



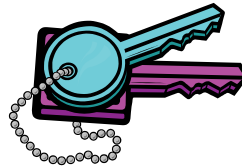
The City of Arvada Website located at www.arvada.org has Safety and Health pages that include Senior Assistance. Follow the links to the Survive-2-95 slideshow and the [Arvada Rides](#) brochure. There are links also to AARP driving classes and AAA information and assessment tools.

<http://www.seniordrivers.org> is AAA's main page for information on senior driving, including a computer CD-ROM program to assess physical responses and abilities.

<http://www.helpguide.org> is a non-commercial website promoting senior health, safety and general welfare. It includes valuable information on senior safe drivers.

http://www.aarp.org/families/driver_safety visit here to learn of AARP's resources and classes for senior drivers.

The number of Americans age 65 years and older reached 35 million in 2000 and is expected to double by 2030. More and more older people hope to age in place -- to grow older without having to leave their homes or communities. To do so, they will have to maintain their independence in the community by driving a personal vehicle or using other transportation alternatives.



Survive-2-95 provides a packet of information to help families. It is imperative that a person knows how and when to stop driving before a tragedy happens. To obtain a packet, for further information, or to give or get a referral to programs and resources you may call our hotline.

The number is **720-898-6806**.

SURVIVE-2-95
ARVADA

SENIOR SAFE DRIVING

Survive-2-95 is an Arvada Police Department and community effort to assist with senior safe driving.

Survive-2-95 resources can provide seniors and families with information on how and when to restrict driving or to retire from driving when it's necessary to do so.

Senior citizens are some of the safest of drivers. But as our bodies age, reflexes slow, hearing and eyesight diminish, and medications have their side-effects, driving risks increase. This is compounded by the fast, frenzied pace of our society's traffic system.

As we age, we can become more susceptible to committing traffic violations, having car accidents, and more serious injuries or even death when a crash occurs.



Survive-2-95 utilized the talents of the police department traffic unit and concerned community members including representatives from AARP, AAA, Colorado DMV, State Farm Insurance, St. Anthony's and Lutheran Hospitals, North Jeffco Recreation District, Seniors' Resource Center, CPAAA, Jeffco School District, and senior citizens.

Our fast-paced congested roadways are literally running many seniors off the road! Speeds are up, and intersections are more complicated with multi lanes for left turns and merging traffic.



Many seniors themselves have voiced concern for their own driving safety or someone they know. But retirement from driving, especially for men, is very difficult to face.

Seniors are increasingly more at risk for traffic accidents, and, can be seriously hurt or fatally injured more readily than a younger driver.

Common problems facing drivers as they age are diminished senses (sight and hearing), slowed reflexes and reaction time, cognitive impairments (dementia or confusion), and complications due to medical conditions and medications.

Many resources are available to help seniors drive safely, longer. These include physical conditioning (that targets flexibility and motion), driver refresher courses (that help to sharpen skills), and vehicle modifications (pedal adjustments and wider mirrors for example).

More than ever there are alternative transportation resources for seniors who no longer drive. While it may not be as convenient, and spontaneous trips may need to be curtailed, there is speedy, economical public and private transportation increasingly available.

Speaking of costs, many people have "done the math" and have concluded that the savings from car payments, insurance, maintenance, and gasoline far outweigh the cost to pay someone to take them where they want or need to go.

Every one of us may need to someday face the time when we must retire from driving.

Older adults face this sensitive issue best when the advice comes from their spouse, close family member, or trusted friend.