



CENTRALINA
Area Agency on Aging

AARP Driver Resources Overview



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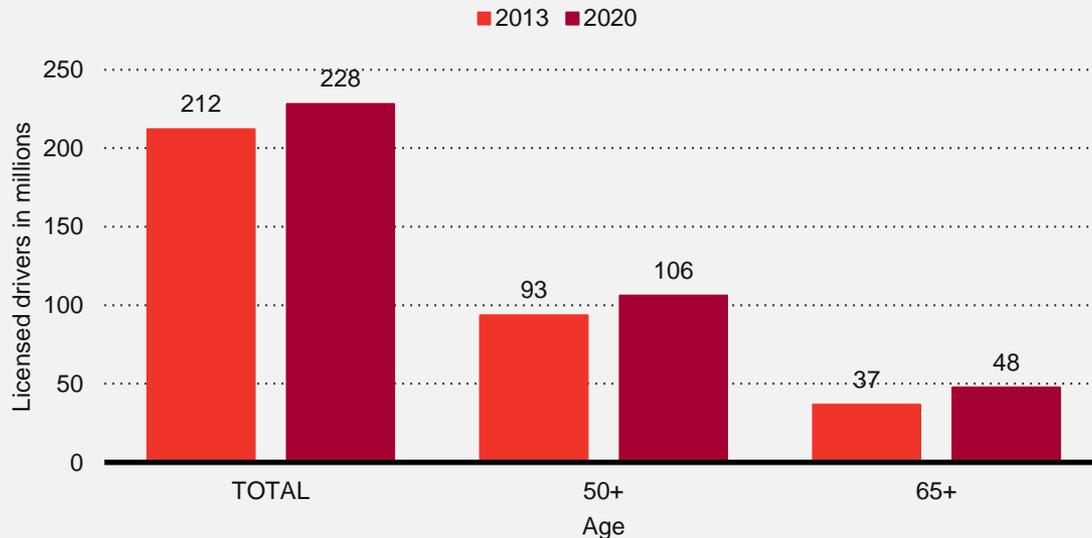
Transportation Mini-Series



AARP Driver Safety Overview

Changing Demographic of U.S. Drivers

Total number of licensed drivers in the U.S. by age 2013 & 2020



- Overall driving population increased by nearly 8%
- 50+ driving population increased by nearly 14%
- 65+ driving population increased by nearly 30%

Source(s): Federal Highway Administration (Office of Highway Policy Information); US Department of Transportation; [ID 206311](#)

A Different World than When Today's Older Drivers Started Out



When today's 60 year old driver was 16, airbags were not a standard feature in any vehicle



When today's 72 year old driver was 16, the Department of Transportation would not be created for another year

A Lot Has Changed Since We Started Out

To stay safe and confident behind the wheel, older drivers must adapt to a variety of changes, including changes to:

Vehicles



Traffic Laws



Roadways



Themselves



A Key to Keeping Up with the Change

Offering driver improvement courses since 1979, when the “55 Alive” program first became available. Helping older drivers continue to drive safely through educational programs and resources.

Smart Driver Course: Refresh your driving skills in a classroom or online

Smart DriverTEK: Free online and in-person workshop around new vehicle technology that is keeping people safer on the roads

CarFit: Free, educational program helping older drivers adjust their “fit” for maximum safety and comfort.

We Need to Talk: Free online and in-person seminar around family conversations about limiting or stopping driving

AARP Driver Safety: At-a-Glance

Nationwide network of 4,500+ volunteers

25,000+ courses and events at **14,000+ host locations** nationwide

More than 500,000 annual participants nationwide

Trusted leader in the area of safe transportation for older Americans

Saving participants \$128 million through auto insurance discounts

Nearly 18 million course participants since 1979



A Volunteer-Based Initiative

One of the best examples of AARP **delivering value and impact** at the local level.

Programs are administered and promoted by a nationwide network of more than **4,500 dedicated volunteers** in all 50 states and U.S. territories.

Volunteer satisfaction is high: **95%** of volunteers report they are satisfied with their volunteer role.



YOU SEE AN AARP
DRIVER SAFETY VOLUNTEER.
WE SEE A SUPERHERO.

AARP Driver Safety has helped more than 14 million drivers stay safe since it began. But none of it would be possible without our former and current volunteers. Our heartfelt gratitude for your time, talents and generosity.*

**MAKE SAFETY YOUR SUPERPOWER.
JOIN US AT aarp.org/dsvolunteer**

AARP
Driver Safety

*All AARP Driver Safety volunteer positions are unpaid. However, volunteers are reimbursed for approved transportation and other travel expenses, such as mileage, parking, etc.

The AARP Smart Driver™ Course

- **The course is available in a classroom or online setting, in English or other languages.**
- **Research-based:** The course includes a focus on areas where older drivers could benefit from additional training, including: roundabouts, pavement markings, stop-sign compliance, and safety issues such as speeding.
- **Easy-to-follow format:** Incorporates adult-learning principles, features reader-friendly print types, an easy-to-follow format, and supplemental course videos.
- **19 areas of customization:** The course is tailored to meet participants' needs by providing state-specific information that is easy to access and understand.
- Developed with input from a **National Older Driver Safety Expert Panel**, chaired by Dr. Joseph Coughlin of MIT AgeLab.

The AARP Smart Driver™ Course

Course Objectives

- Learn research-based safety strategies that can reduce the likelihood of having a crash.
- Learn how aging, medications, alcohol, and other health-related issues affect driving ability, and ways to adjust to allow for these changes.
- Know how to drive safely when sharing the road with other road users.
- Learn when driving may no longer be safe.
- Learn the newest safety and advanced features in vehicles.
- Increase confidence.

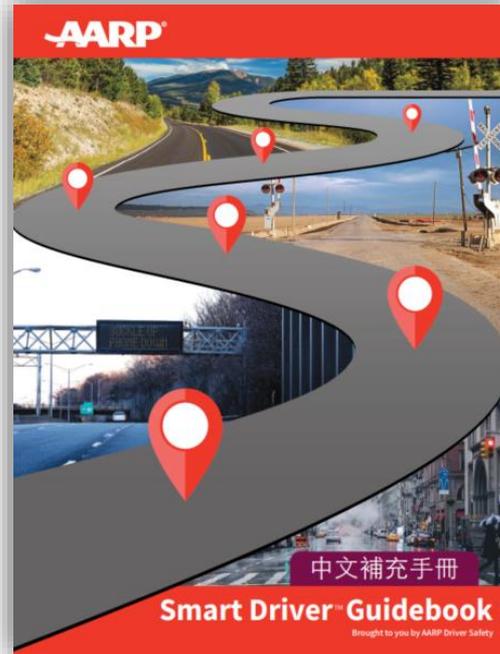


The AARP Smart Driver™ Course

- AARP Driver Safety has shown to be successful in changing driving-related behaviors among participants.
- Research has shown the effectiveness of the course, demonstrating that:
 - The course **helps drivers make fewer errors**, and
 - Likely increased their tendency to **self-regulate** their own driving behaviors – such as driving less at night or in challenging weather conditions.
- According to self-reported data, 97% of participants indicated that they changed at least one key driving behavior as a result of taking the course.
 - The most common behaviors changed were always checking blind spots (73%), using the correct following distance and space cushion (65%), and paying more attention when entering and exiting highways (60%).
- Experience with the course is positive. More than eight in ten (83%) participants said they would be likely to take the course again.
- Learn more: www.aarp.org/drive

Smart Driver Translations

- Full translation in **Spanish** for Classroom and Online Course
- Course Supplement in **Chinese** (Traditional)
 - Course DVD in subtitles for Chinese and Spanish



CarFit: Helping Drivers Find the Best Fit

- Older drivers are more likely to be killed or seriously injured when a crash does occur due to the **greater fragility** of their bodies.
- AARP Driver Safety, in conjunction with AAA and the American Occupational Therapy Association (AOTA) offers CarFit to help drivers **improve their fit and comfort within their personal vehicles**.
- Trained technicians work with participants to ensure they "fit" their vehicle properly for **maximum comfort and safety**.
- **12 key areas are reviewed**, including:
 - ✓ Side and rearview mirror adjustment
 - ✓ Foot positioning to gas and brake pedals
 - ✓ Distance between driver and steering wheel
- Learn more: www.car-fit.org



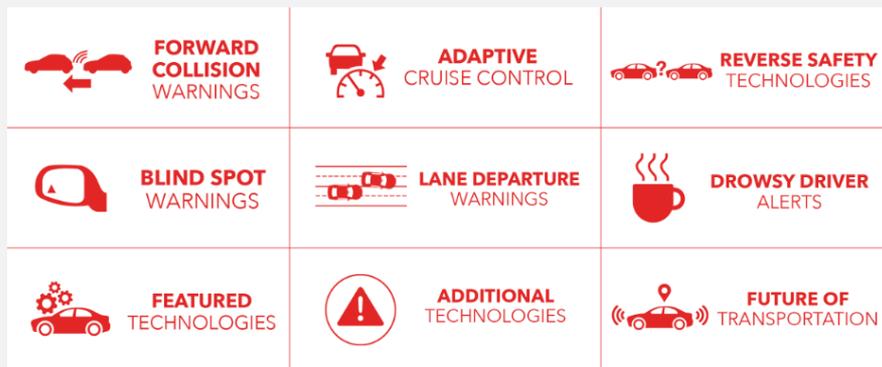
We Need to Talk: Family Conversations

- An in-person and online seminar that offers:
 - Practical tips to help you determine how to assess a loved one's driving skills,
 - Warning signs that it may be time to have a conversation, and
 - Tools to help you have this important conversation.
- Available in English and Spanish.
- Based on information created jointly by The Hartford and MIT AgeLab.
- Learn more: www.aarp.org/weneedtotalk



Smart DriverTEK

- This free 90-minute workshop will teach you about the **latest high-tech safety features** in your current car, or what technology to look for when shopping for a new car
 - 9 crash-avoidance technologies that have been reducing rear-end crashes by 50%
- Offered both **online and in-person**
- Created jointly by AARP and The Hartford
- Learn more: aarp.org/smartdrivertek9



Participants In Their Own Words...

While many people take the AARP Smart Driver course to refresh their own driving skills, the course's reach and impact touches many more than just the drivers themselves:

"I highly recommend this course for several reasons. You can probably save on your auto insurance; you can learn how to help aging drivers whose skills have become unsafe who are your friends or relatives; and you might learn something new."

"I would recommend this course to every driver to improve their driving skills and knowledge of roadways, traffic signs, and most importantly to become aware of physical and mental capabilities as we age."

"I always thought of myself as a good and safe driver, this course reminded me of things I failed to remember. It is a great course and should be taken by all of us seniors!"

"This course adds years to driving and a working life. Thank you."

Resources

National Aging & Disability Transportation Center:

- <https://www.nadtc.org/>

NC4A:

- <https://www.nc4a.org/>
- <https://www.nc4a.org/membership>

NCDAAS Transportation Directory:

- <https://www.ncdhhs.gov/divisions/aging-and-adult-services/transportation-services>

Resources

NCDOT Local Transit Search:

- <https://www.ncdot.gov/divisions/integrated-mobility/public-transit-services/Pages/local-transit-search.aspx>

NCPTA:

- <https://www.nctransit.org/interactive-system-maps/>

Centralina Area Agency on Aging:

- <https://centralinaaging.org/what-we-do-services/transportation/>

THANK YOU

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