



York & North Yorkshire
Road Safety Partnership

Is **your** vision **roadworthy?**



Drive Smart, Stay Safe: A Guide for Older Drivers

Why is road safety important for older drivers?

Statistics tell us that the second highest age range to be involved in collisions are aged over 65.

It's often natural things that come with getting older that put people at more risk on the roads regardless of their driving skills.

In this guide we want to give some reminders and helpful information that could help keep you driving safely for longer.

What changes can affect our driving as we get older?

- Medication
- Memory issues
- Confusion
- Diabetes
- Arthritis
- Concentration
- Eyesight.

All these are things that can affect our ability to drive safely.



It is never too late to learn new things.

Enhancing knowledge and refreshing your skills.

Driving behaviour's and vehicle capabilities are constantly changing, and we must keep our skills up to date and keep ourselves and others safe.

There are many ways you can refresh your driving skills and knowledge;



IAM RoadSmart Mature Driver Review

This is an hour's drive with a verbal/written report for drivers aged 70 and over

You can find out more at www.iamroadsmart.com



RoADAR Driving Review

This is for anyone who wants to prove they are a competent driver or would like reassuring of their skills.

There is no age restriction. Visit www.rospa.com



AA Driving School Refresher Lesson

This is a lesson for anyone who would like to improve their skills, or get help with a certain aspect of driving that they are struggling with.

These are for any qualified driver.

To book a lesson or find out more information visit www.theaa.com

There is also the Older Drivers Forum which can provide advice and support www.olderdriversforum.com

What concerns do we have about older drivers?

When was the last time you had an eye test?

It's recommended that you have an eye test annually once you are over 70.

If you are in any doubt about your eyesight when it comes to driving ask your optician

"Am I safe to drive"



How is your hearing?

Whilst there is no requirement to inform DVLA if you are deaf unless you have a bus, coach or lorry licence, it is advisable to keep a check of your hearing and wear hearing aids if necessary.



Vehicle and Confidence

Vehicles are constantly changing and evolving with the introduction of new technology. The vehicles that most of us learned to drive in are a far cry from the modern vehicles available to us today.



As we get older, we should consider what vehicle we are driving:

- Do you still need a bigger vehicle?
- Do you need something as powerful?
- Do you know how to work all the technology in your vehicle safely?

Reaction times are much longer for older drivers. However, older drivers tend to be more careful and look further ahead on the road.

How do you know when it's time to stop driving?

We all know that driving gives us independence and freedom, but we must accept that there may come a time when it is no longer safe for us to continue.

If you are contemplating whether you should continue to drive, there are things you can do before making the final decision.

- RoSPA, IAM and other driving organisations all offer assessments for people of any age
- You could take some lessons with an instructor as a refresher
- You may be able to adapt your vehicle

Some things to think about.....

- What do you use your vehicle for?
- What alternative transport is available to you? Bus, Train, Taxi or Community Transport. Some of these are free or heavily discounted for older people to use.
- How much money could you save if you didn't have to buy fuel, insurance etc?

If you are not 100% sure you want to continue driving have a think about the points on the checklist below:

- Is your eyesight good enough to continue?
- How is your general health?
- Have I experienced other drivers becoming frustrated with me?
- What do the people I trust think of my driving?



You and your driving licence

You are required to renew your driving licence when you turn 70, and every 3 years after that. These renewals can be a good time to think about whether you are still able to drive safely.

It is important to renew your licence when required as if it expires you cannot legally continue to drive.



Why?

The requirement to renew your licence is for your safety and the safety of those around you.

You must declare that you are still fit to drive. Whilst you do not need to seek medical advice for this you should consider how physically fit you are and have the recommended checks.

What medical conditions do DVLA need to know about?

- Diabetes or taking insulin
- Syncope (fainting)
- Heart conditions (including atrial fibrillation and pacemakers)
- Sleep apnoea
- Epilepsy
- Strokes
- Glaucoma

These conditions do not mean that you will lose your licence but you have a duty to report them.

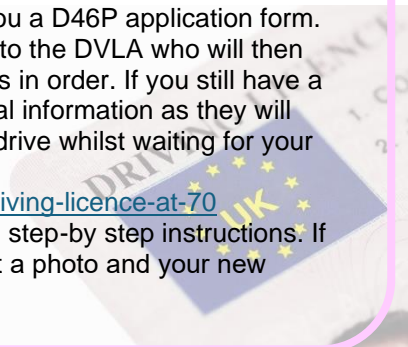


How?

90 days before your birthday the DVLA will send you a D46P application form. You should complete this accordingly and return it to the DVLA who will then assess it and issue your new licence if everything is in order. If you still have a paper licence you will be required to send additional information as they will renew your licence with a photocard. You can still drive whilst waiting for your new licence to arrive.

You can also apply online at www.gov.uk/renew-driving-licence-at-70

When you register, you will be given a User ID and step-by step instructions. If you have a valid passport you don't need to submit a photo and your new licence should arrive within a week.



Do you know your medications?

- 1 in 10 people aged 65+ take more than 10 prescribed medications daily.
- 8 of the 17 listed substances in the Road Traffic Act are perfectly legal medications that you may be prescribed. These include Diazepam, Morphine, Lorazepam, Temazepam
- “Driving whilst unfit through drink or drugs” there is no exhaustive list, and this could simply be due to taking hay fever tablets.



Always read the small print on any medication and speak to a pharmacist if you are in doubt

If you feel unwell, tired or just ‘not quite right’ don’t put yourself and others at risk by driving.

Night driving and dazzle

Driving at night can be more dangerous than driving during the day due to limited visibility, potential tiredness and dazzle from oncoming traffic.

If the lights of an oncoming vehicle dazzle you, try not to panic. Glance down towards the left side of the road. You should be able to see the edge of the road or the painted line which will help you to keep to your path until the vehicle passes.



Useful organisations

North Yorkshire Council: 0300 131 2131

www.northyorks.gov.uk

City of York Council: 01904 551550

www.york.gov.uk

Age UK Advice: 0800 169 65 65

Lines are open 7 days a week 8am to 7pm.

www.ageuk.org.uk

Alzheimers Society: 0333 150 3456

www.alzheimers.org.uk

Disability Action: 028 9029 7880

www.disabilityaction.org

Disabled Persons Railcard: 0345 605 0525

www.disabledpersons-railcard.co.uk

DLF (formerly the Disabled Living Foundation: 0300 123 3084

www.livingmadeeasy.org.uk

DVLA: 0300 790 6801 for licence enquiries or 0300 790 6806 for reporting medical conditions

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

IAM RoadSmart: 0300 303 1134

www.iamroadsmart.com

Motability: 0300 456 4566

www.motability.co.uk

Royal Society for the Prevention of Accidents (RoSPA): 0121 248 2063

www.olderdrivers.org.uk or www.rospace.com

www.ynyroadsafety.co.uk

