

Mature Drivers: Tips For Lifelong Mobility

User's Guide



RUTGERS-NEW BRUNSWICK
Edward J. Bloustein School
of Planning and Public Policy



About the User Guide

This user guide serves as a resource to aid presenters who will be showing the companion video Mature Drivers: Tips for Lifelong Mobility. The user guide contains links to all resources mentioned in the video presentation. Further, this guide gives practical recommendations for ways presenters can add on to the video presentation at certain points. If you would like more information on any topics discussed, please check out the New Jersey Mature Drivers website: <https://maturedriversnj.org/> or email us at maturedriversnj@ejb.rutgers.edu.

The Alan M. Voorhees Transportation Center

The Alan M. Voorhees Transportation Center (VTC) is a national leader in the research and development of innovative transportation policy. Located within the Edward J. Bloustein School of Planning and Public Policy at Rutgers University, VTC has the full array of resources from a major research university on transportation issues of regional and national significance.

Alan M. Voorhees Transportation Center

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New Jersey Division of Highway Traffic Safety

The New Jersey Division of Highway Traffic Safety (NJDHHS) works to prevent motor vehicle-related crashes and the resulting property damage, injuries, and fatalities on New Jersey's roadways. NJDHHS is responsible for administering the State & Community Highway Safety Program, which annually distributes approximately \$30 million in federal funding to develop and implement a statewide highway safety plan. The Director of HTS also serves as the Governor's representative to the Governor's Highway Safety Association and The National Highway Traffic Safety Administration.

New Jersey Division of Highway Traffic Safety

140 East Front Street
Trenton, NJ 08625

Pre-Video Introduction

Before you begin the video, it's a good idea to ask your audience what they hope to gain from the presentation. Many topics that are mentioned only briefly in the video are covered in more detail on the New Jersey Mature Drivers website maturedriversnj.org so you can refer your audience there if they want more info. We have created an "Additional Resources" document as part of this user guide that includes all of the linked resources that are mentioned in the presentation. Most of these resources are on the web only. One option is to print out the Additional Resources document for participants to take home after the presentation, or you can collect email addresses and send the document over email after the presentation is over.

Overall this presentation covers four content areas: changes with aging, driving safer longer, driving retirement, and transportation services. Below are particular tips to consider for each of these sections:

1. Changes with Aging

Stop video at 08:31 and discuss

This section is the most general and covers how aging may affect driving. Most of the resources are at the end of this section and are longer documents that may not be immediately relevant for participants.

Ask Participants:

- Have you noticed any physical changes that have affected your driving?
- Have you tried to adjust the times or places where you drive?

2. Driving Safer Longer

Stop video at 13:45 and discuss

Many of the resources mentioned in this section are strictly online. If an audience member has a specific question on a resource, point out which number link it is on the companion "additional resources" handout. Drivers can save money on their insurance costs by taking defensive driving courses. Mentioning this can help encourage participants to attend these classes.

Research nearby [CarFit](#) events as well as [driver rehabilitation specialists](#) so that you are prepared to answer questions. For CarFit, if there are no in-person events nearby, recommend a virtual workshop which are typically hosted monthly.

Ask Participants:

- Do you have any safety technology (such as blind spot monitors) in your car?
- Has anyone here ever taken an online or in-person defensive driving course?

3. Driving Retirement

Stop video at 25:18 and discuss

This will likely be the longest discussion break. It is hard for people to stop driving because of the many changes that they will need to consider. So, it is worthwhile to spend a significant amount of time on this topic. It could be a helpful exercise to have attendees fill out a [car cost worksheet](#) as well as a [transportation plan worksheet](#). Having audience members complete these worksheets could be a good way to de-mystify the process of driving retirement for mature drivers who are skeptical or worried about stopping driving.

Ask Participants:

- Have you ever had a conversation about your driving with your relatives?
- If you have decided to stop driving, what was the process like?
- Do you have any fears if you were to stop driving?

4. Transportation Services

Finish video and discuss

Research the transportation options that your local community, Transportation Management Association, and county offer. Discuss other transportation options with audience and provide the information they need to access these transportation services. If there are options available that audience members may not know about, be sure to cover them. If you need help finding options to share in your local community, email maturedriversnj@ejb.rutgers.edu.

Also, be sure to discuss the walkability/bikeability specific to your town. If there is a lack of sidewalks, or safe places to ride a bike, or if your town has a trail system that you want to highlight, you can add a slide or talk more extensively here about possibilities.

Ask Participants:

- Have you ever used delivery apps or mobility on demand apps such as Uber and Lyft?
- Does anyone here use a local transportation service? What do you like about it?

Additional Resources

The following links correspond to resources mentioned in the presentation. Given that all of these resources are online, we recommend that you collect participants' emails during the training and email this list after the training is complete.

Slide 10: Changes with Aging – Medication

NHTSA Resource on Over-the-Counter Prescriptions: <https://www.nhtsa.gov/drug-impaired-driving/dangers-driving-after-taking-prescription-drugs-or-over-counter-medicines>

Slide 11: Changes with Aging – Dementia and Alzheimer's

Hartford At the Crossroads Guidebook: https://assets.thehartford.com/image/upload/cmme_crossroads.pdf

National Institute on Aging - Driving Safety and Alzheimer's: <https://www.nia.nih.gov/health/safety/driving-safety-and-alzheimers-disease>

Alzheimer's Association- Driving and Dementia: <https://www.alz.org/help-support/caregiving/safety/dementia-driving>

Slide 13: Changes with Aging – Additional Resources

Merck Manual for the Older Driver: <https://www.merckmanuals.com/home/older-people-s-health-issues/the-older-driver/the-older-driver>

chORUS: <https://www.roadsafeseniors.org/>

Slide 15: Driving Safer Longer – Medical Review and Fitness to Drive Assessments

NHTSA Self-Assessment: <https://www.nhtsa.gov/older-drivers/driving-safely-while-aging-gracefully>

HealthinAging.org - Driver Safety Questionnaire: <https://www.healthinaging.org/tools-and-tips/driver-safety-questionnaire>

chORUS - Screening Tools: <https://www.roadsafeseniors.org/guides/screening-and-assessment-tools-0>

NJMVC - List of Driver Rehab Specialists: <https://www.nj.gov/mvc/drivertopics/driverrehab.htm>

ADED - Driver Rehabilitation Specialist Search: <https://www.aded.net/page/725>

Slide 16: Driving Safer Longer – Instruction

AARP - Smart Driver Online Course: <https://www.aarpdriversafety.org/defensive-driving-course/>

AARP - Smart Driver in-Person Course: <https://www.aarp.org/auto/driver-safety/locations.html?intcmp=ATT-DSP-Locator>

NJMVC - Driver Course List: <https://www.nj.gov/mvc/license/driverprograms.htm>

Slide 17: Driving Safer Longer – CarFit

CarFit: <https://car-fit.org/find-an-event>

Slide 18: Driving Safer Longer – Vehicle Technology

AAA Brochure: <https://exchange.aaa.com/wp-content/uploads/2021/03/Advanced-Driver-Assistance-Technology-for-Older-Driver-Safety.pdf>

AARP Videos: <https://www.aarp.org/learn/driver-safety/>

Slide 19: Driving Safer Longer – Certified Driver Rehabilitation Specialist (CDRS) Services

NJMVC - List of Driver Rehab Specialists: <https://www.nj.gov/mvc/drivertopics/driverrehab.htm>

ADED - Driver Rehabilitation Specialist Search: <https://www.aded.net/page/725>

Slide 20: Driving Safer Longer – Vehicle Adaptations

NHTSA - Vehicle Adaptation: <https://www.nhtsa.gov/vehicle-safety/adapted-vehicles>

Slide 27: Driving Retirement – Family and Friends May Fear

AARP - We Need to Talk Online Seminar: <https://www.aarp.org/auto/driver-safety/we-need-to-talk/>

FDOT - Safe Mobility for Life: <https://www.safemobilityfl.com/>

Slide 31: Mobility Independence – Reasons to Stop Driving

FDOT - Car Cost Worksheet: <https://safemobilityfl.com/pdfs/CarCostWorksheet.pdf>

Slide 36: Transition to Living Car-Free – Create A Plan

AAA - Mobility Planner: <https://exchange.aaa.com/wp-content/uploads/2021/03/Senior-Transportation-Mobility-Planner.pdf>

CDC - Mobility Plan: <https://www.cdc.gov/older-adult-drivers/media/pdfs/CDC-MyMobilityTool.pdf>

Slide 38: Transition to Living Car-Free – Resources

NIH - Safe Driving for Older Adults: <https://www.nia.nih.gov/health/safety/safe-driving-older-adults>

AAA - Evaluate your Driving Ability: <https://exchange.aaa.com/safety/senior-driver-safety-mobility/evaluate-your-driving-ability/>

AARP - We Need to Talk Online Seminar: <https://www.aarp.org/auto/driver-safety/we-need-to-talk/>

NHTSA - How to Understand and Influence Older Drivers: <https://www.nhtsa.gov/sites/nhtsa.gov/files/2911olderdriversafety.pdf>

Slide 41: Transportation Services – NJ TRANSIT

NJ TRANSIT - Accessibility: <https://www.njtransit.com/accessibility>

Slide 42: Transportation Services – Paratransit

email: adaservices@njtransit.com

phone: 800-955-2321

talk to text: 800-955-6765

Slide 43: Transportation Services – NJTIP at Rutgers University

NJTIP Website: <https://vtc.rutgers.edu/njt看ip/>

email: njtip_info@njtip.rutgers.edu

phone: [848-932-4499](tel:848-932-4499)

Slide 44: Transportation Services – Community Transportation Services

Mature Drivers - County Transportation Page: <https://maturedriversnj.org/nj-transit-paratransit/?fb-edit=1>

Slide 45: Transportation Services – Mobility on Demand

EZ Ryde4Life: <https://ezride.org/transportation/ezryde4life/>

GoGoGrandparent: <https://www.gogograndparent.com/>

Slide 46: Transportation Services – Transportation Management Associations

Cross County Connection TMA: <https://www.driveless.com/commute-options/seniors-persons-with-disabilities-bus-services-by-county/>

Greater Mercer TMA: <https://gmtma.org/senior-programs/>

EZ Ride: <https://ezride.org/transportation/ezryde4life/>

go Hunterdon TMA: <https://gohunterdon.org/mobility/>

Hudson TMA: <https://hudsontma.org/transportation-for-seniors-and-people-with-disabilities/>

Keep Middlesex Moving TMA: <https://kmm.org/active-adult-transportation/>

RideWise TMA: <https://ridewise.org/>

Avenues in Motion TMA: <https://avenuesinmotion.org/safety-community/older-adults/>

Slide 47: Transportation Services – Walkability and Bikeability

NHTSA -Stepping out as an Older Adult:

<https://www.nhtsa.gov/pedestrian-safety/stepping-out-older-adult-be-healthy-walk-safely>

Complete Streets: <https://www.saferoutesnj.org/complete-streets-in-new-jersey/>

HealthinAging.org - Walking Safety Tips: <https://www.healthinaging.org/tools-and-tips/tip-sheet-walking-older-adults>

Slide 48: Transportation Services – Delivery Services

Meals on Wheels: <https://www.mealsonwheelsamerica.org/find-meals-and-services/>

Slide 50: Resources

211 New Jersey: https://nj211.org/search?search_term=resource%20topic%20transportation

NADTC: <https://www.nadtc.org/>

Rides in Sight: <https://ridesinsight.org/>

Slide 51: Resources

Mature Drivers Website: <https://maturedriversnj.org/>