

Safe Driving Tips for Seniors

How to Drive Safer, Longer: Driving Tips for Seniors

Time to hit the road. Seatbelt on? Checked your mirrors? Car in working order? For all drivers, these are considerations we need to take when getting behind the wheel. As we age, though, there are a few extra precautions we need to take to make sure we stay safe.

Getting older means taking extra time to evaluate your driving ability, including the possibility of additional measures to ensure your safety. In this post, you'll discover senior driving tips from The Atrium at Navesink Harbor that can help keep you driving safer for longer.

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- Assess your driving abilities. Take a refresher driving course for older adults. You can find one near you using the [AARP Smart Driver Course Locator](#). Organizations like AAA also offer [self-rating driving assessments](#) that help you examine your abilities. Taking some time to ensure your driving capabilities are up to par will go a long way to determine what, if any, additional measures you should take to stay safe.
- Consult with your doctor. If you're taking medications or have any health conditions, talk to your doctor. There could be side effects or conflicts that may limit your driving abilities. While you're there, ask if you should have a vision and hearing test. Seeing the road and listening to other drivers is important for your safety.
- Limit your distractions. This is good advice for anyone behind the wheel, regardless of age. You cannot drive safely without having your full attention on the road. According to the National Highway Traffic Association, [3,166 lives were claimed in 2017](#) by distracted driving incidents. So, turn off the cell phones and make sure your navigation system and the stereo is set before you put the car in drive.
- Understand your limitations. Take note of any physical limitations you may

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have and make adjustments if necessary. If your back hurts, place appropriate support on the driver's seat. If looking in your blind spot is getting difficult, re-adjust your mirrors or consider a newer car equipped with blind-spot sensors. Making accommodations like these will help you feel more comfortable behind the wheel.

- Hang up the keys if necessary. It's entirely possible that all of us will reach a point in our lives when it's best to stop driving. But that doesn't mean giving up our freedom! We have more transportation options available today than ever before, including public transportation and newer ride-sharing solutions like Uber and Lyft.

Learn How The Atrium Helps You Get Where You Need to Go

At The Atrium, you don't need a driver's license to maintain your independence. In fact, you may not even want to bother with the hassle of vehicle ownership when you consider how easy it is to get where you want to go. Throughout the week, you can take advantage of off-campus trips to places like New York City, the Newark Museum and Count Basie Theatre. For groceries, catch a ride to Foodtown, Trader Joe's and Target. No matter where you want to go, we can help you get there.

There are also many amenities within walking distance of The Atrium. Resident Katherine Guyer notes that, "Living here I can walk to the pharmacy, bank, church, shopping, restaurants, library, theater, and the park. It's very convenient." So, while transportation options are readily available, you may find they aren't necessary at all thanks to our central location.

Come see for yourself! Contact us today to [schedule your tour](#) of our community.