



## **Driving Tips:**

### **Lower Risky Driving Conditions**

- Avoid risky turns into high traffic areas.
- Choose low speed areas.
- Drive in daytime.
- Drive in familiar surroundings.
- Drive in good weather conditions.
- Drive in non rush hour traffic.
- Make turns at major intersections, rather than side streets.
- Minimize the number of difficult driving maneuvers.

### **Choose SAFE Driving Habits**

- Always wear a seat belt when driving.
- Always follow the rules of the road.
- Always follow the speed limit.
- Avoid driving when fatigued or pre-occupied.
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- Buy a vehicle with really good crash protection features.
- Keep the vehicle well maintained.
- Maintain current knowledge of rules of the road.
- Never drive while under the influence of drugs or alcohol, angry or upset.
- Plan trips and routes during the safest travel times.

### **Tips for Family Members and Friends of Suspected At Risk Drivers**

Remember, it only takes ONE deadly mistake to become a traffic fatality. However, prematurely taking away driving privileges can be devastating. Do everyone a huge favor, and discuss your concerns with the suspected at risk driver, as well as knowledgeable health professionals who are skilled in evaluating the functional skills and abilities needed to safety drive. You might save a life! Here are some tips:

1. Insist on taking the wheel when you are in the car with someone who is driving in a manner that makes you uncomfortable.
2. Share concerns about safety with the suspected at-risk driver and other related family members or friends.
3. Check out all facts before insisting a driver stops driving. (Medications, lifestyle choices, fit with the vehicle, the vehicle itself, personal driving style, roadway conditions, etc)
4. Consult with an occupational therapist or family physician if unsure about the "suspected" at risk driver's ability to safety drive. [www.aota.org](http://www.aota.org)
5. Help the at risk driver who is no longer safe to drive to find alternate means of transportation, such as buses, subways, taxicabs, community vans, or family and friends.
6. Help the driver whose license has been revoked to find ways to redesign life habits to support alternative ways of living without driving a car.

