

# Keeping Active When I Can No Longer Drive

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## *Driving Alternatives*

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*Sponsored by the Pennsylvania Department of Transportation  
Bureau of Driver Licensing*

*In cooperation with Allegheny General Hospital*

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We all want to continue driving, as long as we can do so safely. However for many of us the time may come when we must limit or stop driving, either temporarily or permanently. The following advice is intended to assist you or someone you care about in finding alternatives when driving is no longer an option.

Many medical conditions, such as poor vision, seizures, dementia and restricted movements, can limit a person's ability to drive. These conditions can put the driver's safety and the safety of others at risk. **When these medical conditions develop, your health care personnel are required by Pennsylvania state law to report you to PennDOT.**

### **Warning Signs**

What are the warning signs when someone should begin to limit driving or stop altogether?

- Medical conditions or medications that may be affecting your ability to handle a car;
- Feeling less comfortable and more nervous or fearful while driving;
- Difficulty staying in the lane of travel;
- Trouble making judgment calls in traffic at intersections and on highway entrance/exit ramps;
- Hard to turn around to check over shoulder while backing up or changing lanes;
- More traffic tickets or "warnings" by traffic or law enforcement officers in the past year;
- More frequent "close calls" (i.e., almost crashing);
- More frequent dents, scrapes on the car or other objects (fences, garage doors, curbs, etc.);
- Drivers honking at you more often; more instances when you are angry at other drivers;

- Friends or relatives not wanting to drive with you;
- Getting lost more often;
- Difficulty seeing the sides of the road when looking straight ahead (i.e., cars seem to come "out of nowhere");
- Trouble paying attention to or violating signals, road signs and pavement markings;
- Slower response to unexpected situations, trouble moving foot from gas to brake pedal or confusing the two pedals; and
- Easily distracted or hard to concentrate while driving.

If you or someone you care about is experiencing one or more of these warning signs, you may want a professional to conduct a driver assessment, or you may attend a driver refresher class.

### **Alternatives**

Driving meets many social needs, but it is still a privilege many of us take for granted. Most people cannot imagine losing their independence by giving up driving, but there are resources in place to preserve the independence of those who can no longer drive:

- Frequent visitors;
  - Transportation by family and friends;
  - Shuttle services;
  - Delivery of groceries and prescriptions; and
  - Public transportation options in your area (bus, subway, etc.).
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### ***Contacts and Resources***

American Automobile Association (AAA)

1-800-993-7222

[www.aaafoundation.org](http://www.aaafoundation.org)

Administration on Aging

1-800-677-1116

[www.aoa.gov](http://www.aoa.gov)

Association for Driver Rehabilitation Specialists (ADED)

1-800-290-2344

[www.driver-ed.org](http://www.driver-ed.org) or [www.aded.net](http://www.aded.net)

Pennsylvania Department of Transportation

Driver and Vehicle Services

(717) 412-5300 or toll free 1-800-932-4600

[www.dmv.state.pa.us](http://www.dmv.state.pa.us)

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