

DRIVING RETIREMENT

**IS IT TIME FOR YOUR LOVED ONE TO RETIRE FROM DRIVING?
HERE ARE SOME TIPS ON HOW TO ADDRESS THIS DIFFICULT TOPIC.**

RESEARCH SAYS

Driving cessation has been linked to decreased physical and mental health, including increased depression, decreased quality of life, cognitive decline and social withdrawal. According to research studies, planning for driving retirement can reduce some of these outcomes.

**AGE DOES NOT
DETERMINE
FITNESS TO
DRIVE, DRIVING
PERFORMANCE
DOES**

START THE CONVERSATION EARLY

Begin talking with your loved one about planning for driving retirement earlier than later. Emphasize it is something to plan for the future, not right now. Discuss other modes of transportation they can use in the future or when they begin to become anxious about driving, to let you know.

RESEARCH ABOUT OTHER MODES OF TRANSPORTATION

Prior to having the retirement conversation, research other modes of transportation in the area that they can use (family/friend, Uber, bus, etc). Providing them options can help reduce anxiety of being isolated in their home. Use the transportation plan template to plan for other transportation options for certain events.

MAKE THE CONVERSATION POSITIVE

Do not start the conversation off as accusatory. Focus the conversation on their safety and emphasize you want them to continue the activities they enjoy.

GRADUAL APPROACH

If your concern is for one particular area of driving (night driving, freeway driving, etc), suggest using an alternative method for those times for their safety. Once they do this, retiring from driving completely in the future is a bit easier as they become comfortable using alternative modes of transportation.

REMAIN SUPPORTIVE

Imagine how you would feel if someone was concerned about your driving. Throughout the conversation, use "I" statements rather than "you" statements. For example, "I am worried about your safety while driving" rather than "You are not safe while driving anymore."

AVOID AN INTERVENTION

Do not invite other people to the conversation as this may increase emotions. It is best to have this conversation one on one with your loved one.

ALLOW THEM TO FEEL THEIR EMOTIONS

If they become upset, allow them to feel their emotions and continue to be supportive. Show empathy and stay calm. If they refuse to have the conversation, try again at another time.

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