

Fast Facts

6,784 people age 65+ were killed in motor vehicle traffic crashes in 2017

Older drivers make up 19% of all licensed drivers, and 14% of drivers involved in fatal traffic crashes in 2017

There were 43.6 million licensed older drivers in 2017 – a 35% increase from 10 years earlier

A few of the services we offer include:

- Light Housekeeping
- Meal Preparation
- Transportation
- Doctor Appointments
- Overnight Stays (24-hour care)
- Personal Grooming and Dressing
- Mobility Assistance
- Dementia / Alzheimer's Care
- Memory Loss Support
- Relief of Family Caregiver
- Companionship
- Daily Living Assistance



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Senior Driving Safety



Call us at: **312.526.3666**



The number of older adult drivers is growing rapidly and they are driving longer distances. This growing group has the power to greatly influence traffic safety. Driving cessation is inevitable for many and can have negative connotations for seniors. However, many older drivers are able to successfully self-regulate their driving behaviors.

Warning Signs of Unsafe Driving:

- Problems on the Road
- Trouble with Reflexes
- Increased Anxiety and Anger in the Car
- Trouble with Memory or Handling Change
- Close Calls and Increased Citations
- New and Frequent Damage to the Car

If a senior displays any of these warning signs, a physician should assess their driving ability. Self-evaluation tools are also available online.

Easy Changes for Safer Driving Habits

Senior drivers should consider avoiding difficult driving conditions, such as:

- ✓ Unprotected Left Turns
- ✓ Unfamiliar Roads
- ✓ Long Distances
- ✓ Nighttime
- ✓ Heavy Traffic
- ✓ Rush Hour
- ✓ Heavily Traveled Roads
- ✓ Bad Weather



We're here to show you **The Power of Love®**. Contact **Seniors Helping Seniors®** in-home services today.

SeniorsHelpingSeniors.com



Starting a Family Conversation with an Older Driver

When a senior doesn't appear to be self-regulating their driving, there's a respectful way to have the conversation about what to do next:

- Start Early – Lay the Foundation Before it Becomes a Problem
- Be Supportive
- Anticipate Possible Reactions
- Assure the Older Driver That They Can Still Remain Independent
- Discuss Transportation Alternatives
 - Family Members
 - Friends
 - Demand-Response Services
 - Taxi/Car Services
 - Mass Transit
 - Other Local Programs

Taking the keys should be a LAST resort. Keys are someone's access to the world and to freedom! Older drivers should always be included in this planning process and treated with dignity and respect.

Maintaining independence is an achievable goal with quality in-home care.