

Mature drivers behind the wheel

MYTH – There’s nothing older drivers can do to improve their driving skills and abilities.

FACT – There are many things older drivers can do to improve their driving skills and abilities. For many, all it takes is an awareness of the changes we go through as we age, together with a real desire and the ability to adapt to those changes. Research shows that age alone is not a good predictor of driving safety or ability. Nevertheless, some of the **physical and mental changes** that occur as we age may increase our risk on the road.

What the research says

Seniors are a rapidly-growing segment of Canada’s population.

- Today, they represent over 13% of our total population.
- By 2026, it is projected that seniors will account for over 22% of the total population.
- Today, there are almost 2.9 million licensed drivers in Canada who are 65 years of age or older.

Research shows that seniors:

- Are more likely than other drivers (except for very young drivers) to be involved in a crash.
- Are overrepresented in serious injury crashes.
- Are more likely than younger adults to be seriously injured or die in a crash.
- Often take longer to recover from their injuries following a crash.

What can you do to reduce your risk?

Awareness of the changes we go through as we age and of the changes in our driving environment is key to a long, safe driving career. **A desire and the ability** to adapt to those changes can help us continue to drive safely.

- **Know the facts** – Learn about the physical and mental changes that can occur as we age and that may interfere with our ability to drive safely.
- **Review your driving** – Review your own driving abilities and habits and find out how you can reduce your risk.
- **Know your vehicle’s safety features** so that you can use them for maximum protection.
- **Brush up on your driving knowledge and skills** – Find out where you stand. Assess your driving knowledge and skills because it’s important to keep up-to-date.
- **Make a plan of action** to help you continue to drive safely for as long as possible.

For more information

- Attend a *Living Well, Driving Well* workshop for mature drivers. Find out when there will be a workshop in your community. Call toll-free **1-877-297-2254** or e-mail **MDrivers@bcaa.com**
- Visit our website at **MatureDrivers.ca**
- Visit your local BCAA office for a copy of the *Mature Driver’s Handbook*.

MatureDrivers.ca

