

The nation's first and largest classroom driver refresher course.
www.carp.org/drive or call toll-free 1-888-227-7669

AARP Driver Safety Program

More than 400 "Mature Driver" classes are offered by AAA each year.

www.aaamidatlantic.com or call toll-free 1-800-763-9900
American Automobile Association (AAA) - Mid-Atlantic

For further information about mature drivers and the law.
www.dmvnow.com or call toll-free 1-866-368-5463

The Virginia Department of Motor Vehicles

VDA works with 25 local Area Agencies on Aging and other public and private organizations to help older Virginians maintain their dignity, security and independence.

www.vda.virginia.gov or call toll-free 1-800-552-3402

The Virginia Department for the Aging

A source of tips, techniques and local resources for older drivers and for those who care about them.

www.GrandDriver.net

Virginia GrandDriver

RESOURCES



**Drive Safer.
Stay Mobile.
Learn How.**



A public health initiative of the Virginia
Department for the Aging and the Virginia
Department of Motor Vehicles.

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1-800-552-3402



GrandDriver is an educational resource designed to provide ALL Virginians with information and tools to stay safe and mobile for as long as possible.

TOP TEN TIPS FOR MATURE DRIVERS

Check your vision on a regular basis. At age 80, it's the law!

Take a driving refresher course. It's a great way to stay abreast of new rules.

Drive in good weather during daylight hours. Re-schedule appointments if necessary.

Find a safe route. Map out and practice the safest routes to routine destinations.

Limit left hand turns. Look for controlled intersections with left turn signals.

Explore alternatives. Check out public transportation, shuttles and more.

Avoid risky drive times. Stay away from rush-hour traffic and fast-paced highways.

Choose a safer car. Look for large, glare-proof mirrors and height-adjustable seats.

Know the fundamentals. The basic rules of driving apply to all age groups.

Drive a well maintained car. Keep your car running smoothly at all times.

HOW TO HELP AN OLDER DRIVER

Remember the sense of freedom that came with getting a driver's license? The ability to go wherever you wanted, whenever you wanted? It was a real feeling of independence. That independence may be lost when our older loved ones are no longer able to drive. Here are some tips to help make conversations about mature driving easier.

Recognize that an older driver is not necessarily an unsafe driver.

Acknowledge that giving up or limiting driving is a significant event – symbolically and practically – for most older drivers.

Emphasize that safety is most important.

Review specific transportation needs and develop a way to accommodate them.

Agree together on a plan of action.

GrandDriver is active in Virginia! Visit www.GrandDriver.net and 'click on' "Where is GrandDriver?" to find events scheduled for your area.

