

Resources

Functional Assessment Centres

A Functional Assessment Centre is an Ontario Ministry of Transportation-approved centre that will evaluate your ability to drive safely using written tests, cognitive tests and an in-car road test.

An assessment can cost between \$500 and \$800 and is not covered by OHIP, although private health or accident insurance may cover the cost.

Advance Driver Rehabilitation Services

1355 Artisan Court, Unit B, Burlington
.....905-632-2410
www.advancedrivertraining.net

CBI Physiotherapy and Rehabilitation Centre

- 450 Appleby Line, Unit 14, Burlington
.....905-631-7059
- 1 Kennedy Road South, Brampton
.....905-450-5990
- 101 Queensway West, Suite 204, Mississauga
.....905-272-0008
Toll free.....1-800-463-2225
www.cbi.ca

DriveAgain

1355 Artisan Court, Unit 5, Burlington
Toll free..... 1-888-640-0292
www.www.driveagain.ca

Driver Rehab Therapy

- Bramalea Medical Centre
18 Kensington Road, Suite 308,
Brampton
.....416-807-7155
- Camilla Place
130 Dundas Street East, Suite 203,
Mississauga (at Hurontario St.)
.....416-807-7155
www.driverrehabtherapy.com

DriveLab Inc.

380 Bovaird Drive East, Unit 26, Brampton
..... 647-499-4620 or
Toll free 1-844-413-7483
www.drivelab.ca

Saint Elizabeth Healthcare

- Oakville Trafalgar Memorial Hospital,
3001 Hospital Gate, Oakville
- 60 West Drive, Suite 208, Brampton
.....416-398-1035
Toll free1-877-397-1035
www.saintelizabeth.com

For more information go to:
www.mto.gov.on.ca

Renewing your licence

Aging and Driving: Ontario’s Licence
Renewal Program for Drivers’ age 80 and
above
www.mto.gov.on.ca

Driving courses

55 Alive Driver Refresher Course
sponsored by Canada Safety Council
www.canadasafetycouncil.org

Private Driving Schools

These businesses can provide both in
class and in car instruction. Search online
for more information.

Additional resources

Burlington Age Friendly Council – Safe
Driving Tips for Older Adults:
www.burlingtonagefriendly.ca

OAAC Fast Fact:
For Ontario Drivers Age 70 Plus
To order a copy, call 311.

For more information,
visit **www.halton.ca** or call 311.



halton.ca 311

SCS-15119

Safe Driving for Older Adults



2022

Fast Facts

Older Adult Advisory Committee
(OAAC)



Driving is a privilege

For many older adults, driving has been a normal part of everyday life for many decades. Driving is a privilege that supports your independence. However, the process of aging may begin to reduce your ability to ensure road safety. Some of these changes may include:

- declining eyesight or hearing;
- reduced reaction times;
- arthritis, pain or stiffness which can make it difficult to check blind spots, steer or quickly apply brakes;
- conditions such as dementia or stroke may impact judgment and decision making; and
- some medications may have side effects that impede safe driving.

The driving environment also becomes more challenging over time. For example:

- familiar roadways and intersections will change;
- traffic volumes increase;
- roadway signage can become more difficult to notice;
- newly introduced traffic circles and bicycle lanes can be confusing; and
- long sections of strip malls can lead to numerous vehicles entering and leaving the roadway.

Ask yourself—how safe is my driving?

Whenever you are wondering if you should continue to drive, your main consideration should be focused on road safety.

Here are some questions that you can ask yourself:

- Am I having more “close calls” (with other vehicles, bicycles, pedestrians)?
- Have I been involved in minor collisions?
- Am I finding it more difficult crossing intersections, judging distances, or noticing pedestrians, road signs or merging vehicles?
- Do I feel lost or confused on familiar roads?
- Do I have a hard time moving my hands and feet at the same time?
- Do I avoid driving at night because of vision difficulties?
- Do I feel nervous or stressed behind the wheel?
- Do other cars often honk at me?
- Are my family members worried about my driving ability?
- Have I had a stroke or been diagnosed with an illness that may affect my driving?
- Do I take any medications that may impact my driving ability?

If you answered “yes” to one or more of these questions, it may be time for you to:

- have your hearing or eyesight checked;
- enroll in a driving refresher course;
- discuss your concerns with your doctor; or
- have an Ontario Ministry of Transportation (MTO) approved Functional Assessment Centre evaluate your driving.

Note: Ontario law requires that regulated medical professionals such as optometrists, physicians and nurse practitioners report to the MTO any medical or visual issues that could impair your ability to drive safely.

Planning for the future

If you are concerned about driving safely, it may be time to look at other forms of transportation. Call 311 for a copy of “Transportation Choices for Older Adults” or visit www.halton.ca

Did you know?

The estimated annual cost of owning/operating an intermediate size car driving 10,000 km a year is \$10,800.

Source: Canadian Automobile Association 2018

Safe driving tips

- Plan your route and give yourself plenty of time to avoid rushing or feeling stressed.
- Avoid driving at night if you have reduced night vision.
- Stay home during bad weather.
- Use familiar roads and avoid driving during peak traffic times.
- Avoid using 400 series highways when possible.
- Reduce distractions such as radio or conversations.
- Look for traffic signs/signals and the placement of other vehicles at intersections.
- Watch for pedestrians and cyclists.
- Be alert for opening car doors and vehicles entering or exiting driveways.
- Leave adequate space between you and other vehicles.
- Avoid driving when you are feeling tired, unwell or taking a medication that can cause drowsiness.
- Take time to adjust your seat so that you can comfortably reach the steering wheel, see both side mirrors, have a clear view out the windshield and reach the gas and brake pedals.