



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 [MAAA] 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.