



Safe Driving and the Older Adult

Program Guidebook *for Law Enforcement*

Implementing an Older Driver Safety Program in your Community

Brought to you by:

Oklahoma County Sheriff's Office

National Sheriff's Association

National Highway Traffic
Safety Administration



Stay Informed · Stay Alive

ACKNOWLEDGEMENTS

Sheriff John Whetsel and the Oklahoma County Sheriff's Office are committed to educating the community on the dangers that surround them. Part of keeping our citizens safe is teaching them to be *proactive*, rather than *reactive*. This manual would not have been possible without the cooperation and support of our many partnering organizations. It not only takes a passion for community education, but also community agencies working together to get a program like this instituted. With the help of those partners, we are now able to offer this tool to law enforcement agencies to assist them in implementing an Older Driver Safety program of their own. We recognize the following people and organizations involved in making this program a success:

- *Sheriff John Whetsel and the Oklahoma County Sheriff's Office, Community Services and Traffic Safety Divisions*
- *Oklahoma County TRIAD Program, partnering agencies, and volunteers*
- *National Highway Traffic Safety Administration (NHTSA)*
- *National Sheriff's Association (NSA)*
- *National Association of TRIADs, Inc (NATI)*

PREFACE

The number of older Americans (age 65+) is expected to more than double by the year 2050. This dramatic increase will begin in the year 2011, when the first of the Baby Boomers start turning 65.

People are staying behind the wheel longer, too, and with ever-increasing numbers of older Americans on the road, the need for law enforcement services related to traffic safety is anticipated to increase, and the need to better understand how to address the needs associated with older drivers has become

evident to everyone, but most importantly, our law enforcement.

Educating and assisting older drivers on the dangers that will continue to arise, identifying and notifying our citizens of potential issues and hazards associated with those drivers, and training our officers to respond in an appropriate manner are all key points that will need to be addressed nationwide in the next few years. This program will get you started on the road to promoting traffic safety for aging drivers.

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Necessity

Introduction

When we think about older adults, the mind of the average person drifts to the historic visions of nursing homes, wheelchairs, and gray hair, but no more. The face of the older American is changing. The state of Oklahoma is no different. With a growing population of people over 60, we are always looking for new ways to make daily activities easier, safer, and more efficient. The Oklahoma County Sheriff's Office, in partnership with the National Sheriff's Association and the National Highway Traffic Safety Administration, is leading the way by offering an Older Driver Safety program like no other. Oklahoma is a unique state, and has unique issues to address when it comes to older drivers. This program will not only be educating aging adults in changes in driving ability, but also train commissioned officers on issues that affect older drivers, and how those issues might affect traffic situations.

Sheriff John Whetsel has a personal stake in traffic safety; his wife and 2-year-old daughter were killed in 1980 when an Oklahoma Highway Patrol trooper in pursuit



of a speeding motorcyclist crashed into the family's car. With over 30 years in law enforcement, he has distinguished himself in the performance of outstanding public service. As Sheriff of Oklahoma County, his leadership and tireless efforts have resulted in the superior performance of an agency rebuilt from top to bottom. His unflinching efforts are directly responsible for an 80 percent reduction in crime and his efforts in traffic safety have lowered fatalities and traffic crash incidents for the unincorporated areas of Oklahoma County, and his TRIAD program is one of the best in the nation, educating senior citizens on crime prevention and safety.

Background

Oklahoma County, located in central Oklahoma, is home to the Oklahoma City metropolitan area, encompasses 718 square miles, and has a population of over 700,000 people, with just over 12% of those over the age of 55. Senior transportation options in Oklahoma are basic, at best, but our city and state leaders are working to find the best ways to serve our aging population. While there are organizations that offer free or discounted rides for specific purposes, normal day-to-day transportation can quickly become difficult to manage for someone who makes the decision to give up the keys.

Oklahoma County is following the national trend of older adults "aging in place", meaning they choose to stay in their own home and adapt to mobility changes themselves, rather than move into a long-term care facility. As law enforcement, we want everyone on the road to be as safe as possible, but as citizens, we know that retaining an independent lifestyle as we age is necessary to well-being. This program aims to target both of those topics.

Driving as a Way of Life

Depending on your lot in life, driving a car may be a hobby, a pastime, or a necessity. One may find it enjoyable, boring, uncomfortable, tedious, stressful, liberating, or death-defying, but the fact is, we drive cars because of our need or desire to get to a destination. Period. In the past century, cars have evolved from an idea, to a luxury, to a novelty, to a necessity. The money needed to purchase and operate a motor vehicle is now automatically ingrained in our budgets like food or water. Children today are being raised in a society that relies on personally-owned vehicles on a daily basis, regardless of economic status. Our ever-aging population has spent the last 50 years growing into this mentality, especially in central Oklahoma. Riding the bus or taking a cab is seen as more of a nuisance or hardship than an option, but we are working to change that.

So, what happens when we stop driving? Do we stop moving? Oklahoma's aging population has run into this problem, especially in rural parts of the region. Grocery shopping is generally within a few miles from the home, but getting to a doctor's appointment at a hospital 20 miles away gets trickier. It's easy to plan when you'll drive yourself, but when you need a ride, it can become quite a challenge. We, as law enforcement, should be aware of those challenges that arise for our citizens as they age and be prepared to provide the appropriate response.

Senior Transportation Options

A 2004 AARP/Surface Transportation Policy Project report found that 50% of non-drivers age 65 and older stay home on any given day partially because they lack transportation options. They make 15% fewer trips to doctors and 65% fewer trips for social, family, and religious activities. While fewer trips to the doctor will undoubtedly have an effect on one's physical health, the other statistic is what may ultimately lead to one's demise.

In Oklahoma County, there are a few mainstream options for senior transportation. MetroTransit is our public bus service, and provides not only bus services along regular routes and lines, but also has senior transportation that can be scheduled for specific needs (i.e. grocery shopping). The Retired Senior Volunteer Program (RSVP) has a very active office in this area, and their Provide-A-Ride program allows for free rides to medical appointments. The Salvation Army also provides rides to senior centers and congregate meal sites. They also have a shopping shuttle that will transport older adults to local shopping venues, but have to be scheduled well in advance.

Independent/assisted living centers usually provide free transportation for their residents, but our target audience consists of both those aging adults who choose to age in place and continue driving until they are physically unable, and the officers that will be responding to any issues they may have on the roadway.



The Role of Family and Friends

According to surveys and recent research, older drivers prefer to hear from family members or close friends if they feel their driving ability might be deteriorating. But before broaching the subject or taking drastic action, family members need to take the time to observe firsthand their relative's driving behavior to see if skills are lacking. Concerned family members should get in the passenger seat and observe first-hand what skills might be affected by age. Attention span and reaction times are key to maintaining skills behind the wheel, not just the number of crashes. Older drivers are generally more willing to listen to friends and family members who can cite specific examples of driving mishaps.

Unfortunately, most older adults who have already made the decision to stop driving did not do so until they were involved in a collision. It is imperative that a plan of action be put in place for when that decision is made. Driving affects our way of life, and there has to be a light at the end of the tunnel. For example, it cannot just be "Mom, you shouldn't drive anymore." It has to include "I'll take you to the supermarket tomorrow."

Deciding to have "the talk" is difficult decision and people are oftentimes concerned with negative outcomes, but there are resources available to the public to help get your plan of action together. The National Highway Traffic Safety Administration has a number of publications that are free to download. Visit their website at <http://www.nhtsa.gov/Senior-Drivers> for more information.



The Role of Law Enforcement

Law enforcement officers play a key role in the safety of drivers of all ages. You respond to traffic crashes, property damage calls, disabled vehicles, and many more, but those who need your help the most may not be the ones calling for it. In fact, they may be avoiding you altogether. On a day-to-day basis, you come in contact with citizens who may be at risk, and it is your responsibility to take note of anything that could lead to a potentially tragic outcome.

But older drivers are not altogether opposed to hearing your professional opinion; start small, with friendly suggestions or reminders. When you come in contact with a senior driver, begin by make small mental notes about their demeanor, communication skills, possible medical concerns, condition of the vehicle, and overall fitness to drive. Your state's Department of Public Safety most likely has a reporting procedure for anything you may see that could be a potential problem, so while your ultimate recommendation may seem stern, it may be in the best interest of the driver, their family, and the general public. Find out how to get involved and how to make an impact in the most sensitive, yet effecting, way possible.

Implementation

THE OKLAHOMA COUNTY SHERIFF'S OFFICE PROGRAM



Goals: When the Oklahoma County Sheriff's Office was chosen to pilot this program, we set a few goals for ourselves: (1) *to reach as many older adults as possible*, (2) *to reach as many commissioned officers as possible*, (3) *to include as many partnering agencies as possible*, and (4) *to culminate with a large-scale training event*. In order to achieve those goals, we looked to our TRIAD program, our Traffic Safety and Training divisions, and our community partnerships.

Plan: Each agency and jurisdiction is different, so your plan of action may be quite different than your neighbor's. Our plan was to slowly be integrating the information into our normal meetings over the summer of 2010, gather feedback from our target audience, and culminate the summer with a large-scale event open to the public. Tackling the issues surrounding older drivers is a delicate process, and tackling it from a law enforcement perspective provides even more of a challenge. We felt that beginning slow and maintaining a proactive approach would have the best outcome for our citizens.

Curriculum: Because our opportunity to create this program within our jurisdiction was sponsored by NHTSA and NSA, we looked to them for guidance on curriculum. Fortunately, NHTSA has some very good materials already in publication on Older Driver Safety. Their *DriveWell* program contains lesson plans on topics like: Effects of Aging on Driving, Driving Fitness, and Transportation Options. Using the *DriveWell* toolkit in addition to our own local resources proved to be the best way to get started. By using their existing research as a great starting point, we have been able to customize it to the needs of Oklahoma drivers.

In order to reach the most people with the most information, our TRIAD program proved to be a great group of critics. Beginning in May 2010, all eleven of our S.A.L.T. Councils were introduced to the program and its lessons. For three consecutive months, we dedicated 30 minutes of each council meeting to driving safety. The lessons we delivered were: *Five Simple Actions to Improve Driving*, *Staying Healthy for Driving Fitness*, and *Giving Up the Keys*. These 200 seniors then evaluated the curriculum, and gave tips for improving the lesson and/or delivery. Situations may be different in your area, so do some research on what will fit your population the best. (*Our survey results, handouts, self-assessments, etc. are attached in Appendix A of this manual.*)

THE BIG EVENT

Many factors come into play when scheduling a large-scale event that focuses on community education. Things like date, time of day, venue, parking, catering, publicity, reservations, funding, presenters, staffing, and community partnerships are all going to be big factors in the execution of the event. For our event in August 2010, we were lucky to have a lot of support from the Oklahoma City metro. Tap into the resources you have, seek out new ones, and your program will grow every year!

Date: The time of year and weather conditions are always a big factor in the success of our programs. Oklahoma weather is unpredictable, at best, and certain conditions would not be ideal for a program of this type. Try not to plan events for seniors during times of ice, snow, or extreme heat. Rain is fairly unpredictable any time of year, but can throw a kink in your event if you have any activities planned outside.

Time: Use surveys of existing senior groups to get an idea of what time of day would be best for your audience and presenters. Keep in mind that if you keep your seniors for more than a few hours, you will need to provide some type of refreshments. In Oklahoma County, we usually begin things in the late morning, to keep our drivers out of rush-hour traffic, and try to end in the early afternoon for the same reason. We have also discovered that some older adults have a hard time sitting in the same spot for long periods of time, so allow for adequate breaks.

Venue: Location, location, location! Venue choice is key to the success of your event. Try to choose a location that sits close to where your attendees live. In larger communities, it isn't always possible to accommodate everyone in that way, so choose a location that is easy to get to, and is away from heavy traffic areas. We were lucky enough to have the full support of Francis Tuttle Technology Center, who let us use their conference facility at a reduced rate.



Parking: Always address parking with your selected venue! Parking will be an issue if you are using a school, vo-tech, community college, etc., especially if school is in session. Handicap parking spaces are crucial, too, as many attendees may not be able to walk far. Ask about reserving the closest parking lots for your attendees, and give the venue ample time to notify their staff and/or students of the change that day. You may pay for that service, but it will be worth it.

Catering: Like we mentioned above, some kind of catering will be essential if you plan to keep your attendees longer than a few hours. Check with your venue to get catering stipulations and prices, and see if they will allow you to bring in anything from outside. For our event, the facility agreed to handle the beverages (coffee, tea, water), and allowed us to bring in outside catering. You don't have to feed them a full meal, unless you are able to, but older adults need nutrition throughout the day to keep energy levels at their peak. You may be able to get away with beverages only for an hour or two, but will need some type of snacks for breaks thereafter.

Presenters: Where are you getting your information? You will get a better response if you get presenters from a multitude of professions related to your topic. You will also get a better response if you include professionals outside of law enforcement. The key is to think like your attendee... who would you want to hear? For our event, we took a medical approach, and got immediate support from a local geriatrician and optometrist who were able to put together 45-minute presentations dealing with driving safety for older adults. By changing up your topics each year, you will also get repeat attendees!

Staffing: Who is going to help you with the preparations? Who is going to help you on the big day? Recruit early, and get people involved. Make sure everyone knows their duties for the event, and try not to micro-manage. If you recruit the right people, and make sure they're informed, you will have nothing to worry about.



Partners: Community partners are the best asset you have in spreading the news about your event, both before and after. Find out who will be interested in supporting your initiative early on, and invite them to not only commit verbal support, but to physically be a part of it as well. During our event, we actually set up a resource room, and had 10-12 local businesses and services providers that deal in driving issues set up a table. It was a great success! Don't forget to think outside the box. Vendors can range from law enforcement agencies and non-profits to AAA, medical professionals, senior transportation providers, and driving safety instructors.

Funding: In law enforcement, funding is always going to be an issue. If your department has an established budget for community events like this, that's great! If not, identify a few local partners who may be able to financially sponsor your event, then you will have no problem with the costs of catering, facility rentals, etc. If not, think about charging booth rental for your resource fair! A lot of agencies have a marketing budget for things like that, and you may be able to fund your whole event by charging minimal fees to your vendors.

Publicity: Get your media involved! You want the most attendees possible, and nothing is more frustrating than planning an event that 10 people show up for. Make flyers up early, and distribute them 1-2 months prior to your event. Give people as much time as possible to register, and plan for them all to show up, even though they never *all* show up. Make sure your media outlets know who your audience is; older adults more frequently watch the 4pm, 5pm, and 6pm newscasts, rather than the 10pm show, so plan accordingly. Get your community partners involved in spreading the word, too. Most organizations will have no problem displaying flyers on programs they support.



OLDER DRIVER SAFETY DAY
Friday, August 20th
8:30am - 12:00pm
(Registration opens at 7:45am)

**Francis Tuttle Technology Center
Portland Campus - 3500 NW 150th
(SE corner of 150th & Portland)**

FEATURED LECTURES ON:
Eyesight & Driving Ability
Medical Issues that Affect Driving
Senior Transportation

ALSO PROVIDED:
Automobile Safety Information Fair
Free Vehicle Safety Inspections

Refreshments! Door Prizes!

The Oklahoma County Sheriff's Office, in conjunction with the National Highway Traffic Safety Administration, and the National Sheriff's Association, is bringing this one-of-a-kind event to your area, and we hope you'll take advantage of the valuable safety information we plan to offer! This seminar is FREE to attend, and you will attend lectures on changes in eyesight and medical issues that affect driving safety. We will also feature a senior transportation panel discussion. Immediately after the event, we will offer vehicle safety inspections free-of-charge! Don't miss out on this opportunity! We look forward to seeing you at Older Driver Safety Day!

Reservations are required and seating is limited, so call today!
RSVP to 405-713-1950

Sample Event Flyer

RSVPs: Take reservations! It isn't always easy to designate someone to take those calls, but in the end, you will appreciate knowing how many to order catering for. And if your venue only holds 100 people, you don't want 400 showing up. When you take reservations, make sure you ask people to leave their name, the names of anyone attending with them, and a return phone number that you can use to contact them in case anything changes with the event. You will always have people show up who didn't register, or who thought they registered, but they will almost always balance out with those who registered and didn't show up.

EXTRAS: If you plan to have activities occurring outside of your main event (i.e. Resource Fair, Vehicle Safety Inspections, etc.), allow for extra time and staffing to man those stations. We had our resource fair going from the time check-in started until the end of the event, and after the event ended, we had a section of the parking lot blocked off for officers to perform vehicle safety checks. We put together a short form of 10-15 vehicle equipment inspections that officers could perform. In the future, we will be partnering with AAA Oklahoma to use this event to perform free *CarFit* inspections. If you are not familiar with *CarFit*, contact your local AAA office to find out when the next training will be, or visit their website at <http://www.car-fit.org>. *CarFit* is a program that provides free vehicle safety inspections and equipment evaluations for older drivers, and ensures that cars are properly adjusted for them. A proper fit in one's car can greatly increase not only the driver's safety but also the safety of others.



HAVE FUN!

Elements of Success

The success or failure of any program is directly related to the people involved. In Oklahoma County, we are lucky enough to have leadership that believes strongly in the power of community policing and safety education. Partnerships are essential to making a program like this work, so get out there and get your support early on. Law enforcement agencies, especially, will need to cooperate in order for the concept to spread across jurisdictional boundaries. How is your relationship with your bordering agency? Large departments and small departments alike will need to be on the same “page” on

how information is being passed, and how older drivers are being approached and treated by officers on the street.



Effective community policing of this type should show a cohesiveness between departments, program partners, and your older citizens. By working together toward a common goal, you will reach more people, with more information, and hopefully in the end, we will all be responding to fewer traffic crashes.

Agency Support



If you are reading this, you probably already have the go-ahead from your agency's administration to begin putting an older driver program together. This is a great way to get involved in your community and share important life-saving information to your growing population of older drivers. Agency support is the first thing you need. If you don't have the backing of your leadership, the citizens will never put their full faith in you. Oklahoma

County citizens recognize Sheriff John Whetsel's dedication to their safety, not just by his words, but by his actions. He continues to provide support for innovative new educational opportunities, and during his twelve years in office, his Community Services Division has taken community policing to the next level.

National Support

Older driver safety, as a concept, is a win-win idea for anyone involved. National law enforcement and safety organizations are always looking for programs like this to pop up in communities across the country, and their support will only help your program evolve into something bigger. Take the initiative to make contact with national representatives, and you'll be surprised how much support they will give you. They are a great resource for funding, free information and publications, and other teaching tools. If you want to take a look at what they might have to offer, their websites will have tools to help you find a direction for your concept. Just ask! Let's work together to keep our citizens safe.



TRIAD Partnerships



As was stated earlier, the Oklahoma County TRIAD Program provided the perfect platform from which to launch an older driver safety program. Getting things started was much smoother because a lot of the support for senior programs was already in place. TRIAD is a crime prevention and personal safety program for senior citizens. It partners your Sheriff's Office with local police departments and it is managed through the National Sheriff's Association, and is easy to get started! If your area does not already have a TRIAD program, and you are interested in getting more information on how to start one, visit the National Association of TRIADs website at <http://www.nationaltriad.org> or give them a call at (703) 836-7827. The Oklahoma County TRIAD Program has over 500 senior participants, and is growing every year. If you want to create a great base for launching community programs, TRIAD is the way to go. Get informed, get involved, and get going on setting yours up today! It's easy and effective.

Oklahoma County TRIAD Partners

Oklahoma County Sheriff's Office

Choctaw Police	Harrah Police
Del City Police	Midwest City Police
Edmond Police	Village Police
Warr Acres Police	Oklahoma City Police
Nichols Hills Police	Luther Police



Professional Community Partnerships

You can't do this alone. Creating and maintaining healthy relationships with senior service providers and organizations in your community is essential to reaching your target audience. Identify the people in your community who will not only support your program, but also help get it off the ground. In addition to the above-listed law enforcement departments, the Oklahoma County Sheriff's Office has developed great relationships with agencies like Community Action of Central Oklahoma, Sunbeam Family Services, Mercy Health, INTEGRIS Third Age Life, the Retired Senior Volunteer Program (RSVP), local Kiwanis clubs, Home Instead Senior Care, 911 Cell Phone Bank, Oklahoma City Community College, University of Oklahoma College of Pharmacy, AAA Oklahoma, MetroTransit, the Salvation Army, as well as local doctors, chiropractors, financial planners, independent living centers, and nursing homes.

These partners not only support our Older Driver Program, but also various other educational and fun programs held throughout the year:

- **Senior Awareness Day (North & South)**
- **Senior Prom**
- **Elder Law Day**
- **Informed Senior Seminar**
- **Annual Appreciation Luncheon**
- **Grandparents Raising Grandchildren**
- **Annual 911 Cell Phone Drive**
- **Christmas Market at Oak Hill**

Motivated Volunteers and Participants

What good would an older driver safety program be if you had no participants? How do you recruit people willing to test out your product? That's where all of the agency and community partnerships you've worked so hard to establish come into play. Tap into your local senior centers, nursing and retirement homes, and volunteer organizations. Let them know that you're putting together a free educational program, and you'll see your numbers jump almost immediately. Get your local media involved, and don't forget Talk Radio! Here in Oklahoma, we have tried a lot of different tactics for getting the best possible participation we can, and really there are only three things you need to fill a room with older adults who are willing to learn:

- **Make it free.**
- **Make it fun.**
- **Make sure there's food!**

If you offer a good program, you'll have no problem getting your participants lined up. And if you execute that program with efficiency and people enjoy it, you can tap into that group for any future programs you might want to put together.



**GOOD
LUCK!**





Appendix A
Forms, Handouts,
Brochures, and Statistics



Safe Driving and the Older Adult Session Statistics

SESSION TITLE: Five Simple Actions to Improve Driving (NHTSA DriveWell Curriculum)

<i>How interested are you in learning more about safe driving for older adults?</i>	84% Very interested	15% Somewhat interested	1% Possibly Interested in the future	0% Not at all
<i>Please rate today's session information:</i>	81% Excellent	17% Very good	2% Okay	0% Not helpful
<i>How likely are you to use the information you heard today in your daily life?</i>	86% Very Likely	12% Somewhat Likely	2% Possibly Likely in the future	0% Not at all
<i>Would you be interested in sharing this information with a friend or family member?</i>	73% Very Interested	21% Somewhat Interested	6% Possibly Interested in the future	0% Not at all
<i>Audience Gender</i>	23% Male 77% Female			
<i>Audience Age Range</i>	0% < 50 yrs 2% 50-60 yrs 17% 60-70 yrs 48% 70-80 yrs 28% 80-90 yrs 3% > 90 yrs			
<i>Average number of days per week spent behind the wheel</i>	38% Every day 36% 4-6 days 21% 1-3 5% None			
<i>Audience members fully or partially responsible for driving someone else?</i>	40%			
<i>Total Seniors Reached:</i>	165			



Safe Driving and the Older Adult Session Statistics

SESSION TITLE: Staying Healthy for Driving Fitness (NHTSA DriveWell Curriculum)

<i>How interested are you in learning more about safe driving for older adults?</i>	75% Very interested	13% Somewhat interested	8% Possibly Interested in the future	4% Not at all
<i>Please rate today's session information:</i>	70% Excellent	18% Very good	8% Okay	4% Not helpful
<i>How likely are you to use the information you heard today in your daily life?</i>	88% Very Likely	7% Somewhat Likely	2% Possibly Likely in the future	3% Not at all
<i>Would you be interested in sharing this information with a friend or family member?</i>	74% Very Interested	13% Somewhat Interested	10% Possibly Interested in the future	3% Not at all
<i>Audience Gender</i>	20% Male 80% Female			
<i>Audience Age Range</i>	0% < 50 yrs 6% 50-60 yrs 18% 60-70 yrs 62% 70-80 yrs 14% 80-90 yrs 0% > 90 yrs			
<i>Average number of days per week spent behind the wheel</i>	48% Every day 35% 4-6 days 12% 1-3 5% None			
<i>Audience members fully or partially responsible for driving someone else?</i>	44%			
<i>Total Seniors Reached:</i>	160			



Safe Driving and the Older Adult

Older Driver Safety Event Evaluation

SESSION TITLE: Older Driver Safety Day 2010 *(Francis Tuttle—Portland Campus)*

<i>How interested are you in learning more about safe driving for older adults?</i>	83% Very interested	15% Somewhat interested	2% Possibly Interested in the future	0% Not at all
<i>Please rate today's session information:</i>	79% Excellent	17% Very good	4% Okay	0% Not helpful
<i>How likely are you to use the information you heard today in your daily life?</i>	87% Very Likely	13% Somewhat Likely	0% Possibly Likely in the future	0% Not at all
<i>Are you satisfied with the facility and its accessibility?</i>	86% Very satisfied	12% Somewhat satisfied	2% Indifferent	0% Not satisfied
<i>Audience Gender</i>	29% Male 71% Female			
<i>Audience Age Range</i>	1% < 50 yrs 0% 50-60 yrs 23% 60-70 yrs 52% 70-80 yrs 23% 80-90 yrs 0% > 90 yrs			
<i>Average number of days per week spent behind the wheel</i>	46% Every day 25% 4-6 days 23% 1-3 6% None			
<i>Audience members fully or partially responsible for driving someone else?</i>	54%			
<i>Total Seniors Reached:</i>	Approximately 100			



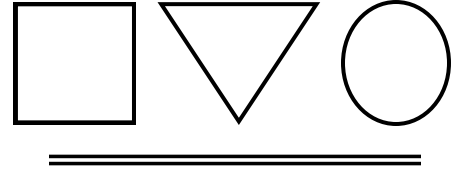
Safe Driving and the Older Adult Self - Assessment

INSTRUCTIONS: For each of the following questions, mark the column of the one answer that most applies to you. Then, flip the page over to assess your answers.

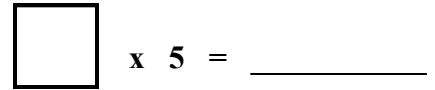
	Always, or almost always	Sometimes	Never, or almost never
1. I use my turn signal and check my blind spot when changing lanes.....	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I wear a seat belt, and make sure everyone else in the vehicle is wearing a seat belt.....	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I try to stay informed on changes in driving regulations.....	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Intersections bother me because there is so much to watch from all directions.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="radio"/>
5. I find it difficult to decide when to merge into traffic when I get on busy interstate highways.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="radio"/>
6. I think my reaction time may be slower than it used to be when reacting to dangerous situations.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="radio"/>
7. When I am upset, or dealing with strong emotions, it shows in the way I drive.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="radio"/>
8. My thoughts wander when I drive, and I often find myself thinking about things other than my speed and the cars around me.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="radio"/>
9. Situations like speeding vehicles, rush-hour traffic jams, or rude drivers make me nervous/angry.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="radio"/>
10. I get regular eye checks and keep my prescription glasses up-to-date in order keep my vision sharp.....	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. I specifically ask my doctor or pharmacist about the effects of my medications on driving ability.....	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. I try to stay informed on current information on health practices and habits.....	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. My children, family members, and/or friends show concern about my driving.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="radio"/>
14. How many traffic tickets or warnings have you had in the past two years?.....	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. How many accidents have you had in the past two years?.....	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>

Self-Scoring:

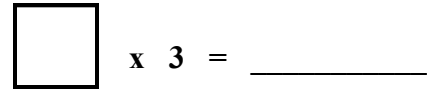
Step 1: Count the number of checkmarks in the squares, and record the total in the square to the right. Follow the same procedure for the circles and triangles. These are your *SHAPE TOTALS*.



Step 2: Write your “square” total in the square to the right, and then multiply it by five.



Step 3: Write your “triangle” total in the square to the right, and then multiply it by three.



Step 4: Add the totals of steps 2 and 3. This is your final score. **FINAL SCORE = _____**

Interpretation of Score:



The **lower** the score, the safer driver you are. The **higher** the score, the more dangerous you are to yourself and others. No matter what your score, you should **always** be looking for ways to improve each area in which you checked the square or triangle.

SCORE

MEANING

0 - 15

GO! You recognize the importance of safe driving, and you are practicing those skills behind the wheel. But no driver is perfect; as driving practices change, we should always be looking to improve our skills. Watch for little things you may be doing that puts you at risk, and do what you can to change those habits.

16 - 34

CAUTION! You seem to be engaging in some driving habits that need improvement to ensure your safety. Try to identify things you can change, and make a conscious effort to do so. Your loved ones are counting on it!

35 and over

STOP! You are engaging in too many unsafe driving practices. You are a potential hazard to yourself, your passengers, and other drivers on the road. Examine the areas where you checked squares or triangles, and evaluate how you can change those habits. Don't be afraid to ask for help!

This is not a complete evaluation of your driving ability.

These scores are based on what you and other drivers 55+ have reported about driving habits and practices, and is based solely on your answers to a limited number of important questions. Many more questions would need to be asked, along with medical, physical, and licensing examinations. Regardless, your score on this test can give you an indication of how well you are doing, or what you can improve on to become a safer driver.



Safe Driving and the Older Adult
SAMPLE EVENT AGENDA

7:45am	Registration & Resource Fair Open
8:30am	Invocation <i>Chaplain Argyl Dick</i>
	Welcome <i>Sheriff John Whetsel</i>
	Program Overview <i>Corporal Kelli Brookshire</i>
8:45am	Eyesight & Older Drivers <i>Dr. George Shields, O.D.</i>
9:30am	Break
9:45am	Medical Issues Affecting Older Drivers <i>Dr. Germaine Odenheimer, M.D.</i>
10:30am	Break
10:45am	Senior Transportation Panel Discussion <i>Fay Beam, RSVP Provide-A-Ride</i> <i>Carol Hume, Salvation Army</i> <i>Jackie Beason, Metro Transit</i>
11:30am	Wrap-Up & Door Prize Drawing
11:45am	Dismissal

Free Vehicle Safety Inspections will be available immediately following the event on the south side of the parking lot (area blocked off and designated by traffic cones). Please proceed slowly to the line if you would like your vehicle checked.



Older Driver Safety Day 2010

Sample Event Evaluation

Please take a moment to evaluate today's event on Older Driver Safety. Because this is a federally-funded program, we are required to provide statistics to the National Highway Traffic Safety Administration on how the seminars and educational material are affecting our attendees. Any personal information you choose to list on this form becomes property of the Oklahoma County Sheriff's Office, and will remain strictly confidential.

How interested are you in learning more about safe driving for older adults?

Very Interested

Somewhat Interested

Possibly Interested in the future

Not at all

Please rate today's session information:

Excellent

Very good

Okay

Not helpful

How likely are you to use the information you heard today in your daily life?

Very Likely

Somewhat Likely

Possibly Likely in the future

Not at all

Are you satisfied with the facility and it's accessibility?

Very Satisfied

Somewhat Satisfied

Indifferent

Not Satisfied

What other session topics would you like to see in the future? _____

Gender (optional): M F

Age range (optional): 40-50 50-60 60-70 70-80 80-90 90+

On average, how many days of the week do you drive? Every day 4-6 1-3 None

Are you fully or partially responsible for driving someone else? Yes No

Additional Comments or Suggestions: _____

OLDER DRIVER

SAFETY DAY



Friday, August 20th

8:30am - 12:00pm

(Registration opens at 7:45am)

FEATURED LECTURES ON:

**Eyesight & Driving Ability
Medical Issues that Affect Driving
Senior Transportation**

ALSO PROVIDED:

**Automobile Safety Information Fair
Free Vehicle Safety Inspections**

**Francis Tuttle Technology Center
Portland Campus - 3500 NW 150th
(SE corner of 150th & Portland)**

Refreshments!

Door Prizes!

The Oklahoma County Sheriff's Office, in conjunction with the National Highway Traffic Safety Administration, and the National Sheriff's Association, is bringing this one-of-a-kind event to your area, and we hope you'll take advantage of the valuable safety information we plan to offer! This seminar is FREE to attend, and you will attend lectures on changes in eyesight and medical issues that affect driving safety. We will also feature a senior transportation panel discussion. Immediately after the event, we will offer vehicle safety inspections free-of-charge! Don't miss out on this opportunity! We look forward to seeing you at Older Driver Safety Day!

**Reservations are required and
seating is limited, so call today!**

RSVP to 405-713-1950



Facts About Senior Drivers

- In 1995, there were 16.5 million licensed drivers over 70 years of age. By 2020, the United States will hold 54 million Americans older than 65, many of them still on the road. (AAA, 2006)
- Older adults wear seat belts more often than any other age group. (CDC, 2002)
- Most older drivers recognize their limitations and avoid driving at risky times. i.e. after dark, during rush hour, and in bad weather. (AAA, 2006)
- Because the human body becomes fragile and heals much slower with age, traffic fatality rates are 17 times higher for drivers over 65. (AAA, 2006)



FREE PRESENTATIONS AVAILABLE ON:

Driving Safety for Seniors

Fraud/Scams

Identity Theft

Home/Vehicle Safety

Safe Shopping

Emergency Preparedness

Oklahoma County Sheriff's Office

TRIAD Program

Attn: Corporal Kelli Brookshire

201 North Shartel

Oklahoma City, OK 73102

Phone:

405-713-1950

Fax:

405-755-4413

Email:

sokelbro@oklahomacounty.org

Web:

www.oklahomacounty.org/sheriff



Safe Driving and the Older Adult



Stay Informed
• • • • •
Stay Alive

Sheriff John Whetsel
Oklahoma County Sheriff's Office

201 North Shartel
Oklahoma City, OK 73102
(405) 713-1000



www.oklahomacounty.org/sheriff

Issues Affecting Older Drivers...

Age

Most experts agree that driving skills gradually begin to deteriorate around age 55. But not all drivers are the same.

- As we age, our brain takes longer to process information, affecting our response skills on the roadway.
- At age 65, about 30% of people suffer from some sort of hearing loss, making it easy to miss emergency sirens, horns, and railroad warnings.



- About 80% of people 70+ suffer from arthritis which can make turning, twisting, or flexing difficult; ALL actions that are required to turn the steering wheel, move between the accelerator and brake pedals, shift gears, and open vehicle doors.

(AAA, *Foundation for Traffic Safety*, 2006)

Medication

Older adults make up 11% of the population, but use 25% of all the prescription drugs in the United States.

- Many medications cause drowsiness, zap energy, and slow reaction time. Read your labels, and plan ahead.
- If you see different physicians for different medical issues, you may be prescribed medications that have negative interactions. Tell each doctor about ALL medications and supplements you are taking.
- Alcohol can multiply the side effects of your medicines. Use caution when having even just one drink, and do NOT get behind the wheel of a car.



Title 47 O.S. § 11-902a3

"It is unlawful and punishable... for any person to drive, operate, or be in actual physical control of a motor vehicle within this state who is under the influence of any intoxicating substance other than alcohol which may render such person incapable of safely driving or operating a motor vehicle."

Illness

Today, more than 5 million Americans suffer from dementia, Alzheimer's, or some other type of brain disease.

- When we drive, different areas of the brain cooperate, prioritize information, and plan for responses.
- Small changes in behavior will begin to show, and will become worse over time:

- ⇒ Riding the brakes
- ⇒ Hitting curbs
- ⇒ Driving at inappropriate speeds
- ⇒ Difficulty parking in defined spaces
- ⇒ Increased agitation while driving
- ⇒ Delayed responses
- ⇒ Difficulty maintaining lane position
- ⇒ Getting lost in familiar places

Visit www.alz.org for more information on dealing with Alzheimer's Disease, or call the Alzheimer's Association 24-hr helpline:

1-800-272-3900



Safe Driving and the Older Adult

VEHICLE SAFETY INSPECTION

MAKE SURE THE VEHICLE IS IN **PARK** BEFORE BEGINNING THE INSPECTION. DRIVERS/PASSENGERS SHOULD NOT EXIT THE VEHICLE AT ANY TIME DURING THIS PROCESS.

Is the driver's seat belt in use?	YES	NO
Does the driver have a cell phone?	YES	NO
Does the driver know where the emergency flasher switch is located, and can they operate it?	YES	NO
Does the driver know where the emergency brake is located, and can he/she operate it?	YES	NO

Have the driver operate the following equipment to make sure it is operational. If something needs attention, please notate it on this form:

Emergency flashers	_____
Turn signals	_____
Headlights	_____
Tail lights	_____
Brake lights	_____
Tag light	_____
Horn	_____

The completion of this inspection does not ensure that your vehicle is safe to drive, nor does it exempt you from consequence should you be stopped for an equipment violation. Please take the appropriate action to correct any defective equipment as quickly as possible. Stay safe!



Safe Driving and the Older Adult

VEHICLE EMERGENCY KITS

A vehicle emergency can happen at any time. A range of problems can cause it, from a tire failure or mechanical breakdown to running out of fuel. Being prepared with a basic emergency kit can reduce stress, help you stay safe while you handle your vehicle issue, and help you get back on the road faster. It's also important to make periodic checks on the equipment to ensure it works—that the spare tire is properly inflated, batteries are not discharged, water is fresh, and food is dry. In addition, be familiar with how each tool works, from the cell phone to the jack, before you need to use it in an emergency.

Basic kit

This kit is intended to aid you in getting help, signaling your car's presence to other motorists, and tackling simple challenges.

Cellular phone	Warning light, hazard triangle, or flares
First-aid kit	Jumper cables or a portable battery booster
Fire extinguisher	Flashlight
Pen and pad of paper	Gloves, hand cleaner, and clean rags
Tire gauge	Jack and Lug wrench
Foam tire sealant	Spare fuses
\$20 in small bills and change	AAA card or roadside-assistance number
Bottle of water	Hard candy and/or crackers

Additional items for long-distance driving

For long trips, add these items to your basic emergency kit.

Basic tools	Coolant hose repair kit and tape
Extra clothes and small tarp	Water and non-perishable emergency food
CB radio	GPS navigation system

Additional items for winter driving

For the cold, wet conditions of winter, you may need additional items in your emergency kit, especially if you travel in remote areas or in severe conditions.

Windshield scraper	Tire chains and tow strap
Blanket and winter hat	Chemical hand warmers
Small folding shovel	Bag of cat litter



Appendix B
National Information on
Older Driver Issues

Additional Resources



The National Highway Traffic Safety Administration provides free information on all things related to traffic safety. For information on any of these, and to learn more about their Older Driver Safety Initiatives, or to print out a free copy of their *DriveWell* Toolkit, visit their website at <http://www.nhtsa.gov/senior-drivers>, or contact them toll-free at 1-888-327-4236.



For information on programs, conferences and training, starting or enhancing your TRIAD program, or membership in the National Sheriff's Association, visit their website at <http://www.sheriffs.org>, or contact them toll-free at 1-800-424-7827.



For information on AAA's Senior Driving programs, including training materials, upcoming events, and how to get involved, visit their website at <http://www.aaa.com>. For information specifically related to the CarFit initiative, visit their website at <http://www.car-fit.org>.



For more information on programs offered by the Oklahoma County Sheriff's Office, including our Older Driver program and/or TRIAD program, or for information on our Traffic Safety or Training divisions, visit our website at <http://www.oklahomacounty.org/sheriff> or call us at (405) 713-1000.