

## Alzheimers

### SENIOR TRAFFIC SAFETY EDUCATION CAN ALZHEIMER'S AFFECT DRIVING?

- Early and clear warning signs
  - Need more help with directions or learning a new route
  - Have trouble remembering where you are going, or where you left your car
  - Get lost on routes that were once familiar
  - Have trouble making turns, especially left turns
  - Feel confused when exiting a highway, or by traffic signs
  - Receive citations for moving violations
  - Find other drivers often honk their horns at you
  - Stop at a green light, or brake inappropriately
  - Have less control over muscles - harder to push pedals or turn steering wheel
  - Drift out of your lane



## Arthritis

### SENIOR TRAFFIC SAFETY EDUCATION CAN ARTHRITIS AFFECT DRIVING?

Joints that are swollen and stiff can limit how far you can bend or move your shoulders, hands, head and neck. This can make it harder to grasp or turn the steering wheel, apply the brake and gas pedals, put on your safety belt or look over your shoulder to check your blind spot.

- As a result, arthritis can make it harder for you to drive safely.
- If arthritis affects your hips, knees, ankles or feet, you also may have difficulty getting in and out of your car.

#### **Can I still drive with arthritis?**

- Yes, most people can drive safely with arthritis. It depends on which joints are affected, and how well you and your doctor are able to manage your condition.
- If you use medicine to treat your arthritis, make sure it doesn't make you sleepy. Ask your doctor.
  - Arthritis can limit your movement and strength, so try to stay fit and active. Doing so will help you to keep driving safely. Ask your doctor about exercises to keep your joints strong and supple.



## Cataracts

### SENIOR TRAFFIC SAFETY EDUCATION CAN CATARACTS AFFECT DRIVING?

- Having a cataract can make it harder to see the road, street signs, other cars, and people walking because a cataract clouds the eye's lens.
- Objects look blurry; things are more difficult to see in bright light; headlight glare is more intense; colors look faded; night vision is worse; and double vision may be present.
- Cataracts can mean a change in your prescription more often. Even a small change in your prescription can make a big difference in seeing long distances.

**Can I still drive with a cataract?** Ask your doctor.

- Every person's cataract is different. You may be able to drive safely for many years. Over time the cataract may worsen. It may become difficult to see and to drive safely if you have a cataract. You may need to plan car trips to avoid times when vision may be most affected; for example, driving west at dusk into a setting sun or during rainy conditions at night. Clean your car windshields and headlights often.



## Diabetes

### SENIOR TRAFFIC SAFETY EDUCATION CAN DIABETES AFFECT DRIVING?

- In the short term, diabetes can make your blood glucose (sugar) levels too high or too low.
- Diabetes can make you feel sleepy or dizzy; feel confused; have blurred vision; lose consciousness; or have a seizure;
- Diabetes may cause nerve damage in your hands, legs and feet, or eyes and cause blindness or lead to amputation.

**Can I still drive with diabetes?**

- Yes, people are able to drive.
- Do not drive if your blood glucose level is too low.
- Carry your blood glucose meter and plenty of snacks.
- Most people experience warning signs
- High blood glucose levels also may affect driving.
- The key to preventing problems is good control of blood glucose levels.



# Glaucoma

## SENIOR TRAFFIC SAFETY EDUCATION CAN GLAUCOMA AFFECT DRIVING?

- Glaucoma can cause partial vision loss or total blindness. Glaucoma usually affects peripheral vision the part of the vision that lets you see things out of the corner of your eye.
- Individuals may not be aware of vision losses until its advanced stages.
- If you have glaucoma and you drive, you may not see other cars, bicyclists, or pedestrians that are outside of your central field of view.
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### Can I still drive with a glaucoma?

- Most likely Yes, if your glaucoma is found early and if you do not have significant visual field loss.



# Macular Degeneration

## SENIOR TRAFFIC SAFETY EDUCATION CAN MACULAR DEGENERATION AFFECT DRIVING?

- Macular degeneration can distort your central vision and can lead to loss of sharp vision.
- Macular degeneration also can make it difficult to see road signs, traffic, and people walking, and may affect your ability to drive safely.
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### Can I still drive with a macular degeneration?

- In the early stages there may only be small central areas of vision loss or distortion that may not affect your driving.
- Over time it will be harder for you to see clearly and make it harder to drive safely.
- What can I do?
- If you have a family history or have any changes in your central vision, see an eye doctor for advice



## Parkinson's

### SENIOR TRAFFIC SAFETY EDUCATION CAN PARKINSON'S AFFECT DRIVING?

- ☑ Parkinson's disease can cause your arms, hands, or legs to shake – even when you are relaxed. It also can make it harder for you to keep your balance, or start to move when you have been still. If you have Parkinson's and you try to drive, you may not be able to react quickly to a road hazard; turn the steering wheel; or use the gas pedal or push down the brake.

#### Can I still drive with Parkinson's?

- ☑ Most likely, "Yes," in the early stages of the disease, and if you take medicines that control your symptoms.
- ☑ What can I do when Parkinson's disease affects my driving?
- ☑ Ask your doctor about medicines and surgeries that could help treat your symptoms of Parkinson's disease. Ask about the affect medicines may have on your ability to drive safely.
- ☑ Staying fit and active will help maintain your muscle strength that you need to drive. This will help keep you safely behind the wheel and on the road.
- ☑ Your doctor also can refer you to a center or a driver rehabilitation specialist who can give you on and off-road tests to see if, and how, your Parkinson's is affecting your driving. The specialist also may offer training to improve your driving skills if your Parkinson's still allows you to drive safely



## Sleep Apnea

### SENIOR TRAFFIC SAFETY EDUCATION CAN SLEEP APNEA AFFECT DRIVING?

- ☑ Sleep apnea is a condition in which breathing is interrupted during sleep causing a decrease in the oxygen level in your blood. You partially or completely awaken each time you stop breathing. This may occur many times in the night. You do not get the necessary deep sleep you need. People with sleep apnea often remain sleepy throughout the day.
- ☑ Untreated sleep apnea can make it difficult for you to stay awake, to focus your eyes, to remain alert and to react quickly to driving situations. If you are very tired or find yourself falling asleep while at work or at home, you should not drive.



# Stroke

## SENIOR TRAFFIC SAFETY EDUCATION CAN STROKE AFFECT DRIVING?

- A stroke occurs when the blood supply is cut off from a part of the brain.
- This hurts the brain cells, and can cause speech, thinking or body control problems
- A stroke may cause temporary or permanent weakness or paralysis on one side of the body.
- If you have had a stroke and you try to drive, you may:
- have trouble turning the steering wheel or braking;
- become easily frustrated or confused while driving;
- drift across lane markings, into other lanes; and have difficulty thinking clearly about other traffic

### Can I still drive after a stroke?

- Survivors can return to independent, safe driving depending on where the stroke took place and how much damage was done.

