

Drive Wise Hawai'i

Promoting Mature Driver Safety

If you would like to learn more about the mature driver safety programs in Hawaii or you do not have a primary care physician, please contact the following organizations:

Driver Safety Programs:

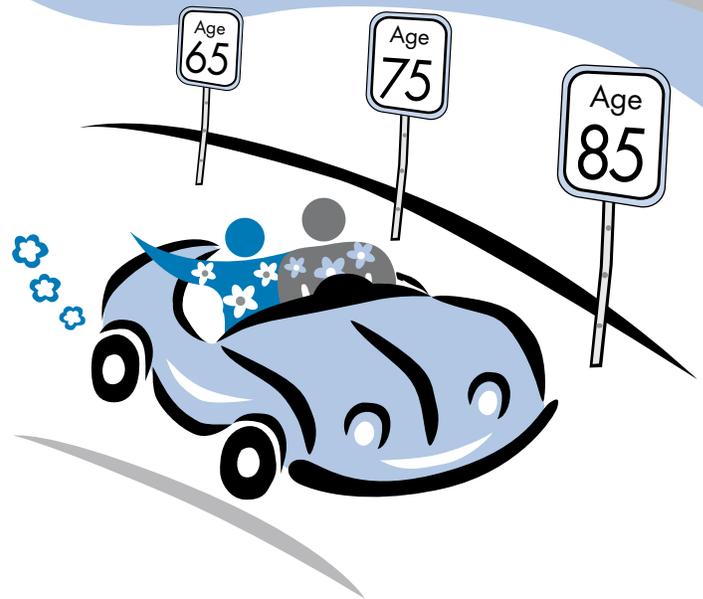
- **AARP**
www.aarp.org/families/driver_safety
Phone: 1-(866) 295-7282 (Toll Free)

Driver Safety Classes
Oahu: 843-1906 Kauai: 246-4500
Maui: 270-7308 Big Island: 334-1212

- **AAA-Hawaii**
www.aaa-hawaii.com/roadwise
Phone: 593-2221

Primary Care Physician Referral:

- **Hawaii Medical Association**
www.hmaonline.net
Phone: 536-7702



As we travel life's highway...



www.nhtsa.dot.gov
nhtsa
people saving people

...our body gets older.

We begin to notice changes. We can't see things clearly, our body isn't as flexible, we start to have more aches and pain, and we begin to forget things more often.

These changes can make it more difficult for you to drive safely.

Please take a minute to ask yourself the following questions:



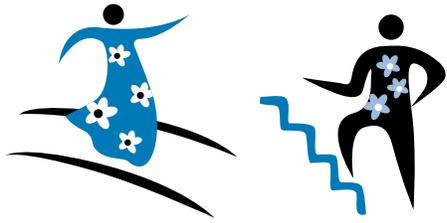
1. *How is your eyesight?*

Do you have trouble...

- Reading signs easily?
- Recognizing someone you know from across the street?
- Seeing street markings, other cars, and people walking — especially at dawn, dusk and at night?
- Handling headlight glare at night?

If you said **“YES”** to any of these questions, you should...

- ✓ Always wear your glasses.
- ✓ See your Eye Doctor regularly.
- ✓ Clean your windshield, mirrors and headlights.
- ✓ Make sure that your headlights are working and aimed correctly.
- ✓ Sit high enough in your seat so you can see the road for at least 10 feet in front of your vehicle.
- ✓ If you are 60 and older, see your Eye Doctor every year.



2. *Do you have control of your vehicle?*

Do you have trouble...

- Looking over your shoulder to change lanes?
- Moving your foot from the gas to the brake pedal?
- Turning the steering wheel?
- Walking less than a block a day?
- Going up or down stairs because you have pain in your knees, legs, or ankles?

If you said **“YES”** to any of these questions, you should...

- ✓ Ask your doctor about physical therapy, medicine, stretching exercises, or a walking or fitness program.
- ✓ Get automatic transmission, power steering and brakes, and other special equipment to make it easier for you to drive.
- ✓ Move your mirrors to reduce driver's side blind spot.
- ✓ Watch for flashing lights of emergency vehicles.
- ✓ Listen for sounds outside your vehicle.

3. *Do you feel nervous, scared or overwhelmed while driving?*

Do you...

- Feel confused by traffic signs, people, and cars in traffic?
- Take medicine that makes you sleepy?
- Get dizzy, or have seizures or losses of consciousness?
- React slowly to normal driving situations?

If you said **“YES”** to any of these questions, you should...

- ✓ Ask your doctor if your health or side effects from your medicine can affect your driving.
- ✓ Take routes that you know.
- ✓ Try to drive during the day.
- ✓ Try to avoid rush hour traffic.
- ✓ Keep a safe distance between you and the car ahead of you.
- ✓ Always scan the road while you are driving so that you are ready for any problems and can plan your actions.



4. *Do you have trouble remembering?*

Have you...

- Gotten lost going to some place familiar?
- Gone through a red light or stop sign without realizing it?
- Confused the brake and the gas pedal or had trouble deciding which one to use?
- Hit or nearly hit someone or something?
- Recently been stopped by a policeman who questioned how you were driving?

If you said **“YES”** to any of these questions, you should...

- ✓ Talk to your doctor, family, or someone you trust about your driving.

5. *Has your family or someone said they were concerned about your driving?*

If you said **“YES”**, you should...

- ✓ Talk to your doctor. Check for side effects of any medicines you are taking.
- ✓ Think about taking a mature driving class. AAA, AARP, and driving schools may offer these classes.
- ✓ Try walking, carpooling, public transit, and other forms of transportation.

