### Driving Strategies

The following table outlines some of the driving challenges that may come up for the older driver and the solutions that contribute to a safe journey.

<table>
<thead>
<tr>
<th>Driving Challenges</th>
<th>Solutions</th>
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| I feel overwhelmed by the number of signs, road markings, pedestrians and vehicles | • Plan the trip route.  
• Drive in familiar areas. |
| I am uncertain in handling the demands of high speeds and heavy traffic | • Drive during the day.  
• Avoid rush hours.  
Find alternative routes with less traffic. |
| I have difficulty judging gaps in traffic, making it harder:  
• To turn left at intersections or  
• To merge with traffic when turning right | • Drive during the day. Avoid rush hours. Find alternative routes with less traffic.  
• Remind yourself to look both ways when approaching an intersection.  
• Find routes where left turns have green-arrow signals. Avoid left turns by taking routes that require right turns.  
• Avoid highways where speed makes distance judgment more difficult. |
| I am concerned about seeing and reacting too slowly to cars coming out of driveways and side streets or cars ahead slowing down street signs | • Scan far down the road continuously to anticipate future problems and plan actions.  
• Keep a safe distance behind another car by finding a marker (tree, sign, lamppost) and, as the car in front passes it, count 1001, 1002, 1003, 1004. Leave enough space to reach the same marker at the count of 1004. |
<table>
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<th>Handouts are from Chapter 6, Drivewell (ASA): <a href="http://www.asaging.drivewell">www.asaging.drivewell</a></th>
</tr>
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</table>
| I have difficulty seeing traffic and street signs | • Always wear glasses with current prescription. Choose glasses that allow you to see to the sides.  
• Visit an eye doctor every year to check for cataracts, glaucoma, macular degeneration, and diabetic retinopathy.  
• Avoid sunglasses or tinted lenses at night.  
• Avoid car windows that are darkened or tinted. |
| I feel challenged to see lane lines and other pavement markings curbs, medians, and other vehicles, especially at dawn, dusk, or night | • Always wear glasses with current, prescription.  
• Visit an eye doctor every year to check for cataracts, glaucoma, macular degeneration and diabetic retinopathy.  
• Avoid sunglasses or tinted lenses at night.  
• Avoid car windows that are darkened or tinted.  
• Keep windshield, mirrors, and headlights clean.  
• Avoid ear windows that are darkened or tinted.  
• Check headlight aim at car inspections.  
• Keep windshield, mirrors, and headlights clean.  
• Increase the brightness on the instrument panel. |
| I am uncomfortable at night from glare of oncoming headlights | • Sit high enough in the seat to see the road at least 10 feet in front of the car  
• With oncoming traffic, look to the lower right side of the road  
• When choosing a car, look for rearview mirrors that automatically filter out glare. |

Adapted from NI ITSA, *Driving Safely While Aging Gracefully*

Handouts are from Chapter 6, *Drivewell* (ASA): www.asaging.drivewell