

FACT SHEET | Five tips for driving wellness



1. Give driving your full attention

Inattention and failure to take appropriate action have been found to cause and contribute to crashes involving older drivers. Stress, wandering thoughts, or conversations with passengers are all distractions that slow reaction time.

- Eliminate distractions
- Stay mentally sharp
- Talk to your doctor about medication that affect your alertness
- Don't drink alcohol and drive

2. Maintain your strength, flexibility and endurance for driving demands

Strength, endurance and flexibility are all required for driving demands, including being able to operate the pedals, turn the steering wheel, reach for a seat belt and turn your head to look for traffic.

- Participate in physical activity and stretch most days of the week.
- Speak with your physician before beginning an exercise program.

3. Drink water and eat healthy foods and smaller portions

Food and water intake contribute to your ability to concentrate on driving. To maintain clear thinking, physical endurance, strength and to preserve eye health, drink plenty of water and eat healthy foods that give you the energy you need.

- Drink water throughout the day.
- Eat a variety of healthy foods to ensure your vitamin intake

4. Get plenty of sleep and rest

Not being able to go through the proper cycles of sleep during the night can cause sleep deprivation. Sleep deprivation affects your driving concentration which can lead to mistakes on the road.

5. Take care of your eyes

Ninety per cent of the information used in driving comes through the eyes. With ageing, several changes may occur that can affect driving. To help take care of eyes:

- Wear sunglasses
- Avoid smoking
- Visit an optometrist annually