THINK Before You Drive

For seniors:
- The effects of medication and alcohol on driving
- Safe driving tips

Driving a car can be a source of enjoyment, transportation, independence, and sometimes . . . AN ACCIDENT.

For some seniors, certain medications can make driving risky.

For everyone, alcohol makes driving risky.

THINK about what you can do to stay safe.
**Medication and driving**

**FACTS** why medications can make driving risky for seniors:

- Drugs can stay in the older body for a longer period of time.*
- Seniors may be more sensitive to the effects of medication on their judgment and ability to react .*
- Older Americans often take more than one medication.
- Sometimes a combination of medications increases the effects of each drug on the body.*

* National Institute on Aging
Alcohol, medication, and driving

**FACTS** why using alcohol and taking medications makes driving risky for seniors:

- The effects of drinking alcohol make it difficult for all people to drive safely.
- Seniors are easily impaired by alcohol because they have less body water to dilute alcohol when it’s consumed.
- The effects of taking medication and alcohol together make driving even more dangerous . . . no matter what age!
Safe driving tips for seniors

Take a defensive driving class:

- **Bloomington:**
  Creekside Community Center
  952-563-4944

- **Edina:**
  952-848-3952 or 952-833-9570 (summer)

- **Richfield:**
  612-861-9360

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Additional copies of this brochure can be downloaded at www.ci.bloomington.mn.us

**keywords:** seniors safe driving
Safe driving tips for seniors

Some of the medications that make driving risky include:

- Blood pressure meds
- Anxiety meds
- Sleeping pills
- Antidepressants
- Muscle relaxers
- Seizure meds
- Pain meds
- Diabetes management

Talk to your doctor about how these affect driving.

Don’t drive if you have:

- Dizziness
- Weakness
- Confusion
- Numbness
- Blurred vision
- Anxiety
- Poor balance

Also, do not ride with a driver having the same.
Safe driving tips for seniors

Use driving alternatives:

- Have your groceries delivered, or have someone pick them up for you.

- VEAP (Volunteers Enlisted to Assist People): 952-888-9616.

- Metro Transit/BE LINE (Bloomington and Edina): 612-373-3333

- Utilize a Medi-Van for your doctor appointments: 1-800-333-2433 or 651-641-8612 (Metropolitan Area Agency on Aging [MAAAA] also has Language Line Services and TDD/TTY—Minnesota Relay Service—at 7-1-1).

- Ask a friend or relative to drive, and offer to pay for their gas.

- Take a cab; ask if the cab offers a senior discount, or share the ride with a neighbor.

- Take the city bus to your destination.