

Tips for older drivers

Vision and hearing checks may help prevent crashes

BY THE NUMBERS Whether you are 17 or 87, being a safe driver is important. But aging may make driving more challenging, putting older adults and others on the road at risk.

Why can driving get harder as we age?

Our muscles weaken and reflexes slow, making it harder to react quickly and brake safely. Age-related eye problems, like cataracts or gradual vision loss, can make it more difficult to see road signs or recognize familiar places. Additionally, hearing loss makes it harder to hear other drivers or emergency vehicles.

But older adults can take some important steps to stay safer on the road:

- Try to drive during daylight and in good weather.
- If you have to drive at night, use well-lit routes.
- Leave more space between you and the car in front of you.
- Plan your route ahead of time.
- Always wear your seatbelt.
- Never drive if you do not feel well, or are stressed or tired.

There are more than
**41 million licensed drivers
age 65 and older** on the road.

That's up from 26 million 20 years ago.



Drivers **age 65 and older** should get their **eyes checked at least once a year.**

Drivers **over age 50** should get their **hearing checked every three years.**



SOURCES: National Institute on Aging; Federal Highway Administration
