As you get older, so does your body. Maybe your eyesight is good, but your lower back likes to act up. Or you’re in good shape, but your memory isn’t what it used to be. In other words, your physical and mental conditions affect your ability to drive safely.

For information about older drivers and how physical condition can affect driving, visit ktsro.org/older-drivers or call 1-800-416-2522.
Ask yourself: “Do I have what it takes to be a safe driver?”

- Can I turn my head from side-to-side to check for oncoming traffic?
- Do I have the strength to slam on the brakes if the vehicle in front of me suddenly stops?
- Do I have numbness or chronic pain in my hands, feet, arms, legs, neck or back?
- Can I concentrate and focus attention on street signs and traffic lights?
- When driving after dark, do headlights and streetlights irritate my eyes?
- Do I get lost or confused driving on familiar routes?

If you experience these or other problems while driving, you may not be driving safely. This can result in motor vehicle crashes and cause injuries to yourself and others on the road.

Your physical condition can be affected by:
- vision issues – cataracts, glaucoma, macular degeneration
- chronic pain
- arthritis
- nerve pain (neuropathy)
- brain injury
- more than 100 kinds of dementia, including Alzheimer’s

Prescriptions and over-the-counter medications may have side effects like:
- dizziness
- drowsiness
- disorientation
- blurred vision

Any of these can affect your driving. Ask your doctor and pharmacist about side effects. You can also research medications at roadwiserx.com.

Eventually, your physical condition will prevent you from driving safely. When you decide it’s time to retire from driving, many Kansas communities offer transportation options. Visit kutc.ku.edu/map and click on your county to find options available in your community.

Become more confident behind the wheel.

Learn how to adapt your driving skills to your physical condition and become a more confident and safer driver. The Kansas Traffic Safety Resource Office (ktsro.org/older-drivers) provides links to resources that can help you continue driving safely as you age:
- Take an online or classroom driver safety course.
- Read about medication side effects.
- Learn how your car can fit you for a safer driving experience. (car-fit.org)