

## **8 Ways to assess Whether an Older Adult Should Quit Driving:**

**It is a very hard decision to tell someone that they need to stop driving especially if they don't think it's necessary. But there comes a time when safety of your loved one and the people on the road with your loved one is more important than keeping the peace. Here are 8 ways you can assess whether an older adult needs to quit driving:**

- **Take several drives with the older adult at the wheel, and observe his/her driving with an open mind.**
- **Notice whether the older adult is reluctant to drive.**
- **Watch for slowed reaction time.**
- **Notice her awareness of her driving environment.**
- **When she's not with you, walk around her car and look for signs of damage.**
- **If you've observed some questionable driving on the older adult's part, ask her whether she's gotten any tickets for speeding or other violations.**
- **If you're not comfortable asking about tickets, ask whether her car insurance rate has gone up.**
- **Check in with trusted friends and neighbors about her driving.**

**If the decision has to be made that the older adult should stop driving, be prepared with some suggestions for alternative transportation. Arrange for friends and neighbors to help out with rides. Offer to drive them yourself and maybe set a certain day and time each week that you will take them on an outing. Homecare is another good option, along with helping around the house and companionship a caregiver can drive the older adult to appointments, grocery shop, or run errands.**

**For more information about homecare please call:**

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