

WAK Tips to Avoid Senior Automotive Moments

- Always keep a cellphone and car charger in your car for emergencies.
- Keep spare [wiper fluid](#) in your trunk and know how to fill if your wiper fluid reservoir.
- Know what your [dashboard lights](#) mean and what to do about them.
- Get in the habit of checking your [brake lights](#), tire pressure and tire wear.
- Download a flashlight application on your phone, or keep a flashlight in your car, with batteries.
- Buy an [emergency car kit](#) or make your own to keep you safe on the road.
- Download and know how to use a map or GPS application so you can get to your destination safely and avoid wrong turns.
- If you take medication, keep a stocked pill pack in your vehicle should you get stranded or delayed on the road. This is especially important for diabetics and people with heart problems.
- When you head out on a [long trip](#), make sure you notify a family member or friend, and keep their phone number and information in your phone as an emergency contact.
- If you feel dizzy, tired or impaired in any way - **DO NOT DRIVE!** Pull over in a safe location and wait until the spell has passed, or notify someone to come and pick you up.

For more useful information, log on and

Join www.womenautoknow.com for FREE!