Driving Evaluation and Training

Courage Center:
Courage Center is a Minneapolis-based rehabilitation and resource center. It advances the lives of children and adults experiencing barriers to health and independence. Courage Center provides full driving evaluations and assessments for $414. Financial help available is available if needed. Phone: 763-520-0425 Web: www.couragecenter.org

Adaptive Experts:
Adaptive Experts employs licensed occupational and physical therapists with expertise in driving instruction. They offer driving evaluations and on-road instruction for seniors wishing to boost their driving confidence. Services are offered on-site at a residence, hospital, or rehabilitation facility. Phone: 651-501-5680 Web: www.adaptiveexperts.com

Resources

Driving Alternatives:
- Metro Transit/BE LINE 612-373-3333
- Transit Link 651-602-5465
- MetroMobility 651-602-1111
- VEAP 952-888-9616
- Northland Transp. 952-885-0580
- TLC Special Transp. 952-882-0535
- Tranby Healthride 952-854-5007

Wheelchair accessible taxis:
- Airport Taxi 952-928-0000
- Rainbow 612-332-1615
- Yellow Cab 612-824-4444

Home Instead Transportation 952-929-5695

Grocery Alternatives:
- Meals on Wheels
  - Bloomington 952-835-1665
  - Edina 952-292-2579
  - Richfield 612-990-5398
- Store to Door 615-642-1892
- Schwan’s 1-888-724-9367
- Coborn’s 763-971-4900

General Information:
- Bloomington Human Services 952-563-4957
- Edina Resource Center 952-848-3936
- Senior LinkAge Line 1-800-333-2433
- United way 211 651-291-0211

Tips and Resources for Seniors and Their Families

Bloomington Health Department
Information for You and Your Family

- Driving is closely related with health and independence
- Most elders outlive the ability to drive by 7 to 10 years
- The most common side effects of medications taken by seniors are drowsiness and blurred vision
- Aging brings changes in hearing, vision, flexibility, and reaction time
- Because seniors have less body water, it takes less alcohol to impair a senior’s driving ability
- Seniors can be safe drivers if they recognize age-related changes and adapt to them

Tips for family talk:

- Begin early and involve the senior
- Choose the right messenger
- Observe driving
- Share concerns, but also listen
- Suggest positive steps
- Encourage doctor visit
- Encourage driving tests
- Use adaptations—look for non-driving options.

What to watch for:

- Attempting to proceed through a red light (treating it like a stop sign)
- Stopping at green lights
- Inattention to other motorists, pedestrians, or environmental situations
- Difficulty maintaining speeds—driving too fast or too slow
- Lane shifts later rather than when lane opens up
- Getting lost or losing vehicle in a crowded parking lot
- Increased anxiety or fear of driving in simple or familiar situations

Should you be driving?