

Talking with Older Drivers Taking Away the Keys

Many Canadians have expressed concern about the safety of a loved one, due to the growing number of older drivers and today's driving complexities. Senior Home Care by Angels can help you start a conversation today.

A Senior Home Care by Angels caregiver can provide needed relief and support to those who care for family members with mobility challenges. Our caregivers are available to help your loved one through our incidental transportation services. Caregivers may assist by bringing your loved one to and from medical appointments, or family events.

Factors that Impact Driving for Seniors

Aging-related vision and hearing loss can cause concerns and impact senior drivers in many ways.

Vision Loss

Seniors may notice difficulties focusing on objects and switching focus from near to far. The ability to see fine detail may also diminish. Some individuals may also

be affected by low vision as they age, meaning they can not correct the problem with glasses, contact lenses, medication, or surgery.

As we get older, we need more light to see clearly; leading to potential difficulties for seniors driving at night. Approaching headlight glare has become an obstacle in recent years for many due to technological advances. This may make it harder to adjust and focus on driving at night.

Hearing Loss

In Canada 63% of men and 46% of women between ages 40 and 79 have measurable hearing loss. High Pitched sounds—such as horns, sirens and train whistles—may become less audible long before low pitched ones do. Family or friends who suspect a senior doesn't hear well should recommend a hearing exam and offer to go with the older person.

<https://www.canada.ca/en/health-canada/services/noise-your-health/hearing-loss-tinnitus.html>



How to Start Talking

Many Canadians have expressed concern about the safety of a loved one, due to the growing number of older drivers and today's driving complexities. These conversations about safe driving can be difficult for family and friends to have with senior loved ones. Use this guide to help bring about the conversation and assist you when the time is right to discuss the safety of your senior loved one.

1. Recognize that driving is very important to your loved one, as it is a primary means of getting around.
2. Share your concerns. If there are other family members or friends available, talk with them to see if they have made some of the same observations and discuss how you may be able to help the driver.
3. Have the talk. Continue to validate your senior loved ones feelings, while calmly discussing safety concerns and potential solutions.
4. Offer help and transport as needed.

Some drivers may continue to drive against the advice of their doctors and others. It is best to maintain a sense of trust in your relationship, being honest and persistent. Encourage the person to reduce or stop driving. Be aware that people who lose the privilege of driving often feel lonely or anxious because they have fewer opportunities to be with friends or involved in activities.

Alternative Driving Options

Many areas offer public transit. Some provinces offer programs which provide little to no cost travel for those 65 and older on local public transit.

Keep in mind that the idea of these alternate transportation services may be stressful for your senior loved one. Be sensitive to the older person's feelings. Expect some emotional reactions and do what you can to help them through this trying time.



Locally Owned & Nationally Known

The following services can be provided for a few hours a day up to 24/7 care.

Bathing & Dressing Assistance
Assistance with Walking
Medication Reminders

Errands & Shopping
Light Housekeeping
Meal Preparation
Companion Care

Respite Care for Families
Transitional Care
End-of-Life Care



Call for a FREE Consultation

519.653.8185

Senior Home Care by Angels Cambridge and Guelph

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