Outline for “Older adults and Driving”

1. Show video clips (funny one first) then real accidents
   http://www.youtube.com/watch?v=RUVZc9kvAYQ
   Accidents:
   http://www.youtube.com/watch?v=HwfVoF3gwCo
   http://www.youtube.com/watch?v=juCaFeNUnkQ
   http://www.youtube.com/watch?v=TVHkDDwDmnE&feature=related

   Are older adult drivers a problem or not?
   Articles with 2 different views:
   http://www.worldbulletin.net/?aType=haberYazdir&ArticleID=94408&tip=

2. Show driving statistics
   Findings from CDC
   Findings from NHTSA
   • Risk of being injured or killed in a motor vehicle crash increases as you age.
     – An average of 500 older adults are injured every day in crashes.
     – In 2008, more than 5,500 older adults (65+) were killed and more than 183,000 were
       injured in motor vehicle crashes.
     – Older adults made up 16% of all traffic fatalities, 8% of crash injuries
   • Per mile traveled, fatal crash rates increase starting at age 75 (esp after age 80)
     – Mostly due to susceptibility to injury not an increased tendency to get into crashes
   • Older drivers tend to limit their driving during bad weather and at night and drive
     fewer miles than younger drivers
   • Driving helps older adults stay mobile and independent

What factors play a role in (older) adult driving safety?

• Impaired sensory ability
  – Changes in vision
• Reduced contrast sensitivity (cataracts)
• Reduced peripheral vision
  – Impaired hearing
• Processing speed
• Cognition
  – Memory (STM, LTM)
  – Selective attention
  – Divided attention
• Physical impairments
• Drugs
  – Alcohol
  – Medications
• Locus of control
  – Beliefs regarding accident probability
• Driving situation

**What driving tasks would be more difficult for an older adult driver?**
• Judging whether a rear-end collision will occur
• Judging correct speed
• Breaking rapidly
• Steering smoothly
• Judging how/when to merge into traffic
• Judging when to turn (esp left turns)
• Parking lots
• Intersections
• Busy highways
• Unknown roads / following directions to new place

3. Explain Karleen Ball’s research on UFOV
   Ball & Rebok (1994): Explain task, findings, implications of research

4. What can be done to improve older adult driver safety?
   *Self-awareness of driving ability/habits
   Modify driving habits
   Time of day, knowledge of roads, familiarity with vehicle
   Leave more room between car in front
   Avoid distractions in car
   Have vision tested and corrected
   Cataract surgery
   Modify medications
   Modify physical ability and RT
   Exercise and lift weights
   Find effective intervention
   Knowledge courses
   Training
   Identify high risk drivers
   Need assessment tool – What are the warning signs??

   **How should we assess (older) drivers? What are the warning signs of problem driving behavior?**
   Show 55+ self rating form

   **How can older adults reduce crash risk?**

5. Explain training programs to improve older adult driving safety
   AAA; AARP
   UFOV training program: Roenker et al experiment (method/findings)
6. How should you approach a conversation about driving safety with an older adult?

- Recognize what driving represents and why it's important
  - Freedom, control, competence
  - Important for social and medical reasons
  - Aging does not represent the sole reason for driving ability and safety
- Collect info about the driver
  - Observe driving at various times of day, situations, etc.
  - Non-driving observations
  - Get driver’s self-assessment
- Develop an action plan
  - If needs to drive, use occupational therapist, AAA/AARP driving safety program
  - Choose “right” person to have conversation with OA
  - Present concerns in a non-threatening way (“I am concerned…”)
  - Discuss possible solutions to highlight positive solutions, but expect a negative reaction

What car/road innovations are there that improve (older) driver safety?
- Stability control
- Lane departure warning
- Side view assist (blind spot detector)
- Adjustable pedals
- Seat adjusters
- Bigger and brighter displays/controls
- Lighted streets
- Pavement markers
- Left turn lanes; left traffic signals