

Evaluating driving and transportation options for aging loved ones

According to the AARP, nearly 90% of Americans opt to age in place in their homes and communities, and a key consideration for the ability to age in place is transportation.

Driving evaluation

There is no “cut-off” age for older individuals to stop driving. Vision, health considerations, medications, anxiety level, and other factors differ by person. While giving up car keys can be among the most difficult changes for an aging individual, it is far wiser to relinquish them before the decline of driving performance to avoid sacrificing safety.

Below are criteria that should be used to evaluate an aging individual's fitness for driving:

- Ability to read traffic signs
- Ability to drive at appropriate speeds (i.e., not too fast, not too slow)
- Confidence-level (i.e., amount of anxiety before and during driving)
- Not parking properly
- Side-swiping
- Forgetting to signal
- Getting lost regularly



Alternative transportation options

Driving oneself is not the only way to get around! As you or your loved one ages, explore the other options available for transportation by senior service organizations and federal/state/local governments in your area. Your local government should have a section on their website that details services.

- Public transportation - check for senior discounts
- Family members (according to AARP and National Alliance for Caregiving nearly 1.5 billion rides per year are provided by family caregivers)
- Taxi/Uber/Lyft (check your local taxi services for senior discounts)
- Health aides
- Volunteer transportation programs
- Dial-a-ride
- Local specialized transportation (for both older adults and those with disabilities)
- Assisted transportation (often called door-to-door or door-through-door) for older adults who need an escort to be with them during the trip