



**Comfort
Keepers®**

a *sodexo* brand

Driving and Your Aging Loved Ones



Remember back to when you first received your driver's license and the feeling of freedom that came with it. Suddenly you had the ability to go where you wanted, when you wanted. This feeling of independence certainly doesn't diminish as we grow older. However, the act of driving can become riskier due to various age-related factors, such as diminished eyesight, limited range of motion, and pain and aches in certain limbs. But that doesn't mean that seniors have to hang up their keys right away. Far from it, in fact. A few best practices and lifestyle adjustments can help aging adults continue to drive safely and maintain their independence. Consider sharing the following tips with your loved ones today.

Driving Safety Tips

- **Stay Active** – Exercise regularly to increase flexibility and improve overall strength. This will make both turning your head to check for traffic and turning the steering wheel much easier. As always, it's vital that you talk with a doctor or physician before starting any exercise regimen.
- **Have Your Eyes Checked** – If it's been a while since you've had your vision tested, don't delay. Getting new lenses or checking for any other vision problems – such as glaucoma or macular degeneration – can make a world of difference.
- **Schedule a Hearing Test** – We don't just rely on our eyesight for driving. Hearing is just as vital to staying safe on the roads. Schedule a hearing test to see if hearing aids are necessary, or if existing ones need adjusted.
- **Adjust as Necessary** – It might be time to trade your old car in, especially if it doesn't have features conducive to a convenient and easy driving experience. Make sure that, in addition to being an automatic, the vehicle also has power steering and power windows. Also be sure to evaluate what other features – like backup cameras or power adjusted seats – are necessary.
- **Plan Ahead** – Driving at certain times of the day can be a headache for anyone, regardless of age. Before going out, plan the trip and calculate at what times you'll be out. Avoid rush hour (in both the morning and afternoon), but also try to minimize nighttime driving if possible. Also be sure to check traffic reports and the local weather forecast to determine if conditions are ideal for driving.

It should come as no surprise that many seniors want to drive for as long as possible, especially since learning to drive is one of the first real markers of independence we have in our lives. Share the tips above with your senior loved ones to not only keep them safe on the roads, but also help promote their independent lifestyle.

Let Comfort Keepers® Lend a Hand

When your aging loved ones need care that can make a difference, let the Comfort Keepers® team know. Our professionally trained caregivers offer personalized care services tailored to your loved ones' specific needs. Whether they require around-the-clock personal care, or just a few hours of companionship, we'll be there. And if your loved ones are unable to drive, we can also provide safe, dependable transportation to and from various locations in town.

Above all, our goal is to keep your aging loved ones physically, mentally, and emotionally engaged – all while allowing them to remain independent at home. If you're interested in senior care services but maybe aren't sure where to start, contact us today.

[ComfortKeepers.com](https://www.comfortkeepers.com)

©2018 CK Franchising, Inc. An international network, where most offices independently owned and operated.

Comfort Keepers adheres to the principles of truth in advertising, and all information accurately represents the organizations scope of services provided, licenses, price claims or testimonials.