Preparing for the Road Ahead: How to Keep You in the Drivers Seat

One lesson learned from the pandemic is that we need to engage with others and socialize within our community! Community mobility is critical for our quality of life and independence. In eastern North Carolina, that typically means getting around by personal vehicle. While research clearly shows that older drivers are generally safe drivers, the crash statistics do show that fatalities and serious injuries do increase after 75 years of age. The issue is that it is not age, but functional abilities that determines fitness to drive. Just as we plan for changes in our homes and lifestyles, we may need to plan for changes in our driving options.

DISCUSS STRATEGIES TO:
1. Prolong your driving lifespan,
2. Use technology to promote driver safety,
3. Plan for maintaining autonomy, and
4. Determine when it is time to begin a transition to being a passenger.

This lunch and learn will highlight options to keep you in the driver’s seat, even if you are not the one driving!

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