

## **When to Give up the Wheel: Warning Signs that an Older Adult Should Give up Driving**

Getting an older adult to give up driving can be a difficult hurdle to overcome because older adults, like all of us, don't want to give up the freedom of driving. But when you understand that older adults have a four times higher accident rate, and a nine times higher fatal accident rate, families realize the importance of acting sooner than later to prevent a catastrophe.

Here are some of the warning signs that you or someone you know may need to consider giving up the wheel:

- Having difficulty staying in the correct lane
- Having trouble paying attention to traffic signals and road signs
- Responding more slowly to unexpected situations
- Getting lost, especially in familiar areas
- Having frequent "close calls" or almost crashing
- Feeling uncomfortable and nervous or fearful while driving
- Having other drivers frequently honk at you
- Not seeing the sides of the road when looking straight ahead
- Finding dents and scrapes on the car, on fences, mailboxes, garage doors, etc.
- Receiving many traffic tickets or warnings from traffic or law enforcement
- Having a hard time turning around to check over your shoulder while backing up or changing lanes.

When an older adult has to give up driving all together it might be a good time to consider some additional help at home. Home care is a good alternative to institutionalized care. Home care can cover all of the transportation needs for the older adult so that they don't feel stuck or isolated at home. In addition home care can help with laundry, cooking, light housekeeping, errands, companionship, and many other services.

If you have any questions about home care please call:

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