

# MATURE DRIVERS



Alcohol



Drugs



Fatigue

A 60-year-old needs  
3X more light than a  
20-year-old

An 80-year-old needs  
16X more light

## SAFETY IS THE KEY:

- Always wear a seat belt as a driver or passenger
- Drive when conditions are safest
- Don't drive impaired – alcohol, medications, or drowsy

## BUTLER COUNTY STATS AND FACTS:

### 37 Percent

From 2015-2019 in Butler County 37.2% of all traffic fatalities involved mature (65+) drivers (same % as youth drivers)

### 48 People/Families

Lost loved ones in Butler County over the last 5 years from a traffic crash involving a mature driver

### Over 400

Over 400 people of mature age were seriously injured in crashes from 2015-2019

### 50 Percent

Of the 48 people killed in crashes in the last 5 years 50% were unbuckled; while 25.37% of those with serious injuries were unbuckled

CHORUS (Clearinghouse for Older Road User Safety) Resources

## Concerned about driving safety?

### By 2025 one quarter of all drivers will be 65 and older

There are more than 41 million licensed drivers age 65 and older on the roads, up from 26 million 20 years ago. As a person ages, changes in health may affect driving skills. The risk of being injured or killed in a motor vehicle crash also increases. The primary changes in health may include:

- Slowed/delayed reaction time and reflexes
- Problems with vision; particularly at night
- Reduced or impaired hearing

### What does that mean to me?

Take a look at this 3-minute video for an overview of what this means to mature drivers:



Additional Resources:

[AAA Senior Driving Resources](#)

[The Hartford Driving Safety](#)

[Mayo Clinic – Older Drivers: 7 tips for driver safety](#)

[National Institute on Aging \(NIH\) Older Drivers](#)

[Centers for Disease Control and Prevention \(CDC\) Older Adult Drivers](#)

[Roadsafeseniors.org Being a Safer Road User](#)

[AARP Driver Safety](#)

[NHTSA Driving Safely While Aging Gracefully](#)



# MATURE DRIVERS

## Concerned for an older driver?

Seniors' Top Concerns About Stopping Driving

### If You're a Family Caregiver:

Getting older does not necessarily mean a person's driving days are over. But it's important to plan ahead and take steps to ensure the safety of your loved one's driving.



Answering the following questions may help you decide if you need to initiate a conversation with an older driver about driving safety:

- Are they getting lost on routes that should be familiar?
- Have you noticed new dents or scratches to the vehicle?
- Have they received a ticket for a driving violation?
- Have they experienced a near-miss or crash recently?
- Are they overwhelmed by road signs and markings while driving?
- Are they taking any medication that might affect driving safely?
- Are they suffering from any illnesses that may affect driving skills?



**How to have the difficult conversation about driving**  
AARP provides this FREE resource for having a discussion with an older loved one; click here to view



USDOT Video: Click Here to Watch

Additional Resources:

[CDC My Mobility Plan -- What can you do to stay independent?](#)

[CHORUS Family/Caregiver Resources and Alternative Transportation](#)

[AARP – Assessing Driving Ability: Resources for Loved Ones](#)

[The Hartford - Family Conversations with Older Drivers](#)

[AAA Conversations About Driving – Resources](#)

[NHTSA Road Safety – Older Drivers](#)

### DRIVER PLANNING AGREEMENT

Helping families plan together for continued, safe mobility

I realize that the natural aging process may, at some point in the future, affect my ability to drive safely. By taking the time now to work closely with my family, I can develop a plan to ensure my safety and the safety of others while also maintaining my mobility and independence.

The most important thing my family can do is to help me explore all of my options to keep me driving or mobile. If concerned about my driving abilities, help me access the appropriate resources or services that can potentially mitigate these concerns so that I may safely drive. Examples include, but are not limited to:

- ◆ Help me find an occupational therapist who is trained to address the problems that put me at risk behind the wheel and equipped to develop an individualized plan to use moving forward;
- ◆ Ensure that I am able to visit my primary care physician or local pharmacist to review how medications I take may affect my driving;
- ◆ Assist me in accessing an eye doctor or vision care specialist who can address my needs;
- ◆ Help me determine how I can appropriately self-regulate when and where I drive so that I maintain maximum comfort and safety behind the wheel; and
- ◆ Encourage me to take a driver-improvement course to refresh my skills and learn new techniques for adapting to my changing needs as an aging driver.

Additionally, I want my family help me explore other forms of transportation, showing me all of my choices, and recognizing that these options may complement my driving or be used as a substitute to extend my mobility should driving become unsafe. Examples include, but are not limited to:

- ◆ Discuss the places I enjoy going and the destinations I need to reach to ensure I maintain a high quality of life;
- ◆ Identify local public and private transportation options available in my community (e.g., carpooling, public transportation, local organizations with a volunteer driver program, or other services) so that I am aware of my options;
- ◆ Introduce me to these transportation options before I must rely on them so that I become familiar with them when I do choose to use them; and
- ◆ Recognize that I may need support and practice to feel safe using these other transportation options. It may take a few rides or the companionship of a friend to accompany me until I am comfortable. If necessary, we will make certain I have the necessary support services to ensure I can get home safely.

I trust my family to prioritize my safety and mobility and to not ask me to stop driving until all options have been explored.

Should it become necessary to discuss if it is safe or reasonable for me to continue driving,

I designate \_\_\_\_\_ to address this issue with me.  
(name of family member or trusted friend)

Signed: \_\_\_\_\_ Date: \_\_\_\_\_  
(Your signature)

**Access a sample driver planning agreement here**

Signed: \_\_\_\_\_ Date: \_\_\_\_\_  
(Family member)



# MATURE DRIVERS

## What is impaired driving?

### Alcohol-impaired driving

Alcohol has significant effect on driving skills due to its depressant effects. While under the influence of alcohol, drivers can misjudge their capabilities and experience the following:

**Driving? #DrinkSafe**

SAFEPROOF.ORG

At 2 Drinks You are beginning to be impaired.

At 3 Drinks You are impaired.

At 4 Drinks You are legally impaired and will be arrested.

Expense	Cost
Higher Insurance Premiums	\$4,500-\$10,000
Defense Attorney	\$2,500-\$5,000
Court Fines	\$150-\$1,800
Alcohol Treatment/Education	\$1,000-\$2,500

Brought to you by SafeProof.org - Always #DrinkSafe

Have an Alcohol Abuse problem? Get help call (888) REHAB 71  
Need a DUI Attorney call (833) DUB-LAW1

- Decreased reaction time due to slower reflexes
- Feelings of drowsiness
- Poor coordination affecting the mechanics of driving (steering, working, braking, etc.)
- Inattention to driving tasks
- Decreased rational decision making
- Depressed eye movement and perception affecting night vision and color perception
- Inability to judge car's position on the road, road signs, and location of other vehicles

(Taibbi, R. How Alcohol Affects You. Current Health, Vol 2, p. 16-19 (1994).)

Additional Resources:

[National Highway Traffic Safety Administration \(NHTSA\) Drunk Driving](#)

[CDC Sobering Facts OH Drunk Driving](#)

[MADD Website](#)

[Responsibility.org Prevention of Drunk Driving](#)

[GHSA Alcohol Impaired Driving](#)

### Drug-impaired driving

Drug-impaired driving refers to **driving after taking any prescription or over-the-counter drug**, or illegal substances. Like alcohol, drugs can decrease your reaction time, affect your coordination, make you fall asleep at the wheel or lead to inattention while driving.

Medications have both intended and unintended effects on your body, and these effects change based on the other medications that you're taking and the foods that you eat. Not only does that affect how you feel, many of these effects can also impact your ability to safely drive.

Additional Resources:

[Roadwise Rx Tool for how medication affects driving](#)

[National Highway Traffic Safety Administration \(NHTSA\) Drugged Driving](#)

[CDC "What You Need to Know About Marijuana Use and Driving"](#)

[Responsibility.org Drugged Driving Awareness](#)

[Healthline "The Effects of Marijuana on the Body"](#)

[WebMD "How Pot Affects Your Mind and Body"](#)



**Half of Older Drivers Take 7 or More Drugs,**  
**AAA Warns**

Few are told about possible impairment behind the wheel

# MATURE DRIVERS

Need to take a remedial driving course for a 2-point credit on your license or to get your license renewed? Safety Council of Southwestern Ohio offers classes. [Click here for a list of upcoming dates.](#)

## Butler County Statistics on Mature Drivers NHTSA Traffic Safety Facts - Older Population

Additional Resources/Information:

[AAA Videos Senior Driving](#)

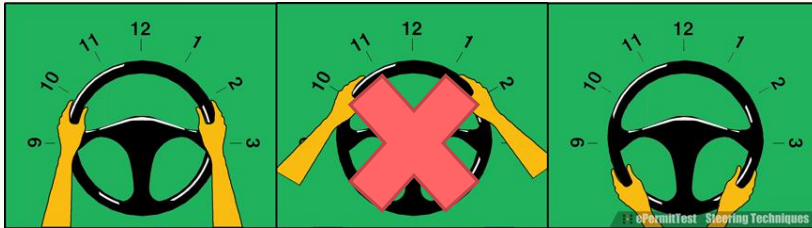
[IIHS Statistics - Older Drivers](#)

[AARP Smart Driver Course](#)

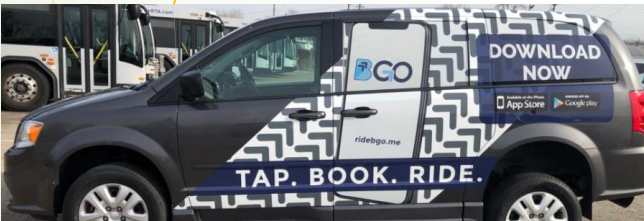
[American Occupational Therapy Association \(AOTA\)](#)

[Reporting an Unsafe Driver in OH -- AAA](#)

[Senior Driving Discount of America \(SDDA\)](#)



## Get A Grip on the Right Way to Hold a Steering Wheel (AAA Video)



BCRTA offers a curb-to-curb service similar to an Uber/Lyft trip within Butler County. Trips can be booked up to two (2) weeks in advance for all riders. Fares vary from \$2-\$5/each way.



Helping Mature Drivers Find Their Safest Fit

CarFit is a community-based safety program developed by AARP, AAA, and the American Occupational Therapy Association (AOTA). The program offers older adults the opportunity to check out how well their personal vehicles "fit" them. More information can be found on the CarFit website.

Other Butler County Statistics:

[Butler County Statistics on Seat Belt Use](#)

[Butler County Statistics on Distracted Driving](#)

[Butler County Statistics on Impaired Driving](#)

[Butler County Statistics on Teen/Youth/New Drivers](#)

[Butler County Statistics on Other Road Users](#)

Other Butler County Safe Communities' pages:

[Seat Belts and Car Seats](#)

[Impaired Driving](#)

[Distracted Driving](#)

[Teen and New Drivers](#)

[Pedestrians & Other Road Users](#)

[Other Safety Focus Areas](#)

Funded by U.S. DOT/NHTSA (National Highway Traffic Safety Administration) and ODPS (Ohio Department of Public Safety),

The Safety Council of Southwestern Ohio is the fiscal agent for Butler County Safe Communities

