

APPENDIX B

Patient and Caregiver Educational Materials

Patient and Caregiver Educational Materials

These handouts were designed to be user-friendly and simple to read. All patient education materials were written at or below a 6th grade reading level, and all family and caregiver material was written at a 7th grade reading level.

We encourage physicians to make copies of these handouts for their patients, have them available in the office setting, educate office staff to distribute them when appropriate, and use them as talking points when discussing driving issues with patients.

Am I a Safe Driver?

Check the box if the statement applies to you.

- I get lost while driving.
- My friends or family members say they are worried about my driving.
- Other cars seem to appear from nowhere.
- I have trouble finding and reading signs in time to respond to them.
- Other drivers drive too fast.
- Other drivers often honk at me.
- Driving stresses me out.
- After driving, I feel tired.
- I feel sleepy when I drive.
- I have had more “near-misses” lately.
- Busy intersections bother me.
- Left-hand turns make me nervous.
- The glare from oncoming headlights bothers me.
- My medication makes me dizzy or drowsy.
- I have trouble turning the steering wheel.
- I have trouble pushing down the foot pedal.
- I have trouble looking over my shoulder when I back up.
- I have been stopped by the police for my driving.
- People no longer will accept rides from me.
- I have difficulty backing up.
- I have had accidents that were my fault in the past year.
- I am too cautious when driving.
- I sometimes forget to use my mirrors or signals.
- I sometimes forget to check for oncoming traffic.
- I have more trouble parking lately.

If you have checked any of the boxes, your safety may be at risk when you drive.

Talk to your doctor about ways to improve your safety when you drive.

Successful Aging Tips

Tip #1: Take care of your health.

Visit your doctor regularly.

Ask about tests and immunizations that are right for your age group.

Consider testing for cancer that is right for your age group.

Treat any risk factors for atherosclerosis or “hardening of the arteries.”

Eat a healthy diet. Your diet should be low in fat and high in fiber.

- Eat plenty of vegetables, fruits, beans and whole grains.
- Eat low fat proteins in the form of lean red meat, poultry and fish.
- Get enough calcium by drinking low fat milk and eating low fat yogurt and cheese.
- Eat a variety of foods to get enough vitamins and minerals in your diet.
- Drink lots of water.

Exercise to stay fit. Be active every day at your own level of comfort.

- Walk, dance, or swim to improve your endurance.
- Work out with weights to increase your strength.
- Stretch to maintain your flexibility or consider joining group classes that will help you stay fit (e.g., yoga, tai chi).

Don't drink too much alcohol. It is recommended that people over the age of 65, not have more than one drink per day. (A drink is one glass of wine, one bottle of beer, or one shot of hard liquor.) Never drink alcohol with your medicines!

Don't use tobacco in any form. This means cigarettes, cigars, pipes, chew or snuff. If you need help quitting, talk to your doctor.

Tip #2: Keep yourself safe.

Make your home a safe place.

- Keep your home, walkways and stairways well lit and uncluttered.
- Keep working smoke detectors and a fire extinguisher in your home.
- Adjust the thermostat on your hot water tank so that you don't burn yourself.
- Remove firearms from the house.

Prevent falls.

- Make sure all throw rugs have non-slip backs so they don't throw you!
- Slip-proof your bathtub with a rubber mat.
- Consider grab bars and a shower chair for the bathtub.
- Consider a raised toilet seat.
- Consider an occupational therapy home safety evaluation.

Stay safe in the car.

- Wear your seat belt—and wear it correctly! (It should go over your shoulder and across your lap.)
- Never drink and drive!
- Don't drive when you are angry, upset, sleepy or ill.
- If you have concerns about your driving safety, talk to your doctor.
- Do not use a cell phone while driving.
- Do not do other activities such as eating, reading, and shaving when driving.

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Tip #3: Take care of your emotional health.

Keep in touch with family and friends.

It's important to maintain your social life!

Exercise your mind. Keep your mind active by reading books, doing crossword puzzles, and learning about computers.

Stay active by joining groups and keeping your mind alert.

- Consider doing crosswords, puzzles, computer games, card games, etc.
- Join a club, organization, or religious group and participate in volunteer activities.
- Consider volunteering to drive an older adult who no longer has a license!

Keep a positive attitude!

Remember to smile and laugh.

- Focus on the good things in your life, and don't dwell on the bad.
- Stay active with the activities that make you happy.
- If you've been feeling sad lately or no longer enjoy the things you used to, ask your doctor for assistance.

Tip #4: Plan for your future.

Keep track of your money. Even if someone else is helping you manage your bank accounts and investments, stay informed.

Know your own health. This is important for receiving good medical care.

- Know what medical conditions you have.
- Know the names of your medicines and how often you take them.
- If you are having trouble remembering taking your medication, use a pillbox, calendar, or family member to help you stay on track.
- Make a list of your medical conditions, medicines, drug allergies (if any), and the names of your doctors. Keep this list in your wallet.

Make your health care wishes known to your family and doctors.

- Consider filling out an advance directives form. This form lets you state your health care choices or name someone to make these choices for you in case you are unable to do so.
- Give your family and doctors a copy of the advanced directives form. This way, they have a written record of your choices in case you are unable to tell them at the time.
- If you need help with your advance directives, talk to your doctor or your lawyer.

Create a transportation plan. If you don't drive, know how to get around.

- Ask family and friends if they would be willing to give you a ride.
- Find out about buses, trains, and shuttles in your area.
- If you need help finding a ride, contact your local Area Agency on Aging.

Tips for Safe Driving

Tip #1: Drive with care.

Always—

- Plan your trips ahead of time. Decide what time to leave and which roads to take. Try to avoid heavy traffic, poor weather and high-speed areas.
- Wear your seat belt—and wear it correctly. (It should go over your shoulder and across your lap.)
- Be sure you “fit” well in your car. Take advantage of a CarFit class (see resources) if one is available in your community.
- Drive at the speed limit. It’s unsafe to drive too fast or too slow.
- Be alert—pay attention to traffic at all times.
- Keep enough distance between you and the car in front of you.
- Be extra careful at intersections. Use your turn signals and remember to look around you for people and other cars.
- Check your blind spot when changing lanes or backing up.
- Be extremely careful with left hand turns, allowing enough time to pass through the intersection in case of on-coming traffic.
- Be extra careful at train tracks. Remember to look both ways for trains.
- When you take a new medicine, ask your doctor or pharmacist about side effects. Many medicines may affect your driving even when you feel fine. If your medicine makes you dizzy or drowsy, talk to your doctor to find out ways to take your medicine so it doesn’t affect your driving.

Never—

- Never drink and drive.
- Never drive when you feel angry or tired. If you start to feel tired, stop your car somewhere safe. Take a break until you feel more alert.
- Never drive if your medication is making you sleepy.
- Never use a cell phone when driving.
- Never eat, drink or do other activities while driving.
- Never drive in icy or snowy weather.

If—

- If you don’t see well in the dark, try not to drive at night or during storms.
- If you have trouble making left turns at an intersection, make three right turns instead of one left turn.
- If you can, avoid driving in bad weather such as rain, sleet or snow.
- If a certain route always causes you stress, try to find an alternate route.
- If someone in the car is bothering you (e.g., noisy grandchildren) tell him or her to stop.

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Tip #2: Take care of your car.

- Make sure you have enough gas in your car.
- Make sure your tires have the right amount of air and check them each month for any wear or damage.
- Get your car tuned up regularly.
- Keep your windshields and mirrors clean.
- Keep a cloth in your car for cleaning windows.
- Replace your windshield wiper blades when they get worn out.
- Consider using Rain-X or a similar product to keep your windows clear.
- If you are shopping for a new car, look for a car with power steering and automatic transmission.
- If you own a computer you can check to see how well a car will do if it is involved in a crash. This information is on the following Web site of the National Highway Traffic Safety Administration: www.safercar.gov. You might want to consider buying a car that has the highest rating when struck by another vehicle from the front or side.

Tip # 3: Know where you can find a ride.

How do you get around when your car is in the shop? If you don't know the answer to this question, it's time for you to put together a "transportation plan."

A transportation plan is a list of all the ways that you can get around. Use this list when your car is in the shop or when you don't feel safe driving. Your transportation plan might include:

- Rides from friends and family
- Taxi
- Bus or train
- Senior shuttle
- Volunteer drivers from your local community or government center.

If you need help creating a transportation plan, your doctor can get you started.

Tip #4: Take a driver safety class.

To learn how to drive more safely, try taking a class. In a driver safety class, the instructor teaches you skills that you can use when you are driving. To find a class near you, call one of the following programs:

AAA Foundation for Traffic Safety

Safe Driving for Mature Operators (course)

www.seniordrivers.org/driving/driving.cfm?button=publication&selection=MO

AARP Driving Safety Program

The classic course with information on how to locate an educational venue in your community.

www.aarp.org/families/driver_safety/wrapper_driver.py

Driving School Association of the Americas, Inc.

1-800-270-3722

These classes usually last several hours. These classes do not cost much money—some are even free. As an added bonus, you might receive a discount on your car insurance after taking one of these classes. Talk to your insurance agent and company to determine if they offer a discount.

How to Assist the Older Driver

As experienced drivers age, changes in vision, reaction time, and /or medical conditions may cause them to drive less safely. Sometimes these changes happen so slowly that drivers may not even be aware that their skills have declined.

If you have concerns about someone's driving safety, here's what you can do to keep your older driver safe AND mobile.

Is your loved one a safe driver?

If you have the chance, go for a ride with this driver. Look for the following warning signs in his/her driving:

- Forgets to buckle up (use seat belts)
- Does not obey stop signs or red traffic lights
- Fails to yield right of way
- Drives too slowly or quickly
- Often gets lost, even on familiar routes
- Stops at a green light or at the wrong time
- Doesn't seem to notice other cars, walkers, or bike riders on the road
- Doesn't stay in the lane
- Gets honked at or passed often
- Reacts slowly to driving situations
- Makes poor driving decisions
- Fails to use mirrors, check for blind spots, use turn signals
- Mixes up gas and brake pedal or no longer can use them smoothly
- Too cautious or too aggressive when driving

Other signs of unsafe driving:

- Recent near misses or fender benders
- Recent tickets for moving violations
- Repeated comments from those riding with your driver or watching them in traffic about close calls, near misses, or the driver not seeing other vehicles.
- Accidents, especially those that were the driver's fault.
- Recent increase in the car insurance premium

Riding with or following your driver, every once in a while, is one way to keep track of your loved one's driving. Another way is by talking to the spouse or friends of the driver you are concerned about.

If you are concerned about your loved one's driving, what can you do?

Talk to your loved one. Say that you are concerned about his/her driving safety. Ask if he or she shares your concern.

- Don't bring up your concerns while driving. It's dangerous to distract the driver! Wait until he or she is calm and you have the driver's full attention.
- Explain why you are concerned. Give specific reasons—for example, a medical condition like poor vision, recent fender benders, getting lost, or running stop signs.
- Realize that your loved one may become negative or defensive. After all, driving is important for independence and self-esteem.

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- If the person you are concerned about does not want to talk about driving at that time, bring it up again later. Your continued concern and support may help your loved one feel more comfortable with this topic.
- Be a good listener. Take your loved one's concerns seriously.
- Consider using a handout like the Hartford's "We Need to Talk" which can be accessed at the following website; www.thehartford.com/talkwitholderdrivers/brochure/brochure.htm or writing the Hartford and requesting brochures at:
The Hartford
We Need to Talk
200 Executive Boulevard
Southington, CT 06489

Help make plans for transportation. When your loved one is ready to talk about his/her driving safety, you can work together to create plans for future safety.

- Make a formal agreement about driving. In this agreement, your loved one chooses a person to tell him/her when it is no longer safe to drive. This individual then agrees to help your loved one make the transition to driving retirement. (You can find a sample agreement in *At the Crossroads: A Guide to Alzheimer's Disease, Dementia & Driving*. Order a free copy by writing to *At the Crossroads* booklet, The Hartford, 200 Executive Boulevard, Southington, CT, 06489.)
- Help create a transportation plan. Your loved one may rely less on driving if he/she has other ways to get around. Starting to use other ways to travel even before the person stops driving may make the change easier in the future.

Encourage a visit to the doctor. The doctor can examine a person's medical history, medication regimen, and current health to see if any of these may be affecting his/her driving safety. If so, the doctor can provide treatment to help improve medical conditions and possibly driving safety.

Encourage your loved one to take a driving test. A driver rehabilitation specialist (DRS) can assess a person's driving safety through an office exam

and driving test. The DRS can also teach special techniques or provide special equipment to help a person drive more safely. (To find a DRS in your area, ask your doctor for a referral or contact the Association for Driver Rehabilitation Specialists (ADED*):

The Association for Driver Rehabilitation Specialists (ADED*)

Information on the Association.

www.aded.net/i4a/pages/index.cfm?pageid=1

Also provides a locating tool for finding a DRS near you.

www.aded.net/custom/directory/?pageid=209&showTitle=1

If a DRS is not available in your area, contact a local driving school or your State's Department of Motor Vehicles to see if they can do a driving test.

* The acronym ADED was retained when the association changed its name from the Association of Driver Educators for the Disabled to its current name.

How to help when your loved one needs to stop driving.

At some point, your loved one may need to stop driving for his/her own safety and the safety of others. You and your family members may come to this decision yourselves, or at the recommendation of the doctor, a driver rehabilitation specialist, driving instructor, or the Department of Motor Vehicles. When someone close to you retires from driving, there are several things you can do to make this easier for him/her:

- Help create a transportation plan. It may be easier for someone to give up driving if they are aware of other ways to get around. Help them create a list of “tried-and-true” ride options. This list can include:
 - The names and phone numbers of friends and relatives who are willing to give rides, with the days and times they are available. You should even consider writing in specific duties, dates, and times, with the places your loved one needs to go and the name of the driver on a calendar to make this a reality.
 - The phone number of a local cab company.
 - Which bus or train to take to get to a specific destination. Try riding with your loved one the first time to make him/her feel comfortable. (This may not be possible for many people with physical weakness or arthritis and certainly could not be done for those with memory or thinking problems.)
 - The phone number for a shuttle service. Call your community center and regional transit authority to see if they offer a door-to-door shuttle service for older passengers.
 - The names and phone numbers of volunteer drivers. Call your community center, church, or synagogue to see if they have a volunteer driver program.
- If you need help finding other ride options, contact your local Area Agency on Aging.

Local Agency on Aging

Assists in finding resources for the aging in your community.

www.eldercare.gov

If your loved one can't go shopping, help him/her shop from home. Arrange for medicines and groceries to be delivered. Explore online ordering or subscribe to catalogs and “go shopping” at home. Locate which services make house calls—local hairdressers or barbers may be able to stop by for a home visit.

Encourage social activities. Visits with friends, time spent at the senior center, and volunteer work are important for health and well-being. When creating a transportation plan, don't forget to include rides to social activities. It's especially important to maintain social contacts and keep spirits up during this time of adjustment.

Be there for your loved one. Let the person you care for know that he or she has your support. Offer assistance willingly and be a good listener. This may be an emotionally difficult time, and it's important to show that you care. You may need to find additional family members or friends to help with this discussion.

Getting By Without Driving

Who doesn't drive?

If you live long enough, you will eventually have to stop driving. The average male will have seven years without the ability to drive, and the average female ten years! Many people choose to stop driving because of the hassle and expense of auto insurance, car maintenance, and gasoline. Other people stop driving because they feel unsafe on the road. And some people have never learned to drive!

If you don't drive, you're in good company. Although most Americans use their cars to get around, many people get by just fine without one. In this sheet, we suggest ways to get by without driving.

Where can you find a ride?

Here are some ways to get a ride. See which ones work best for you.

- **Ask for a friend or relative for a ride.** Offer to pay for the gasoline.
- **Take public transportation.** Can a train, subway or bus take you where you need to go? Call your regional transit authority and ask for directions.
- **Take a taxi cab.** To cut down costs, try sharing a cab with friends or find out if your community offers discounted fares for seniors.
- **Ride a senior transit shuttle.** Call your community center or local Area Agency on Aging to see if your neighborhood has a shuttle service.
- **Ask about volunteer drivers.** Call your community center, church or synagogue to see if they have a volunteer driver program.
- **Ride a Medi-car.** If you need a ride to your doctor's office, call your local Area Agency on Aging to see if a Medi-car can get you there.

If you can't go out to get something, have it come to you.

Many stores can deliver their products straight to your door.

- **Have your groceries delivered.** Many stores deliver for free or for a low fee. You can even call your family and friends, or volunteers from your local community center, church or synagogue to see if someone can pick up your groceries
- **Order your medicines by mail.** Not only is this more convenient—it's often less expensive, too. Order only from pharmacies that you know and trust. Some pharmacists will also deliver medications to the home.
- **Have your meals delivered to you.** Many restaurants will deliver meals for free or for a low fee. Also, you may be eligible for Meals-on-Wheels, a program that delivers hot meals at low cost. Call your local Area Agency on Aging for more information about Meals-on-Wheels.
- **Shop from catalogs.** You can buy almost anything you need from catalogs: clothing, pet food, toiletries, gifts, and more! Many catalogs are now on-line, with the most recent selections available from Internet Web sites.

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Who can tell me more about services in my area?

The following agencies can provide you with information to get you started:

Area Agency on Aging (AAA) Eldercare Locator
www.eldercare.gov

800-677-1116 weekdays

Call this toll-free number and ask for the phone number of your local Area Agency on Aging (AAA). Your local AAA can tell you more about ride options, Meals-on-Wheels, and senior recreation centers in your area.

Administration on Aging Resource Directory for Older People

www.aoa.gov/eldfam/How_to_Find/ResourceDirectory/ResourceDirectory.pdf

800-222-2225

Call this toll-free number and ask the National Institute on Aging to send you their Resource Directory for Older People. This 120-page directory lists organizations that provide services for older people.

Where Can I Find More Information?

We've listed additional resources on the following pages to help you assess and enhance driving safety for the retired driver. Some resources can help you create a transportation plan for your loved one.

National Association of Private Geriatric Care Managers (NAPGCM)
520-881-8008

www.caremanager.org

A geriatric care manager can help older people and their families arrange long-term care, including transportation services. Call the phone number or visit the Web site above to find a geriatric care manager in your loved one's area.

National Association of Social Workers (NASW)

www.socialworkers.org/register/default.asp

A social worker can provide counseling to your loved one, assess his/her social and emotional needs, and assist in locating and coordinating transportation and community services. To find a qualified clinical social worker in your loved one's area, search the *NASW Register of Clinical Social Workers* on the Internet.

Additional clinician, patient, and caregiver resources

Clinician resources

American Occupational Therapy Association (AOTA)

Information on occupational therapists and their role in driving assessment and rehabilitation.

www1.aota.org/olderdriver/

The Association for Driver Rehabilitation Specialists (ADED*)

Information on the Association.

www.aded.net/i4a/pages/index.cfm?pageid=1

Also provides a locating tool for finding a DRS near you.

www.aded.net/custom/directory/?pageid=209&showTitle=1

National Highway Traffic Safety Administration

Many links to resources for older drivers.

www.nhtsa.dot.gov

and
Adapting Motor Vehicles for People with Disabilities

www.nhtsa.dot.gov/cars/rules/adaptive/brochure/brochure.html

American Medical Association (AMA)

Physician's Guide to Assessing and Counseling Older Drivers

www.ama-assn.org/ama/pub/category/10791.html

General older driver information provided by the AMA.

www.ama-assn.org/ama/pub/category/8925.html

CanDrive

Dementia and Driving Toolkit:
The Dementia Network of Ottawa

www.candrive.ca/En/Physician_Resources/toolkit.asp

Canadian Medical Association (CMA)

Determining Medical Fitness to Operate a Motor Vehicle

CMA Driver's Guide, 7th edition
www.cma.ca/index.cfm/ci_id/18223/la_id/1.htm

Administration on Aging (AOA)
Information and resources for older drivers.

www.aoa.gov

Summary of Internet resources for the older driver.

www.aoa.gov/proff/notes/Docs/Older_Drivers.doc

Insurance Institute for Highway Safety (IIHS)

A frequently-updated site on older driver laws for driver licensing.

www.iihs.org/laws/olderdrivers.aspx

Older Drivers: Fact Sheets

General information on the older driver from the Centers for Disease Control and Prevention, AARP and the National Highway Traffic Safety Administration.

www.cdc.gov/ncipc/factsheets/older.htm

www.aarp.org/families/driver_safety/
www-nrd.nhtsa.dot.gov/Pubs/809475.PDF

AAA Foundation for Traffic Safety

Older driver brochures.

Safe Driving For Mature Operators (course).

www.seniordrivers.org/driving/driving.cfm?button=publication&selection=MO

Caregiver and patient resources

GrandDriver Program

Resources and information on other older driver sites.

www.granddriver.info/

American Society on Aging

Information on DriveWell, an older driver educational program that may be offered in your community.

www.asaging.org/asav2/drivewell/index.cfm

* The acronym 'ADED' was retained when the association changed its name from the Association of Driver Educators for the Disabled to its current name.

Road map to driving wellness.
Information on staying fit.
www.asaging.org/CDC/module4/home.cfm

Caregiver and patient resources (continued)

AAA Foundation for Traffic Safety
Older driver brochures and the Safe Driving For Mature Operators course.
www.seniordrivers.org/driving/driving.cfm?button=publication&selection=MO

CarFit and General Information
www.seniordrivers.org/home/toppage.cfm

RoadWise Review
www.roadwisereview.com/

University of Massachusetts Boston Center for Gerontology
Keep moving longer: features for safe driving. A video program that offers advice on staying mobile.
www.geront.umb.edu/inst/projects/promoting.jsp

National Highway Traffic Safety Administration
Older Road Users; other older driver information and materials.
www.nhtsa.dot.gov/people/injury/olddrive
Driving Safely while Aging Gracefully
Reviews the skills and problems that may face older drivers.
www.nhtsa.dot.gov/people/injury/olddrive/Driving_Safely_Aging_Web/index.html

The Hartford
We Need to Talk
At the Crossroads: A Guide to Alzheimer's Disease, Dementia, and Driving
State-of-the-art educational materials for older drivers.
www.thehartford.com/talkwitholderdrivers
www.thehartford.com/alzheimers/brochure.html

New York Department for the Aging
When You Are Concerned—A Handbook for Families, Friends, and Caregivers
A handbook for those worried about the safety of an aging driver.
<http://aging.state.ny.us/caring/concerned>

AARP Driving Safety Program
The classic course with information on how to locate an educational venue in your community.
www.aarp.org/families/driver_safety/wrapper_driver.py

Australia
Handbooks on older adults from the provinces of Victoria and Tasmania in Australia and the Australian Capital Territory.
www.transport.tas.gov.au/licence_information_folder/the_tasmanian_older_drivers_handbook?SQ_DESIGN_NAME=printer_friendly
www.vicroads.vic.gov.au/NR/rdonlyres/B15A81F1-2047-45B0-821C-7AB3317029B6/0/victorianolddrivershandbook5.pdf
www.act.gov.au/living/roads/older/contents.html
www.cota-act.org.au/Download_Documents/PDFS/Older_Drivers_Hbook_web_0703.pdf

Drivers.com
General information on older drivers.
www.drivers.com/Top_Older_Drivers.html

Mobilise
Disabled Drivers Information Website (United Kingdom)
www.mobilise.info/Information.asp

American Occupational Therapy Association (AOTA)
Information on occupational therapists and their role in driving assessment and rehabilitation.
www1.aota.org/olderdriver/

The Association for Driver Rehabilitation Specialists (ADED)
Information on the Association.
www.aded.net
Also provides a locating tool for finding a DRS in your community.
www.aded.net/custom/directory/?pageid=209&showTitle=1

University of Michigan Transportation Institute
Driving Decisions Workbook
A self-awareness guide to identify areas of concern for older driver safety.
<http://deepblue.lib.umich.edu/handle/2027.42/1321>

Alternative Transportation Options
American Administration on Aging (AOA)
Eldercare locator
Assists in finding older adult resources in your community.
www.eldercare.gov

Community Transportation Association (CTAA)
Information on transportation in the United States.
www.ctaa.org/ntrc/

American Public Transportation Association (APTA)
Locate a local transportation provider in your community.
www.publictransportation.org/systems/

Easter Seals
Transportation solutions for caregivers
www.easterseals.com/site/PageServer?pagename=ntl_trans_care

National Center for Senior Transportation
www.seniortransportation.net/

Local Agency on Aging
Assists in finding resources for the aging in your community.
www.n4a.org/

Seniors on the MOVE
Assists with relocating to another community.
www.seniorsonthemoveinc.com

