

FUNCTIONAL FRIDAY

Older Driver Safety Awareness: Staying Engaged in the Community With or Without a Car

When an older adult is getting ready to stop driving, there are still ways for them to do things in the community:

- Ask friends or neighbors for rides, and accept when they offer
- Look for a local taxi or riding service
- Some grocery stores, places of worship, malls, and other organizations offer transportation services
- Explore activities that do not require driving



While in the pandemic, there are ways to stay engaged with the community from home:

- Stay engaged virtually: phone, video call, or internet

- Staying in touch and socializing

with loved ones is important.

Along with calls, consider setting



up apps such as FaceTime, Skype, or Google Duo that allow you to see friends and family through a video

- Contact your local senior center, area Agency on Aging, YMCA, Meal on Wheels program, or other community center and learn about programs offered online

References

- American Occupational Therapy Association. (2012). *Driving safely as you age*. Retrieved from <https://www.aota.org/-/media/Corporate/Files/AboutOT/consumers/Adults/Driving-Tip-Sheet.pdf>
- American Occupational Therapy Association. (2020). *Friday: Staying engaged in the community with or without a car*. Retrieved from <https://www.aota.org/Conference-Events/Older-Driver-Safety-Awareness-Week/Friday-full-article.aspx>
- American Occupational Therapy Association & Rebuilding Together (2020). *Tips on how to remain safe in your home during COVID-19*. Retrieved from <https://www.aota.org/-/media/Corporate/Files/Practice/Aging/rebuilding-together/Tips-For-Staying-Safe-In-Your-Home-During-COVID-19.pdf>