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## 3 Safe Driving Tips for Older Adults

As you age, you may experience changes that affect your driving. Read the infographic below to learn tips to help you drive safely.

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## 3 Safe Driving Tips for Older Adults

Changes that happen with age may affect your driving. However, there may be steps you can take to help stay safe on the road.



**Take care of your vision and hearing:**  
Schedule routine eye and ear exams.



**Know your limits:**  
If you are concerned about driving in bad weather or at night, try waiting until another time or using transit or ridesharing services.



**Exercise:**  
Staying strong and flexible can lengthen your driving years.

For a full list of safe driving tips for older adults, visit:  
[www.nia.nih.gov/health/older-drivers](https://www.nia.nih.gov/health/older-drivers).



### You may also be interested in

- Reading more about [safe driving for older adults](#)
- Learning about [driving safety and Alzheimer's disease](#)
- Exploring information about [vision loss](#) and [hearing loss](#) in older adults

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