

FUNCTIONAL FRIDAY

Older Driver Safety Awareness: Family Conversations

American Occupational Therapy Association [AOTA]. (n.d.).
<https://www.aota.org/Conference-Events/Older-Driver-Safety-Awareness-Week/Tuesday-full-article.aspx>.

- Family and Friends play a major role in discussions about driver safety
- The EARLIER you start the BETTER
 - If the conversation starts after an accident or negative driving experience, then it may be an argument not a discussion
- Early conversations should be focused on:
 - Lifestyle choices
 - Staying fit and flexible
- Conversations should not be about “stopping” driving but instead focused on small changes that can be made in travel methods.
- Strategies on how to start conversations:
 - Bring it up naturally
 - After news of a car accident
 - When a family member or friend is in an accident or has a negative driving experience
 - Focus on solutions to issues
 - Ask for help from health professionals about adaptations
 - Make ride offers a rewarding experience
 - Use “I” statements not “You” statements

- “I am worried about you” rather than “you are not driving safely”
- Remain Supportive
- Make talking points: *effective*, **clear**, supportive, *non-judgmental*, and **meaningful** to that specific person
- Agree to a “safe mobility contract”
 - This contract talks about making a family plan together
 - Who will have conversations and how they will address issues with the person?
 - Signed by the driver and the driver’s family member
 - This can be found here:
 - <http://seniordriving.aaa.com/wp-content/uploads/2016/08/Driver-Planning-Agreement.pdf>
- There is also a Self-Rating that can be found in the Drivers 65 Plus Brochure created by AAA.
 - This is a 15-question survey that anyone can take to assess their driving ability.
 - The brochure also includes a “Suggestions for Improvement” page so the person taking the survey can understand what they need to improve on.
 - A pdf version can be found here:
 - <https://seniordriving.aaa.com/wp-content/uploads/2016/08/Driver652.pdf>

