



My Safe Driving Plan

I recognize physical and mental abilities may decline or temporary medical issues that affect my ability to drive safely may occur as I age. I want to keep myself and my passengers – adults, children, and pets – safe. I pledge to tell my family, close friends, and/or employer when I have concerns about my ability to drive safely.

I will limit or stop driving when:

- A doctor advises me to limit or stop driving
- I have prescriptions or take an over-the-counter medication or herbal supplement with side effects causing blurred vision, dizziness, or drowsiness
- My eyesight is affected by cataracts, reduced peripheral vision, altered depth perception, or a reduced ability to see road signs due to blurriness
- My ability to hear sirens, horns, engine noises, or my turn signals decreases
- I have a limited range of motion in my arms, shoulders, knees, legs, or neck
- Friends or family members express concern about my ability to drive safely
- I have an increased number of crashes, close calls, or traffic citations
- Driving overwhelms me or causes irritation, agitation, anxiety, or anger
- I am diagnosed with dementia or Alzheimer's
- I experience confusion on local roads
- I have trouble staying within lane markings
- I confuse the brake and gas pedals
- I drive the wrong way down a street or highway
- I misjudge the space between my vehicle and others around it
- I unintentionally hit fixed objects such as curbs, mailboxes, garage doors, etc.
- I miss stopping at a stop sign or red light
- I often or regularly find my mind wandering or I become distracted as I drive
- I move and do not feel comfortable navigating new roads

If medical conditions affecting my driving are temporary, I will be evaluated by a doctor, occupational therapist, or other medical professional before I drive again.

What can I do to drive safer for longer?

- Choose to set limits
 - Limit driving at night
 - Limit left turns
 - Limit driving on highways
 - Limit driving in heavy traffic
 - Limit driving in bad weather
 - Limit driving to a range of _____ miles from my home
 - Limit driving with extra passengers
 - Limit driving large vehicles
- Research alternative transportation resources
 - Bus
 - Taxi
 - Rideshare
 - Friend, family member, or neighbor
 - Local free or low-cost ride services
- Attend a CarFit event to learn how my vehicle's technology can be adjusted to keep me safer and driving longer
- Take a Smart Driver class or other defensive driving course
- Plan ways to reduce trips:
 - Arrange for medication/grocery delivery
 - Look into in-home services (hairstylist, barber, etc.)
 - Use video chats to socialize
 - Schedule set times for you and a driver to do errands, attend church, go to the gym, or participate in social functions. They may ask for money for their time and gas, or you may barter for meals, babysitting/pet sitting, or other things you can do.

When I am a passenger, I do not worry about finding parking, can let the driver navigate unfamiliar streets, do not have to drive at night, heavy traffic, or in work zones. I can save money on car payments, maintenance, and other related costs.

When I can no longer drive safely, I will give my keys and my vehicle to _____ **or sell my vehicle within** _____ **days.**

Signed: _____ Date: _____

Driving Evaluation Sites Topeka: Brewster Place, 785-274-3337

KC Metro: Audrey Imhoff, MOTr/I, Driving Rehab Specialist, 913-967-5232

Report concerns about unsafe driving: ksrevenue.gov/pdf/DriverEvalRequest.pdf

Find more safe driving resources at KTSRO.org.