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			

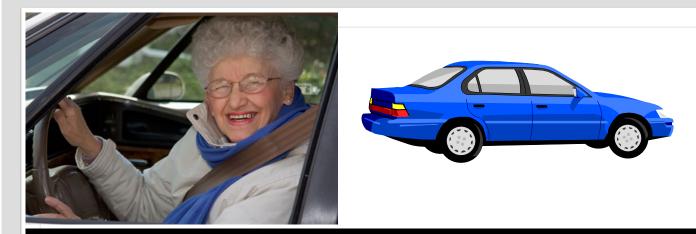
Safe Driving for Seniors



Tips and Resources for Seniors and Their Families

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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 nondriving options.



Should you be driving?

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