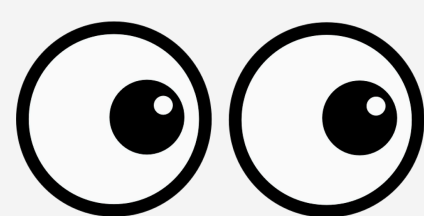


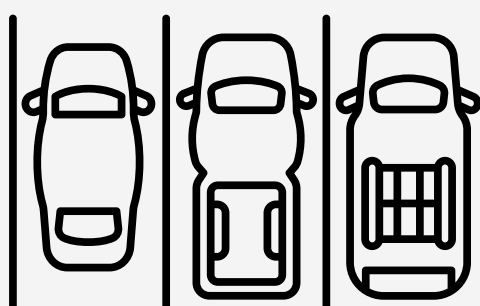
Self Regulation Tips Related to Driving



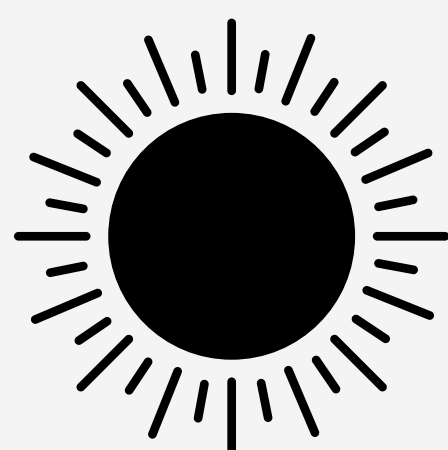
SELF-REGULATION, WHICH INVOLVES ADJUSTING DRIVING HABITS – SUCH AS DRIVING LESS OR AVOIDING DIFFICULT SITUATIONS DUE TO CHANGES IN ONE'S ABILITIES. IT'S SEEN AS A WAY TO HELP OLDER DRIVERS STAY INDEPENDENT AND CONTINUE DRIVING SAFELY FOR AS LONG AS POSSIBLE.



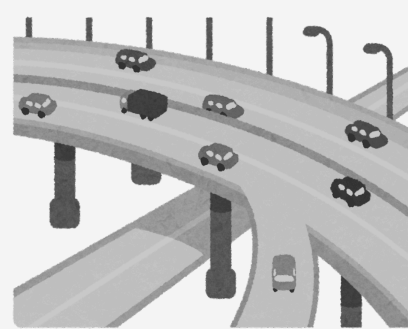
DRIVE DURING THE DAY IF YOU HAVE DIFFICULTY SEEING AT NIGHT



AVOID HEAVY TRAFFIC



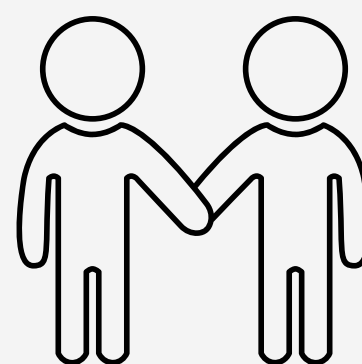
DRIVE ONLY IN GOOD WEATHER. AVOID DRIVING WHEN ITS SNOWING OR RAINING.



AVOID HIGHWAY DRIVING



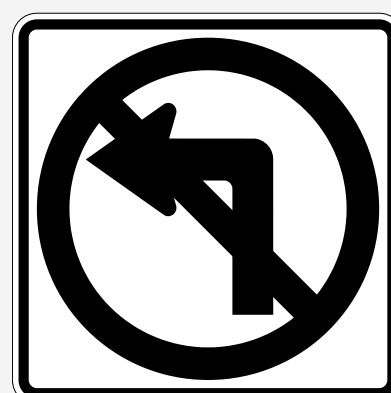
AVOID DRIVING IN UNFAMILIAR AREAS.



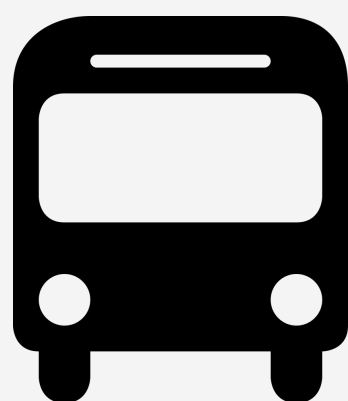
DON'T DRIVE ALONE, DRIVE WITH A FRIEND OR FAMILY MEMBER.



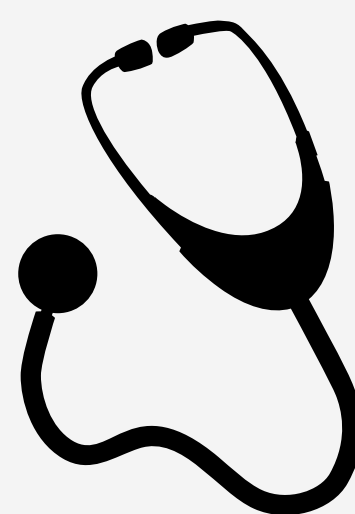
PLAN YOUR ROUTE BEFORE HEADING OUT



AVOID LEFT TURNS OR ONLY MAKE LEFT TURNS WHEN THERE IS A LEFT TURN SIGNAL



IF YOU ARE UNCOMFORTABLE WITH DRIVING, CHOOSE AN ALTERNATIVE DRIVING OPTION.



CONSULT WITH YOUR DOCTOR

If you are having issues with your vision, physical and/or cognitive health, please consult your doctor for further evaluation.