Older Drivers

Advice for keeping you safe and driving for as long as possible

Top tips for keeping that record of safe driving:

Be aware
How are you driving? Are you finding it harder? Be aware you may need to take steps to address this. Make a pledge with your loved ones to listen to their advice, they care about you.

Change the way you drive
Avoid driving in conditions you no longer feel comfortable with i.e. Driving at night or at busy times of the day.

Drive less
If you are finding it difficult or tiring to drive you should consider driving less or even stopping completely.

Driving assessments
The assessments are not intended to stop you from driving. They are designed to give you helpful tips for staying safe on the roads for longer. Lancashire Road Safety Partnership offer a Drive Safely for Longer course that does just this. www.lancsroadsafety.co.uk/olderdrivers

Change your car
Think about whether your vehicle is suitable for your current needs - a different vehicle choice with some helpful adaptations may be more beneficial.

Alternatives to driving

Using a variety of transport now will help you stay mobile and independent in later years if you do need to stop driving.

If you are considering reducing your driving or stopping altogether there are many alternatives that can replace the car so you can still enjoy your freedom;

- Walking & cycling
- Public Transport
- Mobility scooters
- Community transport
- Car sharing
- Taxis & minicabs

www.lancsroadsafety.co.uk/olderdrivers
www.lancashire.gov.uk/roadsafety
safertravelteam@lancashire.gov.uk
(01772) 537 960

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Medical Conditions
It is a legal requirement to notify the Driver and Vehicle Standards Agency (DVSA) of any disability or medical condition that could affect your ability to drive safely.

- Dementia
- Diabetes
- Epilepsy
- Stroke
- Any heart condition
- Loss of mobility in any limb

Did you know?
If you only use your car a couple of times a week it could work out cheaper to get a taxi!

Self Declaration
When you turn 70 you need to declare on the form sent by the DVSA that you are still fit and able to drive safely...

It is YOUR responsibility to judge this.

Remember, you can always consult your doctor or family if you have any concerns.