

Michigan's Guide for Aging Drivers and Their Families



Safe Drivers
Smart Options
Keys to Lifelong Mobility
Michigan.gov/AgingDriver

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Introduction

We all want to maintain our independence as we age. For many people, freedom is linked to their vehicle. It is important to understand that as we age, we need to re-evaluate our driving habits. For example, older drivers who review and improve their driving skills are more likely to continue driving safely. This guide is meant to help Michigan's aging drivers, their families and caregivers learn how to balance aging, safety and mobility. The Safe Drivers Smart Options: Keys to Lifelong Mobility website at Michigan.gov/AgingDriver provides more resources.

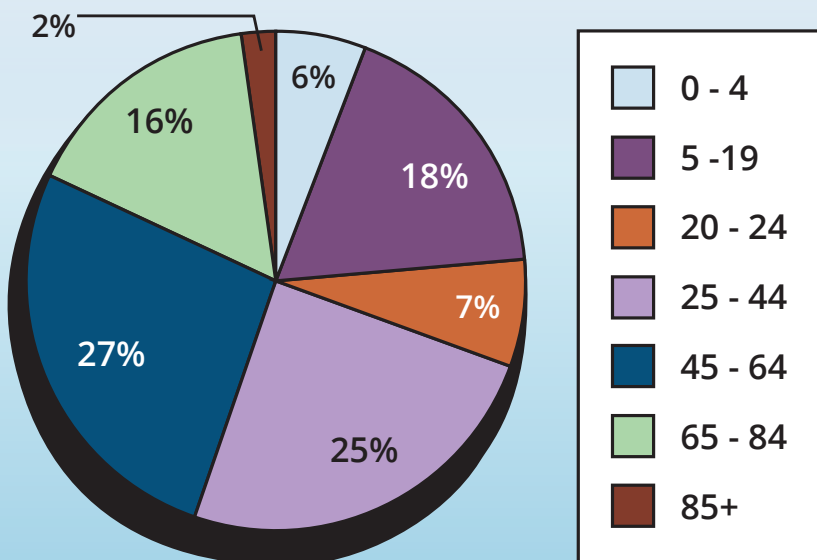


Population Facts

Michigan has one of the oldest populations in the country, with 17.7 percent of Michigan residents aged 65 or older based on 2019 Census estimates. This age group is the fastest growing in Michigan with Baby Boomers entering the senior age groups. In 2021, there were 1,700,267 licensed drivers (age 65 and older) in Michigan, representing 23.4 percent of all licensed Michigan drivers. The number of older licensed drivers in Michigan has increased 35.0 percent in the past 10 years.

2019 Michigan Population by Age Group

9.9 Million



The Impact of Aging on Driving

Most people see a decline in skills important for driving as they get older. Starting around age 55 there is a decrease in how well we process, remember, and judge driving events, such as the distance of oncoming traffic. We may notice losses in our vision, memory, strength, flexibility and reaction time. However, it is important to remember that how you age is unique to you. Aging doesn't affect all drivers in the same way.

Your health is closely connected to your ability to drive safely. Reacting to hazards quickly, judging distances correctly, monitoring the speed of traffic, and reading road signs require that your body and mind work efficiently together. In addition to the physical and mental changes that can occur as you age, other factors, such as medications, can also affect your ability to drive. It is your responsibility to understand how these changes and use of medications could affect your ability to drive safely.



Vision

The main sense you use while driving is vision.

Aging eyes need:

- More light to see features along the road.
- To be closer to signs and markings to read them.
- More time to recover from the glare of the sun or bright headlights at night.

It is important that you see well to help ensure safe driving. Have your eyes checked by a vision specialist.

If you wear glasses or contacts for driving, please remember to:

- Wear them when you drive, even if traveling a short distance. If your driver's license indicates that you must wear corrective lenses, not wearing them increases your risks of being ticketed or even involved in a crash because you failed to see something critical, such as a stop sign or a changing traffic signal.
- Keep an extra pair in your car in case your glasses are broken or lost. This will help if you only use glasses for driving and you forget your regular pair when you get in the vehicle.
- Avoid wearing dark glasses or tinted contact lenses when driving at night, even if you think it will help with headlight glare. Dark or tinted lenses can shut out light. You need as much light as possible to see clearly at night.

Hearing

Good hearing is important because it alerts you to sirens, horns, and other audio cues needed to drive. Hearing changes as you get older. You should see your audiologist regularly, and wear hearing aids if necessary. It is as important to keep hearing aids up-to-date as the prescription for glasses or contacts. Avoid turning hearing aids down or off even if you think it reduces distraction.

Medication

Federal statistics suggest that one in every ten people get behind the wheel after using prescription or over-the-counter medicines that can impair driving. Speak with your doctor or pharmacist about how the medications you take could affect your ability to drive.

Cognition

Cognition is the act of processing information. It includes your ability to think, use your senses, pay attention, learn, read, and problem solve. Driving is a complex activity that requires you to use these skills whether you are driving a short or long distance.

While driving, you must process and remember several objectives simultaneously, such as how to operate your vehicle in various conditions, what traffic signs mean, and how to reach your destination safely. You must be able to do this while processing any other information you encounter while driving.

Impaired cognition may result in:

- Distraction or disorientation while driving.
- Problems maintaining control of your car for long distances.
- Slower response to traffic signs, signals, or markings.
- Trouble recognizing changes in traffic conditions, hazards, and emergencies.
- Delayed reaction to the position of other vehicles as they change lanes or as you enter the roadway.
- Trouble recognizing and safely responding to pedestrians and cyclists.
- Problems operating controls, such as confusing brake and gas pedals.
- Improper use of turn signals to warn other drivers when turning or changing lanes.
- Trouble planning and safely navigating your driving route.
- Frequently becoming lost or confused when driving. This can result in panic and sudden irrational changes while driving, such as losing control of your car.

Dementia

Dementia is a decline of cognition due to loss of or damaged brain cells and can affect critical abilities needed to drive safely. These may include perception and visual processing, maintaining attention, responding to multiple stimuli, and making appropriate decisions in difficult traffic situations. People in the early stages of dementia may still be able to operate a vehicle. However, that will become more difficult as the disease progresses. Drivers with dementia should be monitored by family and healthcare providers.

The NHTSA Driver Fitness Medical Guidelines lists the following signs to help determine if a person needs evaluation for possible dementia:

- Scores from screening tests show possible cognitive issues.
- Has had a recent crash or moving violation.
- Has been prescribed medications for memory problems.
- Uses medications, such as tranquilizers, benzodiazepines, neuroleptics, or antidepressants.
- Is 80 years or older.
- Has a recent history of falls.

Physical Condition

As we age, we lose muscle mass and bone strength, which increases the chances of injury or death in a crash. Drivers age 65 or older are four times more likely to be seriously injured compared to drivers younger than 26.

Aging can cause sensory issues in your hands and feet, such as tingling, numbness, and problems telling where they are positioned. These can affect your ability to feel, grasp, manipulate, or release objects. Loss of strength results in trouble keeping a firm grip on your steering wheel or keeping pressure on the pedals with your legs and feet.

Decreased flexibility may cause rigidity or limited range of motion. Vertigo, dizziness, or loss of balance can occur, along with muscle spasms or tremors that may cause you to lose control of your vehicle.



Am I Safe to Drive?

A driver's license is an important document that offers mobility and independence. Many of us see cars as extensions of ourselves. However, the time may come when driving is no longer a safe option. The decision to stop driving is never an easy one. The key to a positive transition from driving is ***planning***.



Warning Signs/Self-Assessment

Our driving skills may decline slowly. Self-awareness is key to safe driving. The self-assessment below is taken from the *Clinician's Guide to Assessing and Counseling Older Drivers* (published by the American Geriatric Society). It can help you decide if you should have your driving evaluated by a professional.

Check the box if the statement applies to you:

- ☐ I get lost while driving.
- ☐ My friends or family members say they are worried about my driving.
- ☐ Other cars seem to appear from nowhere.
- ☐ I have trouble finding and reading signs in time to respond to them.
- ☐ Other drivers drive too fast.
- ☐ Other drivers often honk at me.
- ☐ I feel uncomfortable, nervous, or fearful while driving.
- ☐ After driving, I feel tired.
- ☐ I feel sleepy when I drive.
- ☐ I have had some "near-misses" lately.
- ☐ Busy intersections bother me.
- ☐ Left-hand turns make me nervous.

- ☐ The glare from oncoming headlights bothers me.
- ☐ My medication makes me dizzy or drowsy.
- ☐ I have trouble turning the steering wheel.
- ☐ I have trouble pushing down the foot pedal.
- ☐ I have trouble looking over my shoulder when I back up.
- ☐ I have been stopped by the police for my driving.
- ☐ People no longer will accept rides from me.
- ☐ I have difficulty backing up.
- ☐ I have had crashes that were my fault in the past year.
- ☐ I am too cautious when driving.
- ☐ I sometimes forget to use my mirrors or signals.
- ☐ I sometimes forget to check for oncoming traffic.
- ☐ I have more trouble parking lately.

If you checked any boxes, your safety may be at risk. Talk to your doctor about ways to improve your safety if you are experiencing any symptoms that may affect your ability to drive.

You may also want to consider having your driving assessed. 1) Talk to a driver rehabilitation specialist (see page 41), 2) Request a driver reexamination with the Michigan Department of State (see page 24), or 3) attend a refresher class (see page 40).

Family and Caregiver Involvement

Families or caregivers can help you with issues related to aging and safe driving. It is important that everyone understand the following:

- Driving problem warning signs.
- How to evaluate the driving abilities of an older adult.
- What driving means to your aging loved one.
- Giving up the keys; how to begin “the discussion.”
- How to talk about appropriate driving choices.
- Community resources for evaluating driver skills.
- Strategies for driving retirement.
- Local transportation options.



The decision to stop driving is difficult. People delay or avoid the topic for many reasons:

- Anxieties about the older driver's response; a fear of anger or rejection.
- Concerns about being seen as disrespectful or meddling.
- The added responsibilities for the family or caregiver.
- Rationalizing that since no crisis has occurred, there isn't any need for discussion.

Older drivers struggle with the topic as much as their loved ones. They worry about:

- The loss of freedom and independence.
- Becoming socially isolated and house-bound.
- Becoming a burden to family and friends.

Developing a transportation plan can ease the transition to driving retirement and allow older adults to maintain their independence and mobility.

Most drivers alter their driving habits as they age. However, it isn't always obvious when their driving is cause for concern. That's when the actions of family, friends, physicians, or law enforcement become important.

Many organizations have developed resources to help older drivers and their caregivers. The Hartford Advance 50 Team, together with the MIT AgeLab, created free publications to help families have meaningful conversations, such as the guide book *We Need to Talk*. For more information, visit thehartford.com.

Changes in Driving Behavior

Family members or caregivers should be aware of potential problems affecting safe driving when the older adult:

- Is forgetful or confused.
- Uses bad judgment when driving.
- Fails to follow the rules of the road.
- Can't see where they are going.
- Exhibits aggressive driving.
- Drives well below the speed limit.
- Experiences multiple traffic crashes (dents or dings on the car).
- Has neighbors, friends, or others who indicate there is a problem.



The Medical Community

Health care providers are important partners when planning for your safe driving needs.

They can make you more aware of how medical conditions and medications can affect your driving fitness. When the effects of a medical condition are progressive, periodic evaluations are necessary. According to the National Highway Traffic Safety Administration's *Driver Fitness Medical Guidelines*, medical conditions that affect safe driving can include:

- Conditions that create functional limitations.
- Conditions that involve a possible loss of consciousness.
- Conditions that require medications incompatible with safe driving. These may include prescription drugs, over-the-counter drugs, or other drugs (and alcohol) that are used without a doctor's prescription.

We are all confronted by health and mobility problems as we age. This does not mean that the medical community can withdraw or suspend driving privileges; only the Department of State has that authority. The health professional's role is to provide the Department of State with the information it needs to determine our ability to drive safely.



Licensing Requirements

Michigan driver's licenses are typically valid for four years and expire on the driver's birthday. Per Michigan law, most residents are only required to renew their driver's license in person at a Secretary of State office every 12 years to take a new photo.



A driver's license renewal notice will be mailed to your recorded address approximately 90 days before your license is set to expire on your birthday. The notice will inform you whether you will need to visit a Secretary of State office to renew or if you can do so online, by mail, or at a self-service station.

You can renew your license up to six months in advance. If you need to visit a Secretary of State office to renew your driver's license, it is strongly recommended that you prepare by scheduling a visit in advance.

When you renew your license, you are asked general health questions. If there is any question about your ability to drive safely, you will be required to have your doctor complete a Physician's Statement of Examination (DA-4P) form.

You will also be given a test to determine if your vision meets minimum standards.

- If corrective lenses are needed to pass the test, your license will show that you must wear them while driving.
- If you fail the vision test, your eye care specialist will be required to complete a Vision Specialist's Statement of Examination (DA-4V) form.
- A favorable statement means a license may be issued.
- Sometimes, limitations (such as "daylight driving only") will be required based on the vision statement and other information.

The *Physical and Mental Standards for Drivers* and the *Visual Standards for Motor Vehicle Drivers' Licenses* are available online at Michigan.gov/SOS or by calling 888-767-6424.



REAL ID May Affect You, Especially if You Travel by Air

On May 7, 2025, the federally mandated REAL ID law goes into effect and, if you travel by air, this law will impact you. REAL ID is the post-9/11 federal requirement that sets higher security standards for identification. Once in effect, a REAL ID will be required to board any U.S. flight or to enter some federal facilities. A REAL ID can be a U.S. Passport or an Enhanced Driver's License, or you can turn your standard driver's license into a REAL ID at the Secretary of State's office. Learn more about the law and what documents you need to bring to get a REAL ID at Michigan.gov/REALID.

No-Fee ID Card

Under Michigan law, a state ID card is as valid as a driver's license for identification and must be accepted by all businesses. You may return your license to a Secretary of State office and obtain an ID card. This card is free if:

- You are legally blind.
- You are age 65 or older.
- You have lost your privilege to drive due to a disability.



Reporting Unsafe Drivers

Some older drivers don't realize their driving skills have worsened. Discussing the problem with them may be difficult. Reporting an unsafe driver may seem drastic; however, it may be the only way to handle a serious situation.

The Department of State receives referrals for driver reexaminations from law enforcement, medical professionals, family and friends, or concerned citizens. All information provided remains confidential to the extent permitted by law. Anonymous tips can't be accepted.

Physicians and optometrists may report to the Secretary of State a patient's mental and physical qualifications to operate a motor vehicle. In order to be immune from liability, the report must be based on a medical episode; they must recommend a period of license suspension of at least six months for an operator's license; and document the episode in the patient's record.

The Secretary of State will keep the report and recommendation confidential to the extent permitted by law (2012 Public Act 354 and Public Act 355).

To refer an unsafe driver:

- Submit a Request for Driver Evaluation form (DA-88), available at any Secretary of State office or online at Michigan.gov/SOS or
- Send a letter requesting a reexamination.

The following must be included whether you submit an DA-88 form or a letter:

- The driver's name, date of birth, current address and/or license number.
- Your name, address, phone number and signature.
- Explanation of the reason for referral.



Driver Reexamination Process

A driver reexamination is conducted to assess a driver's abilities, behaviors, and habits, regardless of their age. Under Michigan law, the Michigan Department of State is authorized to require that you complete a reexamination to assess your driving privileges if:

- There is reason to believe you have a condition that impairs your ability to operate a vehicle safely.
- You have been involved in a fatal crash.
- You have been involved in three or more at-fault crashes within a two-year period.
- You have accumulated 12 or more points within a two-year period.
- You have been convicted of violating the terms, restrictions, or conditions of your license.

The reexamination is used to determine what actions may be required to ensure your safety and the safety of others. A reexamination does not result in an automatic loss of your driving privileges. You may be required to have your doctor complete a Physician's Statement of Examination form (DA-4P), or your eye-care specialist complete a Vision Specialist's Statement of Examination form (DA-4V). These forms are reviewed along with other information obtained during your reexamination. In addition, vision, road sign, written knowledge and driving tests may be required.

An analyst will evaluate your ability to drive safely. This evaluation is based on any tests that were administered and information provided by your physician or vision specialist. The analyst will determine if any restrictions or suspensions are necessary; for instance, requiring special equipment or restricting the times or locations during which you may drive. Subsequent reexaminations may be required. Failure to report for a reexamination will result in a suspension of your driving privileges. Contact the Department of State Information Center at 888-SOS-MICH, 888-767-6424 to reschedule your reexamination.

Submit your request to:

Michigan Department of State

Driver Assessment Section

P.O. Box 30810

Lansing, MI 48909-9832

Fax: 517-335-2189

Email: MedicalForms@Michigan.gov

Form DA-88 Sample

REQUEST FOR DRIVER EVALUATION

Michigan Department of State Driver Assessment Section

P.O. Box 30810, Lansing, Michigan 48909-9832

Email: MedicalForms@Michigan.gov

Phone: 517-335-7051 Fax: 517-335-2189

As provided by Section 257.320 of the Michigan Vehicle Code, the Department of State may conduct a reexamination of a person if there is reason to believe that the person is incompetent to drive a motor vehicle or is afflicted with a mental or physical infirmity or disability rendering it unsafe for that person to drive a motor vehicle. Please provide a description of a medical episode, incident, pattern of behavior or other evidence that you believe justifies an evaluation of an individual as it relates to their ability to drive safely. **All sections of this form must be completed.**

Section 1: Driver's Information

Today's Date:	Driver's Full Name (as it appears on license if known)	Driver's License Number (if known):	Date of Birth:
Street Address:		City:	State: ZIP Code

Section 2: Why the Driver Should be Evaluated

Explain why this driver should be scheduled for an evaluation. **The Department of State cannot process a request for an evaluation unless specific information is provided indicating that an unsafe driving condition may exist.** Additional space is provided on the back of this form and additional documents may be attached.

Section 3: Requestor's Information

This section must be completed and signed or the request will not be processed. The Department does not accept anonymous requests. Requests by private citizens will be kept confidential to the extent permitted by Michigan and Federal law.

Requestor's Name		Agency name, if applicable:	
Street Address:	City:	State:	ZIP Code:
Telephone Number:		Date:	
I certify that the information provided in this request is true to the best of my knowledge and belief.			
Requestor's Signature:			

Safety Tips for Road Users

We all want to maintain our ability to go where we want, especially as we grow older and have more leisure time. Self-awareness is key. People who accurately assess their fitness to drive may be able to make adjustments to stay safe on the road.

With smart self-management, you may retain the independence that comes with driving, while limiting risks to yourself and others.

Common Driving Errors

Taking into consideration how aging affects your driving, common problem areas include:

- Making left turns.
- Driving at night.
- Merging into traffic.
- Changing lanes.
- Keeping up with the flow of traffic.
- Yielding to traffic.
- Following traffic signals.
- Impaired driving (including prescription and over-the-counter medication).

Self-Regulation Tips

As you age, you may find yourself restricting your driving to avoid risky situations. Some common strategies are to:

- Drive only during the day if you have trouble seeing at night.
- Drive only in good weather.
- Avoid heavy traffic.
- Avoid fast-paced highway driving.
- Avoid driving in unfamiliar areas.

A few additional strategies you should consider are:

- If left turns are a problem: make three right turns, make left turns at traffic signals with a turn arrow, or pick a less busy intersection for your turn.
- Map out safe routes with well-lit streets, less traffic, left-turn arrows, clear signs, and easy parking.
- Drive with a friend.
- Let someone else drive when you are uncomfortable with it.

Safety Tips for Drivers

All drivers should:

- Never drink and drive.
- Always wear glasses or corrective lenses, if applicable, and make sure they are a current prescription.
- Avoid distractions while driving, such as phones, eating, or pets.
- Wear a seat belt.
- Avoid driving while taking medications that affect your ability to drive safely.
- Drive when rested and avoid driving for long periods.
- Choose a vehicle that has a comfortable fit, provides maximum visibility and minimal physical strain.
- Take care of your car by making sure there is plenty of gas, it is properly maintained, and keep lights, windshields and mirrors clean.
- Make sure all children are restrained in a car seat or booster seat appropriate for their age, height and weight.
- Look twice before turning. Most crashes occur at intersections.
- Always signal when changing lanes.
- Check your blind spots before changing lanes or merging.
- Increase following distance during bad weather.
- Drive slowly when approaching a crosswalk. Be prepared to stop for pedestrians.

- Stop behind marked stop bars or before the crossing.
- Use caution when passing stopped vehicles, as they may be waiting for pedestrians to cross.
- Keep at least a 3-foot distance between your vehicle and a bicyclist when passing.
- Be aware of pedestrians and cyclists. They can be very hard to see, especially in bad weather or at night.
- Give yourself extra time to respond by leaving at least four seconds between your car and motorcycles.
- Give a full lane to motorcycles when passing. Don't share lanes!



Safety Tips for Roundabouts

A roundabout is a circular intersection where entering traffic yields to vehicles traveling counter-clockwise around a central island. Vehicles entering from each leg of the intersection must yield to traffic already in the roundabout, which is coming from the left. This includes any pedestrians or cyclists who are present. Vehicles exit the roundabout by making a right turn onto the desired road.

Approaching a Roundabout:

- Never make a left turn to enter; this will place you in front of oncoming traffic.
- As you approach the roundabout, slow down.
- Make sure you are in the correct lane. Use signs or pavement markers to help you.
- When there is a gap in traffic, enter the roundabout.

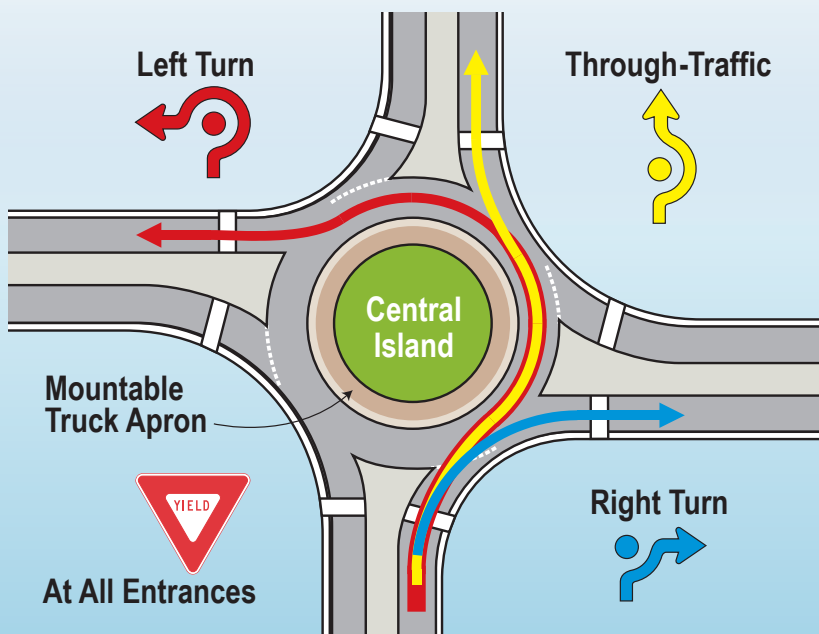
Traveling in a Roundabout:

- Always stay to the right of the central island.
- Watch for pedestrians and cyclists that may be crossing at the other intersections, especially the intersection at which you are exiting.
- Don't stop within a roundabout unless it is the only way to safely avoid a collision or other danger.
- If you are in a roundabout with a bus or large truck, don't pass or drive alongside them, as they may need more than one lane to navigate.

- If there is an emergency vehicle approaching, don't stop. Continue to the nearest exit and pull over to allow the emergency vehicle to clear the roundabout.
- Avoid changing lanes. Move into the lane you need before entering the roundabout.

Exiting a Roundabout:

- Exit where appropriate. If you miss your exit, don't back up. Simply drive around a second time and try again.
- Maintain a slow speed.
- Indicate your exit by using your turn signal.
- Don't accelerate until you are beyond the pedestrian crossing at the exit.



Safety Tips for Winter Driving

- Avoid driving in bad weather. Reduce speeds on icy roads.
- Keep tires at the recommended pressure and routinely check during cold weather.
- Keep your wiper fluid tank full and new blades on front and rear wipers.
- Wash your car for better visibility to other drivers. Remove ice and snow from your lights, windows, and license plate before driving.
- Periodically check lights and replace when necessary.
- Prepare a survival kit with items such as an extra coat, pants, hat, boots and gloves; blanket; nonperishable food; flashlight; matches; jumper cables; tow strap; first-aid kit; shovel; salt or sand; road reflectors or emergency warning lights; and a spare tire and jack.
- If you are stranded in a storm, don't leave your vehicle. Wait for help. Hang a brightly colored cloth on the antenna or in the window. Turn dome light on. Ensure exhaust pipe is clear.
- Keep your fuel tank near full to prevent the fuel line from freezing.
- Don't use cruise control when driving in rain or snow.
- Carry a phone and keep it charged.



Safety Tips for Pedestrians

- Pedestrians are prohibited on freeways. If you have a roadside emergency stay in your vehicle.
- Cross streets at intersections or marked mid-block crossings.
- Obey all traffic signals. Only enter the street during the "WALK" symbol when crossing at a signal.
- Use sidewalks. When there are none, walk facing traffic on the shoulder of the road.
- Make it easy for drivers to see you. Wear reflective clothing and lights at night and wear bright colors during the day.
- Make eye contact with drivers to be sure they see you.
- Avoid any alcohol or drugs, which can impair your judgment and ability to walk.
- Avoid distractions while walking and crossing the street, including using your phone and wearing headphones.
- Have a planned path of escape out of the way of drivers not paying attention.



Safety Tips for Bicyclists

- Wear a properly fitted helmet.
- Ride with traffic and follow road rules. Use hand signals to indicate turning and stopping.
- Use caution when riding on a sidewalk. Drivers may not expect or see you. A riding trail, or bike lane may be a safer option.
- Make it easy for drivers to see you. Dress in bright colors and wear reflective material.
- Watch for debris that might make you fall or swerve.
- Watch for turning traffic.
- Be sure your brakes work and tires are properly inflated.
- Use a white headlight and a red rear light or reflector when riding in the dark.
- Avoid distractions while biking, including using your phone and wearing headphones.



Safety Tips for Motorcyclists

- Michigan requires riders have a CY motorcycle endorsement. Go to [Michigan.gov/Motorcycling](https://www.michigan.gov/Motorcycling) for more information.
- Wear safety gear, including a helmet, gloves, boots, eye protection, pants and a jacket. Bright colors and reflective materials will increase your visibility.
- Be cautious and pay attention to the signals and brake lights of other vehicles.
- Inspect your motorcycle before each ride.
- Reduce your speed in bad weather and when it is dark out.
- Never stay in another vehicle's blind spot.
- Never ride impaired.
- Transitioning to a smaller, lighter motorcycle may allow you to ride longer.



Roadway Improvements

Transportation agencies and private agencies, such as the Michigan Department of Transportation (MDOT), county road associations, local communities, and AAA, are working to improve roads, traffic signs and pedestrian walkways for the safety and benefit of older residents, including:

- Improved intersection safety with roundabouts, protected left turns, and signal placement.
- Increased visibility by using:
 - Larger lettering and easier-to-read signs
 - New materials to make signs easier to read at night
 - Larger signal heads
- Improved pedestrian features, including the use of:
 - Countdown signals
 - Refuge islands
 - Longer walk times
- Advance notification through the use of:
 - Street name signs
 - Warning signs (Stop, Yield, Signal Ahead)



Keeping Safe While Driving

As an older driver, you are more likely to wear your seat belt, less likely to speed or drink and drive. However, you are more vulnerable to injury or death in the event of a crash. The following resources may help to keep you safe while driving.

CarFit

CarFit is an educational program created by the American Society on Aging. It was developed by AAA, AARP, and the American Occupational Therapy Association. CarFit helps to keep you safe and comfortable by improving the “fit” between you and your vehicle. CarFit provides information on resources that may enhance your safety and mobility.

CarFit checkups are quick, free, and fun. Volunteers will help you learn:

- What is the proper use and fit of your seat belt?
- What is the clear line of sight over your steering wheel?
- What is a safe distance between you and your air bag?
- What is the proper position of your seat, headrest, and mirrors?

To find a CarFit event near you, visit car-fit.org.

Vehicle Safety Recalls

Check for recalls and get free repairs by visiting [NHTSA.gov/recalls](https://www.nhtsa.gov/recalls) and entering your vehicle's 17-character VIN. In seconds, you will know if your vehicle is subject to an open safety recall. Sign up for recall alerts and if your vehicle is included in a future recall, you will receive an email letting you know. Checking for safety recalls is free and easy!

My Car Does What?

My Car Does What? educates drivers about new technology designed to prevent crashes. The goal is to make roads safer by teaching drivers to use safety technology to its full potential. Visit mycardoeswhat.org for more information.

Enhance Wellness

Enhance Wellness is a motivational intervention. It is a complement to formal healthcare for older adults. It also works seamlessly with EnhanceFitness, a low-cost exercise program that helps older adults become more active and maintain their independence. More information about these programs can be found at projectenhance.org.

A Matter of Balance

A Matter of Balance is designed for older adults who have fallen or have a fear of falling. With the help of a facilitator seniors can improve their flexibility, balance and strength. More information can be found at your local Area Agency on Aging listed in the back of this booklet.

Driver Safety Courses

Refresh your knowledge of safe driving practices, traffic signs, and roadway features by taking a driver safety class. Classroom and online classes are available. To find a course near you, contact your local AAA branch or AARP Driver Safety Program.

- AAA AAA.com/Safety
Phone: 866-659-1317
- AARP Driver Safety aarpdriversafety.org
Phone: 888-227-7669

Driver education schools are another resource for refreshing, or improving your driving skills. A list of certified providers is available through the Department of State at Michigan.gov/DriverEd or by calling 888-767-6424.

Driving Skills Assessment

Consider having your driving evaluated by a professional. A driver rehabilitation specialist or occupational therapist can help you determine if a visual, physical, or mental condition is affecting your ability to drive safely. They may also be able to help you develop a plan to compensate for your limitations. Some drivers may require adaptive devices to compensate for physical limitations. Some examples of adaptive equipment are hand controls, additional mirrors, pedal modifications, steering devices, turn signal extensions, and remote switches. Your local rehabilitation hospital's occupational therapy department may be able to help you locate a program in your area, as well as the organizations below:

- Association for Driver Rehabilitation Specialists, aded.net or 866-672-9466
- American Occupational Therapy Association, Inc., aota.org/older-driver or 301-652-6611
- Michigan Department of State's Rehabilitation Agencies and Resources list, Michigan.gov/AgingDriver

Retirement from Driving

Those of us who drive want to keep driving for as long as we can. Some people continue to drive beyond the time they can safely do so because they feel they have no other transportation choices. This puts everyone at risk. Understanding your transportation options can help you continue to live your life in the way you desire, meet your needs, and stay connected with friends, family, and social activities. How you will continue to get from place to place, if and when you are no longer able to drive, is something you need to plan.



Develop a Transportation Plan



Most people prefer to grow old in their own homes. However, to “age in place” comfortably you need access to transportation when you are no longer able to drive safely. If you have no other transportation options, you may feel forced to continue driving even when it is no longer safe, or stop driving altogether and stay home, which can lead to isolation and depression.

Learn your options, create a transportation plan, and try them out. Options in your area might include bus and trolley services, senior shuttles, walking, friends and family, taxis, or community driving services.

- If you don't know how to use public transportation, there are programs available that can help you learn. You can also ask a friend to accompany you.
- Ask questions about the services available to you, including whether they offer evening or weekend rides.
- The costs associated with taxi cabs and other transportation services can be offset by the savings of not owning a vehicle.
- Using alternate transportation releases you from the worries of driving and parking your own car.

PLANNING TABLE

Where do I want to go?	How many miles from my home?	How often do I want to go?	Can I take a bus? Y/N	Can I ride with my family/friends? Y/N	Can I walk there? Y/N	Are there other services to get there? Y/N
Grocery Store						
Church						
Doctor's Office						
Shopping						
Entertainment						
Visit Family/Friends						
Other						

Transportation Options

The Michigan Department of Transportation provides information about public transportation services at Michigan.gov/PublicTransit.

The Michigan Department of State provides an Alternative Transportation Services/Transit Authorities by County list, which includes contact information and a description of services available. Visit Michigan.gov/AgingDriver or call 888-767-6424.

The Eldercare Locator is a nationwide directory assistance service designed to identify local resources for the elderly. Call 800-677-1116 toll-free or visit their website at eldercare.acl.gov.



Promoting Safe Mobility for Life

Today's older adults continue to drive for longer. The average person outlives their ability to drive safely by 7 to 10 years, according to AAA.

Michigan's Older Person Mobility and Safety Action Team

The Older Person Mobility and Safety Action Team is a group of traffic safety partners under the Governor's Traffic Safety Advisory Commission.

The group has been working to meet the challenges of Michigan's aging population since 1997.

The goals of the Older Person Mobility and Safety Action Team are to:

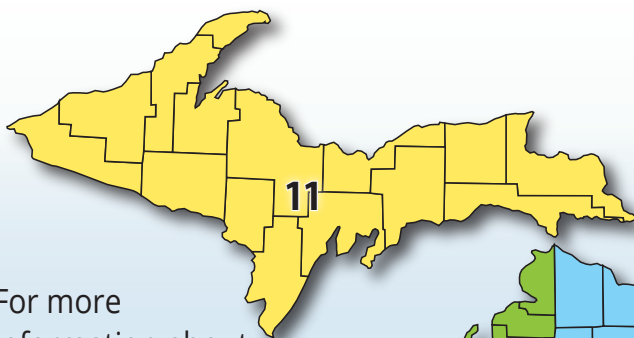
- Improve the mobility of aging Michigan residents when driving is no longer a safe option.
- Reduce the rate of senior driver traffic crashes.

This guide, published by the Michigan Department of State, Michigan Department of Transportation, and Michigan Office of Highway Safety Planning, supports those goals.

For more information, visit Michigan.gov/GTSAC.

Michigan Area Agencies on Aging

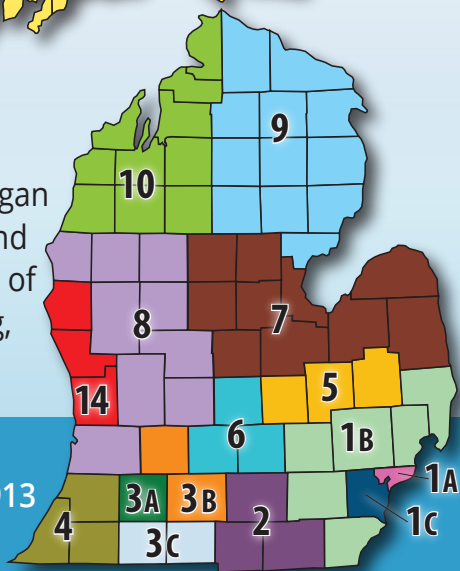
Michigan's 16 Area Agencies on Aging are nonprofit organizations that provide information, resources, and services to older adults, persons with disabilities, and their family caregivers. Specialists provide information on housing options, in-home services, home-delivered meals, care management, caregiver relief services, legal assistance, counseling, training, transportation options, nursing facility transitions, and Medicare and Medicaid assistance.



For more information about services to seniors, please contact the Michigan Department of Health and Human Services' Bureau of Aging, Community Living, and Supports

400 South Pine Street
Lansing, Michigan 48913

Michigan.gov/AASA



Area Agencies on Aging Offices by Region

1-A Detroit Area Agency on Aging

1333 Brewery Park Blvd.,
Suite 200
Detroit, MI 48207

Phone: 313-446-4444

Fax: 313-446-4445

Website: detroitseiorsolution.org

*Serves cities of Detroit,
Grosse Pointe (GP), GP Farms, GP Park,
GP Shores, GP Woods, Hamtramck,
Harper Woods, Highland Park*

1-B Area Agency on Aging 1-B

29100 Northwestern Highway,
Suite 400
Southfield, MI 48034

Phone: 248-357-2255

Toll-Free: 800-852-7795

Fax: 248-262-9971

Website: aaa1b.org

*Serves counties of Livingston, Macomb,
Monroe, Oakland, St. Clair, Washtenaw*

1-C The Senior Alliance, Inc.

5454 Venoy Road
Wayne, MI 48184

Phone: 734-722-2830

Toll-Free: 800-815-1112

(SE MI only)

Fax: 734-722-2836

Website: thesenioralliance.org

*Serves all of Wayne County excluding
areas served by Region 1-A*

2 Area Agency on Aging

102 N. Main St., P.O. Box 189
Brooklyn, MI 49230

Phone: 517-592-1974

Toll-Free: 800-335-7881

Fax: 517-592-1975

Website: r2aaa.net

*Serves counties of Hillsdale,
Jackson, Lenawee*

3-A Area Agency on Aging

Kalamazoo County
Human Services Department
311 East Alcott St.
Kalamazoo, MI 49001

Phone: 269-373-5147

Info Line: 269-373-5173

Fax: 269-373-5227

Website: kalcounty.com/aaa

Serves Kalamazoo County

3-B CareWell Services Southwest

200 W. Michigan Ave., Suite 102
Battle Creek, MI 49017

Phone: 269-966-2450

Toll-Free: 800-626-6719

Fax: 269-966-2493

Website: carewellservices.org

Serves counties of Barry, Calhoun

3-C Area Agency on Aging (III-C)

Branch-Hillsdale-St. Joseph
Community Health Agency
570 Marshall Road
Coldwater, MI 49036

Phone: 517-278-2538

Toll-Free: 888-615-8009

Fax: 517-278-2494

Website: bhsj.org/AAA

Serves counties of Branch, St. Joseph

4 Area Agency on Aging

2900 Lakeview Ave.

St. Joseph, MI 49085

Phone: 269-983-0177

Toll-Free: 800-442-2803

Toll-Free: 800-654-2810

(Senior Info Line)

Fax: 269-983-5218

Website: areaagencyonaging.org

*Serves counties of Berrien, Cass,
Van Buren*

5 Valley Area Agency on Aging

225 E. Fifth St., Suite 200
Flint, MI 48502

Phone: 810-239-7671

Toll-Free: 800-978-6275

(In-state only)

Fax: 810-239-8869

Website: valleyaaa.org

*Serves counties of Genesee, Lapeer,
Shiawassee*

6 Tri-County Office on Aging

5303 S. Cedar St., Suite 1
Lansing, MI 48911-3800

Phone: 517-887-1440

Toll-Free: 800-405-9141

Fax: 517-887-8071

Website: tcoa.org

*Serves counties of Clinton,
Eaton, Ingham*

7 Area Agency on Aging

1615 S. Euclid Ave.

Bay City, MI 48706

Phone: 989-893-4506

Toll-Free: 800-858-1637

Fax: 989-893-3770

Website: region7aaa.org

*Serves counties of Bay, Clare, Gladwin,
Gratiot, Huron, Isabella, Midland,
Saginaw, Sanilac, Tuscola*

8 Area Agency on Aging of Western Michigan, Inc.

3215 Eaglecrest Drive, N.E.
Grand Rapids, MI 49525

Phone: 616-456-5664

Toll-Free: 888-456-5664

Fax: 616-456-5692

Website: aaawm.org

*Serves counties of Allegan, Ionia, Kent,
Lake, Mason, Mecosta, Montcalm,
Newaygo, Osceola*

**9 Area Agency on Aging
Northeast Michigan
Community Service
Agency, Inc.**

2375 Gordon Road
Alpena, MI 49707

Phone: 989-356-3474

Toll-Free: 866-484-7077

Fax: 989-354-5909

Website: nemcsa.org

*Serves counties of Alcona, Alpena,
Arenac, Cheboygan, Crawford, Iosco,
Montmorency, Ogemaw, Oscoda, Otsego,
Presque Isle, Roscommon*

**10 Area Agency on Aging
of Northwest Michigan, Inc.**

1609 Park Drive, P.O. Box 5946
Traverse City, MI 49696-5946

Phone: 231-947-8920

Toll-Free: 800-442-1713

Fax: 231-947-6401

Website: aanm.org

*Serves counties of Antrim, Benzie,
Charlevoix, Emmet, Grand Traverse,
Kalkaska, Leelanau, Manistee,
Missaukee, Wexford*

**11 U.P. Area Agency on Aging
UPCAP Services, Inc.**

P.O. Box 606
2501 14th Ave. South
Escanaba, MI 49829

Phone: 906-786-4701

Toll-Free: 800-338-7227

*(U.P. Senior Helpline for
Information and Referral)*

Fax: 906-786-5853

Website: upcap.org

*Serves counties of Alger, Baraga,
Chippewa, Delta, Dickinson, Gogebic,
Houghton, Iron, Keweenaw, Luce,
Mackinac, Marquette, Menominee,
Ontonagon, Schoolcraft*

14 Senior Resources

560 Seminole Road
Muskegon, MI 49444

Phone: 231-739-5858

Toll-Free: 800-442-0054

Fax: 231-739-4452

Website: seniorresourceswmi.org

*Serves counties of Muskegon,
Oceana, Ottawa*

Organizations listed below provided input
for the development of this guide.



AED

The Association for Driver
Rehabilitation Specialists



Beaumont



Safe Drivers Smart Options

Keys to Lifelong Mobility

Michigan.gov/AgingDriver



SOS-194

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