

CHOOSE SAFE DRIVING

Occupational therapy can assist seniors in maintaining the activities they enjoy most. Concern over changes from medical conditions or aging should be addressed, not ignored for fear that the only solution is turning in the keys. Occupational therapy practitioners can help older drivers stay safe behind the wheel with the priority of safe community mobility.



Here are some steps all drivers can take today to be safer on the road:

1 Leave room for airbag deployment by adjusting the driver's seat so that your chest is 10 inches or more from the steering wheel.

2 Adjust your sitting posture by moving the steering wheel and adjusting your seat to get your line of sight 3 inches or higher than the top of the steering wheel.

3 Always adjust your side-view mirrors to minimize the "blind spot" to the side and rear of the vehicle. Find your safest fit at www.Car-Fit.org.

4 Reduce crash exposure by planning a route with more right turns, minimizing or eliminating left turns.

5 Busy roads can be extra demanding! Try planning an outing during quieter times, like the mid-afternoon to avoid those doing errands during lunch.



- Do you still have unanswered questions or concerns?
- Are you sitting too low or too close to the steering wheel?
- Are you uncomfortable reaching the vehicle controls?
- Consult with an occupational therapy practitioner to learn about a wide range of solutions to enhance your safety.
- Choose to be the safest driver you can be!