



a second is all it takes

## RESOURCES FOR THE OLDER DRIVER

Driver error is the main cause of serious and fatal motor vehicle conditions in the Niagara region for all age groups.<sup>1</sup> For drivers over 60 years old, it represents 96% of all serious and fatal crashes, whereas for the 51 to 60 age group, driver error is indicated in 67% of these crashes. The vast majority of older drivers continue to be safe to drive and are often unfairly characterized by the media. Current research indicates that it is not age itself, but the increasing prevalence of medical and functional conditions that affect driving ability.<sup>2</sup>

Numerous medical conditions are associated with crashes such as vision and movement (arthritis, pain), seizures, cerebral-vascular, cardiac, diabetes, psychiatric, dementia, respiratory. These conditions increase with age. Even the best drivers can become unsafe when medical conditions change their abilities. Health conditions are extremely personal. But road safety concerns everyone – motorists, families, physicians, governments – in:

- Extending the safe driving period for all drivers
- Understanding older drivers with medical and functional impairments and
- Lessening the impact of driving cessation in those who must stop

### To learn more about...

**How your condition/medication impacts driving:** Speak to your physician.

#### **Driver Refresher Courses:**

- **Drive Wise:** Ontario Provincial Police, Phone: 905-356-1311 or 1-888- 310-1122 [www.drivewise.ca](http://www.drivewise.ca)
- **Canada Safety Council's 55 Alive Defensive Driver Course for Mature Drivers:** Phone: 905-646-3065

<http://safety-council.org/training/55-alive-driver-refresher-course/>

**Driver Re-testing:** Contact a local driving school or your provincial Ministry of Transportation at 1-800-396-4233

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<sup>1</sup> Report on the Niagara Regional Police Service Motor Vehicle Collision Data 1999-2003  
<sup>2</sup> Canadian Driving Research Initiative for Vehicular Safety in the Elderly (Can DRIVE)



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## Driver Assessment Referral Programs:

- **Advance Driver Rehabilitation Services:** driver evaluations determining if an individual's medical condition, medications, functional or anxiety limitations affect their driving potential (fee for service \$350+) St. Catharines Phone: 905-685-5591 [www.advancedrivertraining.net](http://www.advancedrivertraining.net)
- **DriveABLE :** assessment of the medically at-risk driver (fee for service \$250+)  
Phone: Hamilton 1-800-663-0423, North York, 416-398-1035, Guelph 519-767-6787, or Milton 1-888-881-3414.  
<http://www.driveable.com/index.php/drivers>
- **Hamilton Health Sciences Driver Rehabilitation:** (fee for service \$450+)  
Phone: Chedoke Hospital, Hamilton, 905-521-2100 ext. 77127

## Web Resources:

- **MTO Senior Drivers in Ontario FAQ** – compulsory at age 80 driver renewal curriculum pages  
<http://www.mto.gov.on.ca/english/dandv/driver/senior/index.html>
- **CanDRIVE; the Canadian Driving Research Initiative for Vehicular Safety in the Elderly** – establishing a national multidisciplinary collaborative approach to identify, analyse, and address the health-related safety and quality-of-life issues concerning older drivers. [www.candrive.ca](http://www.candrive.ca)
- **“Your Health and Safe Driving”** is a brochure designed to guide you to think about your health and its impact on your driving.  
[http://www.cooperators.ca/static/pdf/en/corpresp\\_road\\_safety.pdf](http://www.cooperators.ca/static/pdf/en/corpresp_road_safety.pdf)
- **Think and Drive Niagara** -take the challenge and test your personal driving behaviour at [www.thinkanddrive.net](http://www.thinkanddrive.net)
- **“Driving And Dementia: A Guide For Patients And Families”** is a brochure available at  
<http://www.regional.niagara.on.ca/living/roads/roadsafety.aspx>
- **Older Drivers in Canada** is an initiative of the *Canadian Association of Occupational Therapists* providing information on normal aging and safe driving.  
<http://www.olderdriversafety.ca>