

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 651-642-1892

Schwan's 1-888-724-9267

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

Safe Driving for Seniors



Tips and Resources for Seniors and Their Families



Bloomington Health
Department



Should you be driving?

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