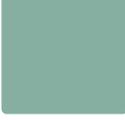


Signs That Your Parent Shouldn't Be Driving

A Family Caregiver Resource

After decades of driving, your senior parent may reach a point where he or she can no longer drive safely. But, how do you know when that is? Below is a simple checklist you can complete. If your loved one shows a majority of these signs, it may be time to retire their keys.

14 Signs of Failing Driving Ability in Seniors

- | | | | |
|--|--------------------------------|---|---|
|  | Medications Have Side Effects |  | Signs of Dementia |
|  | Failing Eyesight |  | Driving Mistakes |
|  | Hearing Impairment |  | Numerous Traffic Citations |
|  | Physical Limitations |  | Increase in Accidents |
|  | Slower Reaction Time |  | Auto Insurance Rate Changes or Cancellation |
|  | Disorientation or Getting Lost |  | Failure to Pass Driving Test |
|  | Road Rage |  | Concern from Others |

Talking to Your Parent About Their Driving

Did you check more boxes above than you would have liked to? We understand the pressure you're now under. Talking to your parent about handing over their keys can be an especially touchy subject.

Here are a few tips we can offer on how to keep the conversation respectful, but straightforward.

- **Don't overreact:** Take your time. Gather the facts and exercise compassion.
- **Prepare your case:** Give specific examples and maybe have their doctor's support.
- **Talk to professionals:** Talk with doctors, geriatric case managers and whoever else you feel is influential.
- **Form a team:** Gain the support of your siblings and form a team to support you during the conversation.
- **Research transportation:** Give them a list of alternative transportation, including you helping them when needed.
- **Consider your parent's perspective:** Remember your parent is losing their independence & be sure to be compassionate.
- **Recommend a driver program:** The DMV, AAA, VA and others offer evaluation programs.
- **Focus on others:** Remind them that they may be putting other, like grandchildren, in harm's way.
- **Recommend counseling:** This may spark a lot of feelings. Consider using a counselor to help your parent work through their feelings.
- **Prepare for backlash:** It's almost inevitable, so prepare yourself.
- **Remain calm:** Staying calm may help your parent also stay calm. This is one of the most important tips we give!

**For more information on family caregiving,
follow our blog or contact us for advice.**