



Lima/Allen County
**REGIONAL PLANNING
COMMISSION**

Lima-Allen County
**Safe Community
Coalition**



SAFE DRIVING

TIPS FOR MATURE DRIVERS

Megan Kinnear

**Lima-Allen County Regional
Planning Commission**





SAFE COMMUNITY COALITION & SAFETY REVIEW TEAM

KNOW THE FACTS:

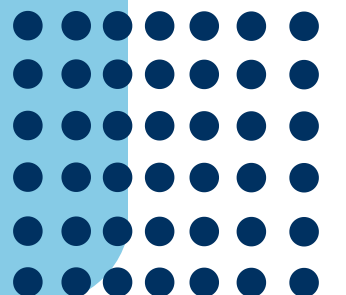
Most crashes are on dry roads during the day.

- Traffic volume increases in good weather.
- Often the cause with older drivers is not stopping fully at stop signs or proceeding through intersection when it wasn't okay to do.

Common causes for crashes with mature drivers.

- Vision reduction (distance and/or peripheral), body stiffness, loss of head/neck mobility, achy joints in hands.
- Cognitive decline, confusion with surroundings.
- Medication drowsiness.

In the U.S., there are more than 34 million licensed drivers who are 70 or older.



PROTECT YOURSELF AND OTHERS ON THE ROAD

know the laws:

- Seat belts are required by law in the front seats. (But it's best to wear them in the back seats as well.)
- About half of all crash fatalities could have been prevented by properly wearing a seat belt.
- Cannot hold a cell phone anywhere but up to your ear while driving.
- Going too fast or too slow is dangerous and illegal.
- Most fatal crashes in 2024 in Allen County involved a person over the age of 65. Not all were the at-fault drivers.
- A person who is older has a more difficult time of surviving crashes due to natural physical limitations and ailments.
- Be sure to fit in your car properly.

HOW TO HELP STAY SAFE AS YOU AGE

As you age, consider these things to help prolong safety while driving:

- Stay fit and active. Engaging in regular physical activity will help improve strength, flexibility, and reaction time. Stretch. Get a massage.
- Do regular mental exercises. Activities like puzzles and memory games that stimulate the brain can improve cognitive functions related to driving.
- Consider getting a car with vehicle technology like back up cameras, blind spot warnings, assistive parking, and crash mitigation systems. Different cars are not always helpful, so carefully consider if this is a right move or not.
- Talk to family and your doctor about ways to stay active and able to drive.
- Be sure you are properly fit to your vehicle: CarFit
- Explore adaptive equipment/vehicle modifications like hand controls, pedal extenders, or steering wheel grips.





Helping Mature Drivers Find Their Safest Fit



Quick Tips:

Seatbelt might be adjustable at shoulder. Should be over the shoulder and low on the hips.

Steering wheel should be tilted to have good forward vision. Angle it toward the body, not the head.

CarFit In-Person Event

In-person events are conducted in a physical setting where volunteers receive hands-on training and direct interaction with trainers to ensure a comprehensive understanding of CarFit procedures and best practices.

Location: Mercer County COA, 217 Riley Street, Celina, OH, 45822

Event Type: Carfit

Date: June 25th, 2025

Time: 10:00 AM - 02:00 PM (EDT)

Contact info: Leann Unverferth



Reserve your spot to attend this event by number
5679409725

Attend this event as a Volunteer

Cancel

CarFit In-Person Event

In-person events are conducted in a physical setting where volunteers receive hands-on training and direct interaction with trainers to ensure a comprehensive understanding of CarFit procedures and best practices.

Location: CHP Home Care & Hospice of Ada, 1200 S Main St, Ada, OH, 45810

Event Type: Carfit

Date: June 26th, 2025

Time: 11:00 AM - 01:00 PM (EDT)

Contact info: Leann Unverferth



Reserve your spot to attend this event by number
5679409725

Attend this event as a Volunteer

Cancel

CarFit:

Call 567-940-9725 to reserve your spot.

Drive your car to the event and a trained CarFit specialist will assist you.

SIGNS IT MIGHT BE TIME TO REDUCE DRIVING

Know the signs:

- Have you fallen recently? Is it happening more often?
 - If you or a loved one has experienced recent falls, it may be time to reduce driving. The physical reasons for falling can be reasons for vehicle crashes due to body weakness, poor balance, slow reaction time, certain medication, and vision problems.
 - People who have fallen unexpectedly are 40% more likely to get into a car crash.
- Can you turn your head from shoulder to shoulder without much problem or pain?
- Have you noticed scratches and dents in your vehicle?
 - If you notice changes to the body of your car, sometimes that's an indication that you are bumping or scraping objects while you drive. you might not notice it at the time due to things like hearing loss.
- Has it become more difficult to see a far distance and/or to see clearly at night?
- Have you had "close calls" or minor- or near-accidents?

BARRIERS RELATED TO GIVING UP DRIVING

This can be a scary time for those who don't have anyone else nearby to depend on. Giving up driving can mean giving up independence and cause problems for those they care for.

2019-2023 data:

People 65+ who live alone

Allen County average: **34%**

Gomer and similar rural areas: **50%**

City of Lima Census Tract 134: **67%**

(S. Metcalf, W. Kibby, Vine, Hoover Park by Collett Street fields)

Regarding those who live in tract 134:

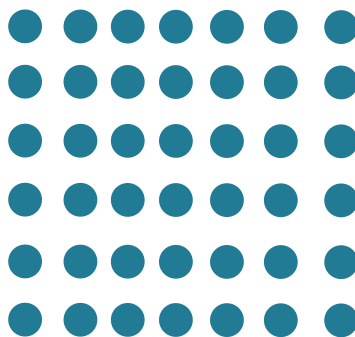
Primary caregivers for grandchildren: **5%**

No internet access: **17%**

Express transportation burden: **70%**

Socially vulnerable: **87%**

(Factors include disaster support needs, unemployment, minority status, disability,)



WHAT TO DO WHEN “IT’S TIME”

Less driving might mean going fewer places, seeing people less often, and might create a feeling of sadness and loss of independence.

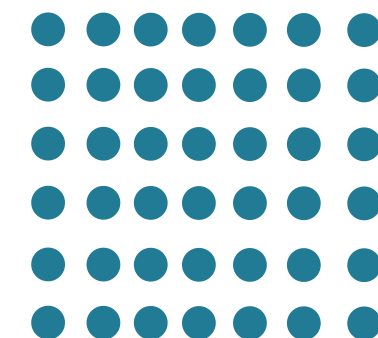
Don’t be afraid to just start the discussion. Ask your son, daughter, grandchild, neighbor or friend to talk about it with you.

Set up a time to talk with your health care provider and ask him/her to administer some tests to check vision, hearing, mobility and cognition.

Caregivers need to involve the driver in the decision-making process. Hiding keys, taking away the car, etc. might lead to frustration, combative behavior, distrust, or anger. Allow the driver to help make a plan to reduce driving gradually, if possible. The plan may include:

- Restricting driving to daylight hours
- Reducing unnecessary trips
- Using food/grocery delivery services
- Exploring alternative transportation options

****Story of 70-year-old concerned citizen with fatal crash.***



KNOW THE OPTIONS AVAILABLE

**Allen County Regional
Transit Authority (RTA)**

Area Agency on Aging 3

**Allen County
Council on Aging**

**Delphos Senior
Citizens Center**

Greyhound Bus

**Allen County Job
and Family Services**

**Need-Specific
(Behavioral Health / Dev. Disability)**

**Allen County Veterans
Service Commission**

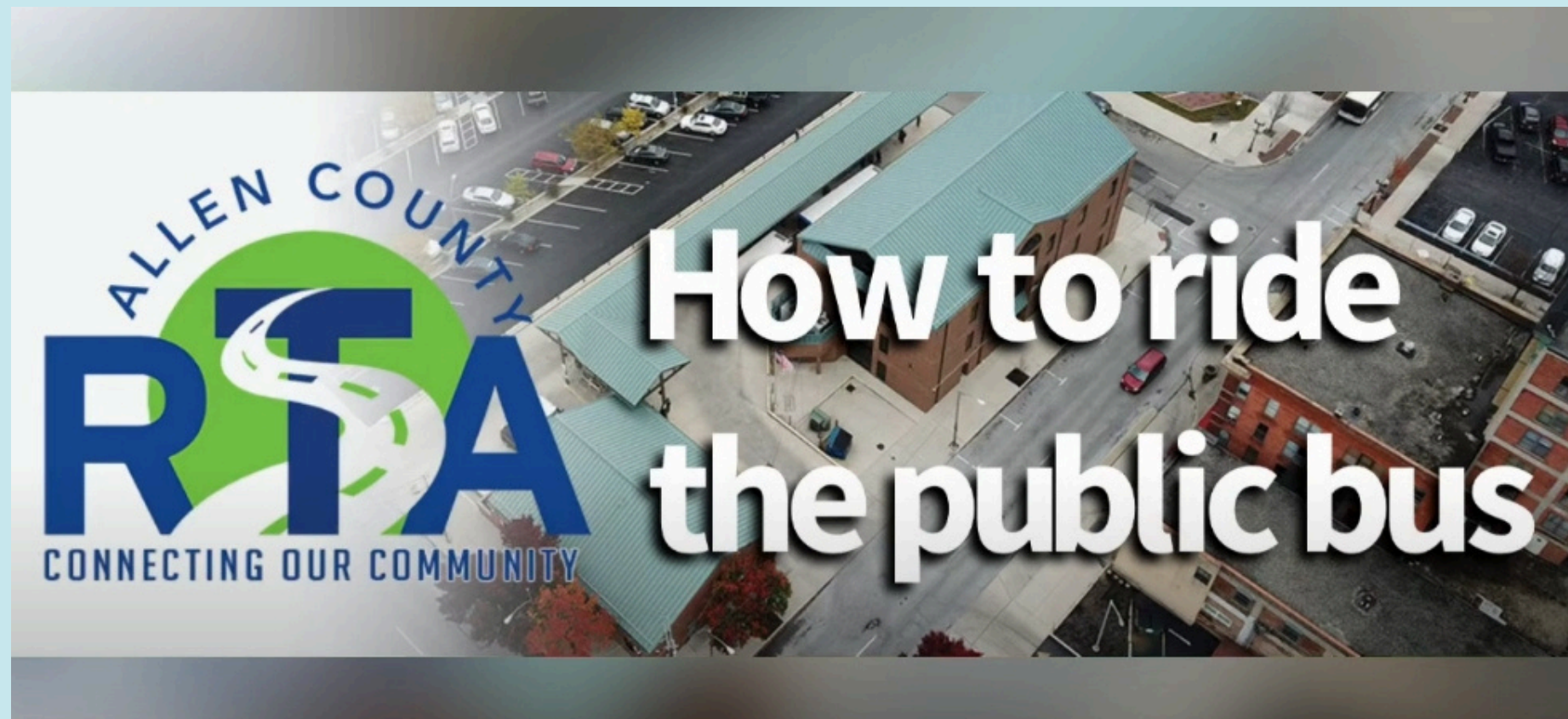
Taxi / Lyft Services

Family Members

Neighbors & Friends

**Others going the same
place: church, work, store**

HOW TO USE THE ALLEN COUNTY RTA BUS

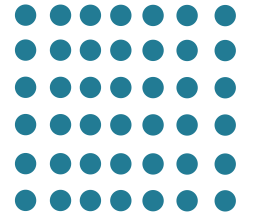




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THANK YOU



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