



# SAFE DRIVING TIPS FOR SENIORS



- **Drive during daylight hours**—Especially if you have trouble seeing well in reduced light.
- **Avoid driving in bad weather**—Rain, thunderstorms, snow, hail, ice—check the weather report and road conditions at **303-639-1111** before leaving home.
- **Plan your route**—Take time before you leave the house so that you feel more confident and don't get lost. Use online services such as [Mapquest](#).
- **Consider staying off major highways**—Look at alternate routes if fast-moving traffic bothers you.
- **Be considerate of others if you drive slowly**—If other drivers are passing you or are lining up behind you, pull over into the slow lane or off the highway at a safe spot and let the cars get around you.
- **Focus on the road**—Concentrate on driving and the highway in front of you. Avoid using your cell phone, adjusting the radio, eating, and talking to passengers while driving—all of these things can be distracting.
- **Do not follow too closely**—Rear end accidents are one of the most common forms of accidents. This is a result of people following too closely, and not being able to stop in time. Allow 3 car lengths between you and the car in front of you. This distance should be increased during inclement weather. If another car pulls into the gap, slow down and re-create the gap behind that car.
- **Yield the right of way**—The majority of automobile accidents involving senior citizen drivers happen because the senior has not yielded the proper right of way. You can wave another car through until you feel safe to proceed.
- **Be careful of left-turns**—Seniors have a large number of accidents at intersections when making left turns. Left turns require timing your turn with on-coming traffic, and coordinating this timing with operating your car. Make right turns and go around the block when possible.



## Transportation alternatives that are available if you would rather ride than have to worry about driving are:

- Ride-sharing with friends and relatives
- Access-A-Ride: 303-299-6560
- Call-N-Ride: 303-434-8989
- Broomfield Easy Ride: 303-464-5534
- Special Transit: 303-447-9636
- Community Wheels: 303-235-6972
- Red Cross: 303-722-7474
- Metro Taxi: 303-333-3333
- Yellow Cab: 303-777-7777

