RoSPA

accidents don't have to happen

Is your driving changing?

Top tips to help you drive safely for longer

www.olderdrivers.org.uk

Experienced Drivers...

Driving is an important part of our independence and freedom. It can be pleasurable, but it also carries a certain amount of risk, and can be stressful.

Experienced drivers are generally safer than those with less experience, but as we get older, changes in our fitness and eyesight can affect our ability to drive safely.

However, there are lots of things we can do to continue driving safely for as long as possible, such as taking regular driving assessments or refresher training, planning when and where we drive or adapting our car.

Make sure you're fit to drive

We are all personally responsible for making sure that we are fit to drive, regardless of our age. It's a good idea to discuss this with your GP and family or friends, if you feel that your driving is changing.

Some medical conditions have to be reported to the **DVLA**. If you are not sure whether you need to report a medical condition, ask your GP or the DVLA for advice.

Failing to report a medical condition that could affect your driving could result in a £1,000 fine, and if you are involved in a collision, you may be prosecuted. Your motor insurance could also be invalidated.

Remember, we all have to renew our driving licence when we are 70 years old, and every three years afterwards. For more information, see **www.olderdrivers.org.uk/the-law/your-driving-licence/**

Take regular driving assessments

Everybody's driving changes over time, in different ways and for different reasons.

A driving assessment can help you to identify how your driving is changing and what you can do to help you to continue driving safely for as longer.

These assessments are **not** a test, but an independent, friendly check of your strengths and weaknesses behind the wheel to help you to increase your ability and confidence on today's roads.

To find assessments in your area, go to: **www.olderdrivers.org.uk/driver-assessment/find-a-driver-assessment/**

If you have a medical condition or disability which may affect your driving, you should take an assessment at a Mobility Centre, rather than just a simple driving assessment or refresher training.

Change when and where you drive

Many drivers find it helpful to avoid driving at night or in the rush hour, or on particular roads or junctions they find difficult. Some drivers might also choose to reduce the amount of driving they do.

Change or adapt your vehicle

You could also adapt your vehicle to meet your needs. There is a wide range of equipment available including steering aids, hand controls and special cushions. For information and advice, contact **Motability.**

Consider retiring from driving

There is no age at which we should stop driving; it all depends on our fitness to drive. But, there may come a time when you need to retire from driving, for your own sake and those around you.

This is a very difficult decision, it does not mean that you have to give up your independence and freedom.

Take advice from your doctor, other healthcare professionals, friends and family.

Alternatives to driving, including local buses, coaches and taxis, as well as lifts from family and friends, could be cheaper and safer than running a car.

You must stop driving if you have been told to by the DVLA or by your GP.

Want more information?

www.olderdrivers.org.uk

www.gov.uk/government/organisations/driver-and-vehicle-licensing-agency

If you have a specific question which has not been answered on the RoSPA Older drivers website then please call RoSPA's free lifeline on **0808 801 0822** or email: **info@olderdrivers.org.uk**