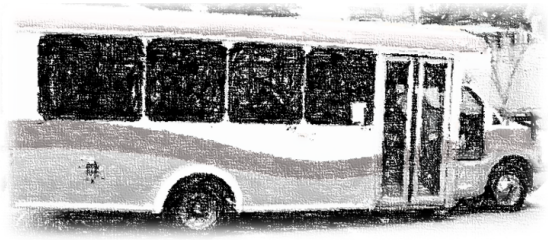
When you decide to quit driving...

DMV can replace your current, unexpired driver license at no cost with a Quit Driving Identification (QDID) card that has the same expiration date as your driver license. To get your QDID when your driver license photo is over nine years old, go to a DMV office. Otherwise, you can download the form via the Oregon Driver Fitness web page under When to Stop Driving, Plan for Retirement from Driving and fax or mail to DMV.

Getting Around Without a Car

- The Getting Around section of Oregon's Driver Fitness web page (see ***For More Information***, at right) has resources to help you maintain transportation independence without a car, including links to AARP resources and Oregon's Aging and Disability Resource Connection among others.
- Senior centers may offer shuttle services.
- The Area Agencies on Aging have information on transportation in your area: call (800) 282-8096.



Unsafe Driver Reporting

- Anyone can report concerns about a driver's ability to drive safely including: doctors and healthcare professionals, law enforcement, and members of the community including neighbors, friends, or family.
- These reports may result in a suspension of driving privileges with requirements that must be met to keep or regain those privileges, which can include providing medical information for a determination of medical eligibility, providing a Certificate of Vision, and/or passing DMV tests.
- Specific medical professionals are ***required*** to report an unsafe driver to DMV when the driver's medical condition or impairment is severe and uncontrollable.

For more information:

Webpage: Oregon Driver Fitness
https://tinyurl.com/5t34wmzd

DMV - Driver Specialty Services

1905 Lana Ave. NE
Salem, OR 97314
(503) 945-5083
TTY Statewide Relay
7-1-1

www.oregondmv.com

DMV
Driver and Motor Vehicle Services

Form 735-7242 (9-26), STK #300239

How's My Driving?

Staying Safe Behind The Wheel

Oregon Driver and Motor Vehicle Services

Staying Safe Behind The Wheel

While older drivers are some of the safest drivers because they rarely speed or drive after drinking, understanding how age and certain medical conditions may affect driving can help you stay safe behind the wheel as long as possible.

Medications may affect driving...

- Decongestants, antihistamines, cough medicines, strong pain killers, diabetes medications, tranquilizers, anti-depressants, and sleep aids can all interfere with safe driving.
- Combinations of medicines can increase the effects of each drug on the body. With older adults often having one or more long-term illnesses, they may be taking several different medications.
- Talk to your doctor or pharmacist about any medications you are taking and their possible effect on driving, especially when taking them together.

Bodies and brains change as we age...

- Joints may stiffen, muscles weaken, and vision may deteriorate as people age. Turning your head to look back, steering, or braking the car may become difficult.
- Reflexes may become slower, and it may be more difficult to focus your attention. You may have a hard time doing two things at once—something driving safely requires.

Bodies and brains change as we age *(cont'd)* ...

- Illnesses common among older adults can affect driving, including arthritis, Parkinson's, depression, or stroke among others.
- Diabetes may cause nerve damage in your hands, legs, or eyes and it may put you at risk of losing consciousness.
- Cognitive decline including Dementia and Alzheimers causes serious memory, personality, and behavioral problems that can impair driving.

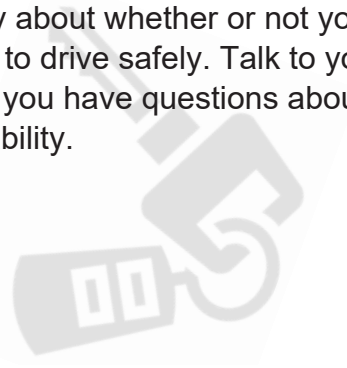
Steps to Better Driving

- **Pay extra attention when** yielding right of way, changing lanes, using freeway ramps, and turning – especially left. If there is not a left-turn arrow, look for alternate routes that do have one.
- **Avoid difficult situations** such as driving at night, on highways, during rush hour, and in bad weather.
- **Limit your** trips to lower the chances of a crash.
- **Stick to** streets you know.
- **Leave a** big space between your car and the car in front of you.
- **Don't drive when** you are tired.

Steps to Better Driving *(cont'd)*

- **Refresh your driving skills**. Both AAA and AARP have driver safety and driver improvement classes online as well as other great senior driving resources:
  - AARP's Smart Driver Course can be found at **www.AARPDriverSafety.org**
  - **AAA's RoadWiseDriver course** can be found by searching online for "AAA RoadWiseDriver". Of course, you can always visit your local AAA office for more information and assistance.

Clues to Stop Driving

- Other drivers often honk at you.
- You've had some collisions or traffic tickets.
- You get lost even on well-known roads.
- Family members or friends have said they are worried about your driving.
- You drive less because you're not as comfortable driving as you once were.

If any of these are true for you, think seriously about whether or not you are still able to drive safely. Talk to your doctor if you have questions about your driving ability.