



SENIOR DRIVER SAFETY TIPS

Regular Vision & Hearing Checks

Ensure your eyesight and hearing are tested annually to detect any changes that may affect driving.

Know Your Medications

Some prescriptions can cause drowsiness or slow reaction times. Check with your doctor before driving.

Drive in Ideal Conditions

Avoid driving in bad weather, heavy traffic, or at night if it makes you uncomfortable.

Plan Your Route

Use GPS or check directions ahead of time to avoid confusion and unnecessary stress on the road.

Increase Following Distance

Leave extra space between you and the car ahead to allow more reaction time.

