

# Older Drivers

Regardless of age, driving safely is important. However, the aging process brings changes that can affect the older driver's ability to drive safely. Here are some helpful tips:

- Have regular medical, vision and hearing checkups. If required, wear necessary corrective lens when driving.
- Know how medicines could affect your driving.
- Be sure your vehicle is in proper working condition before travelling, at all times of the year.
- Ensure your windshield, rear window, all lights and mirrors are clean.
- Always wear your seat-belt.
- Look for vehicles entering the road from curbs, driveways and businesses.
- Be alert for parked cars, pedestrians and cyclists. Check to the side several times before turning or merging.
- When unsure whether you should pass or change lanes, stay in your lane.
- When driving in the rain or in winter, reduce speed and increase following distance.
- Plan your trips, choosing familiar routes and avoiding dense and/or high speed traffic.
- Avoid driving when visibility is difficult.
- Avoid prolonged hours of driving.
- Do not drive if you are emotionally upset.
- Minimize background noise.
- Never drive after consuming alcohol.
- Always stop along the side of the road when using your cell phone.

## Healthy aging... body, mind and spirit

is published in English and French by:  
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CNB 7013

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### Sharpen Your Driving Skills

The 55 Alive Driver Refresher Course is designed to help Canadians 55 years and over to maintain their independence and their driving privileges. The course is designed to help you:

- Gain more confidence behind the wheel.
- Improve your awareness of traffic hazards.
- Update yourself on traffic laws and new technology.
- Anticipate the actions of other drivers.
- Identify and correct bad driving habits.
- Voice your concerns in a friendly, relaxed environment.

Contact the Safety Services New Brunswick at 1-877-762-7233 for more information about this course.

### For more tips on safe driving:

[practice@caot.ca](mailto:practice@caot.ca)

[www.olderdriversafety.ca](http://www.olderdriversafety.ca)