

Tips to get an Older Adult to Stop Driving

SENIOR TRANSPORTATION OPTIONS IN OC

Orange County offers a variety of options to help seniors and people with disabilities stay mobile, even if they can't drive themselves.

Public Transportation

- Orange County Transportation Authority (OCTA) + OCTA Access
- Metrolink

Senior Ride Programs

- OC GO Senior Mobility Program (SMP)
- Age Well Senior Services Transport Program
- Care 22
- Abrazar
- Ridesharing & Taxis
- Volunteer Driver Programs

Be sure to plan ahead, ensure accessibility and prioritize your loved one's safety.

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 **800-543-8312**

 **caregiveroc.org**

There may come a time when you need to address the issue of your family member's ability to drive safely. Recognizing the signs and knowing when it's time to intervene can be challenging.

1

Look out for signs.

Observing your loved one's driving habits and overall behavior can help you spot issues early.

2

Prioritize safety.

Remember that your loved one's safety and the safety of others on the road is the most important thing.

3

Get an evaluation.

Ask a primary care physician to evaluate your loved one's driving abilities objectively.

4

Discuss with family and friends.

Discuss your concerns with others who may have noticed the same signs. This can help you make sure you're on target with your assessment.

5

Consider legal requirements.

Some states or local jurisdictions have specific regulations or renewal processes for older individuals that may help you push the change. Your loved one's doctor can complete forms for the DMV regarding your concerns.

6

Approach the conversation with care.

Clearly communicate your concerns about their safety. Share specific incidents or signs that have raised concerns. For some families, especially those caring for someone with a cognitive impairment - disconnecting the car battery, "losing" the keys, or having the car "go to the shop" are methods to stop unsafe driving while keeping agitation down.

7

Offer support.

Prepare alternative transportation options or provide assistance with learning about public transportation. Additional transportation options are included in the left sidebar.