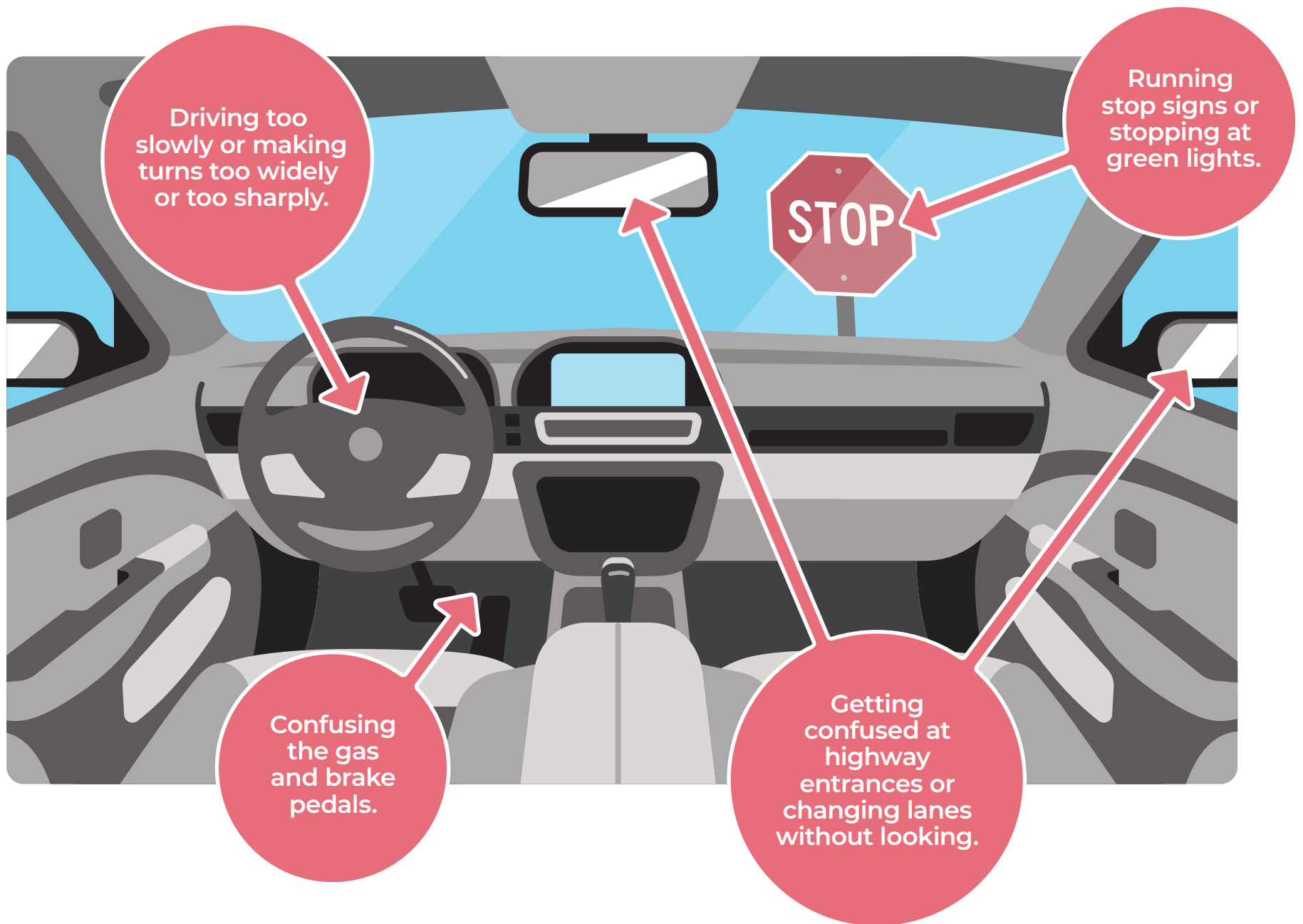


Driving

Most people want to continue driving for as long as possible. However, for many people, a time will come when they must stop driving, both for their safety and the safety of others. The following warning signs indicate that your loved one should no longer be driving:



What you can do:



When talking with your loved one, express your concerns gently, be specific and consider using “I” statements rather than “You” statements. This will help keep defenses down and the conversation moving in the right direction. Also, consider putting yourself in your loved one’s shoes and ask, “I realize I don’t know how you feel about this. Will you tell me?”



The loss of driving privileges can be devastating and can signal a loss of independence. Consider offering alternative modes of transportation to minimize the sense of loss and to keep your loved one involved in the activities he or she enjoys.



If you feel like you need support, call on your loved one’s physician to help communicate why this change is necessary and to review how your loved one’s medications may impact his or her reflex times or vision.

