ROADS

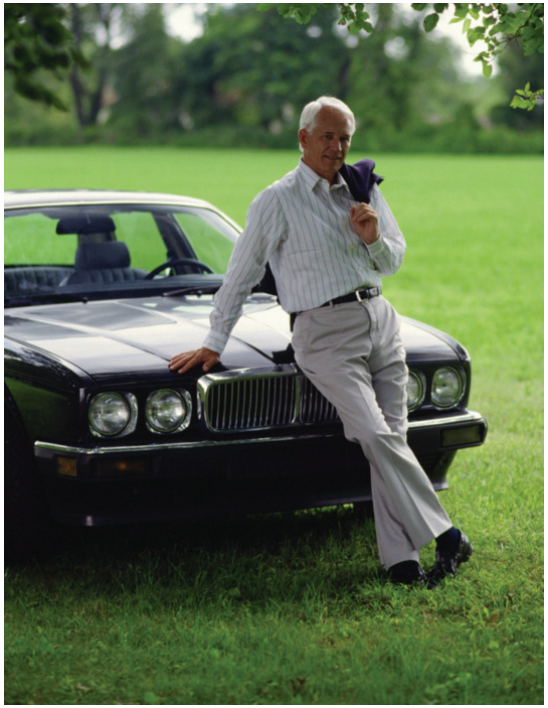
Resources for
Older **A**dult **D**rivers

Screening + Support

ROADS is a comprehensive driving program designed to assist older adult drivers whose ability to drive has been compromised because of injury, disease, illness or aging.

We offer the following resources for older drivers and their family members:

- Educational materials
- Older driver assessments
- Driver retirement preparation
- Family coping strategies



St. John's

Proud to be Mercy

St. John's Regional Medical Center
ROADS Program
2727 McClelland Boulevard
Joplin, MO 64804

Phone: 417-625-ROAD (625-7623)
Fax: 417-625-2956
Email: roads@mercy.net

St. John's ROADS *Program*

Resources for **O**lder **A**dult **D**rivers

St. John's

Proud to be Mercy

When it matters most. | Think St. John's.

St. John's ROADS Program

Are you still a safe driver?

Do you worry about your loved one driving safely?

ROADS can help.

Are You and Others Safe?

From our first driving experiences as newly licensed teenagers to our driving as elderly seasoned drivers, we experience a range of changes in our experience, physical ability, and cognitive skills.

Driving on the open road gives everyone independence. But as we age, or due to illness, it becomes more difficult. Motor vehicle injuries are the leading cause of injury-related deaths among 65- to 74-year olds and are the second leading cause (after falls) among 75- to 84-year olds.

Support Group & Driver Assessments for the Older Driver

The thought of losing one's ability to drive can be frightening. In our society, it can also mean losing your independence and freedom, and feeling isolated.

St. John's ROADS program offers assessments and support for older drivers. A licensed and trained occupational therapist will help you or your family member determine if it is still safe for you to drive, and develop strategies that can help you remain on the road.

Support group topics for older drivers include:

- Warning signs that a person should retire from driving
- Tips to improve driving
- Appropriate community mobility alternatives
- Adaptive equipment or adjustments for the vehicle

- How to plan safe trips

Assessments for older drivers include:

- Cognitive screening tests
- Reaction time tests

Support Group & Coping Strategies for Family Members of Older Adult Drivers

Family and caregivers of older adult drivers are often fearful about confronting their loved one about driving cessation, mobility management, and obtaining a screening to determine if the individual is safe to drive.

This important conversation is often |delayed due to fear of confrontation, concern that more burdens will be placed on the individual, lack of knowledge of how to approach the issue, and lack of available resources.

St. John's licensed and trained occupational therapist will help you explore ways to help the older driver stay on the road longer, and provide recommendations for when the older driver should begin to limit driving, or stop driving altogether.

Support group topics for family members include:

- How to discuss your concerns with your loved one
- Tips for providing encouragement and support to the older driver
- Resources for alternative transportation
- Adaptive equipment or adjustments for the vehicle
- How to plan safe trips