



In 2022, fatal crashes involving drivers 65 and older comprised 20% of all fatal traffic crashes in the nation.*

*Source: NHTSA

HOW AGING CAN AFFECT DRIVING

Cognitive Capabilities



Getting lost in familiar places, confused at intersections, entrance or exit ramps, or the inability to recognize dangerous situations can lead to poor driving skills and decisions.

Increased Fatigue



Older drivers may get tired more quickly, or take medications that cause drowsiness, which may also severely impact reaction times.

Slower Reaction Times



Aging can impact the ability to react quickly to unexpected situations, making it harder to react to obstacles quickly and safely.

Vision Impairment



Older drivers may find it harder to see at night, in low light, or experience sensitivity to glare from headlights.

Hearing Loss



Hearing loss can occur gradually as we get older, making it harder to hear outside sounds such as sirens, horns, or train whistles.



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SIGNS THAT DRIVING ABILITY MAY BE DECLINING



FREQUENT CLOSE CALLS

Near-miss crashes or frequent "close calls."



INCREASED ANXIETY OR NERVOUSNESS

Becoming agitated or irritable, or avoiding certain driving situations, like night driving or busy highways.



DIFFICULTY WITH BASIC DRIVING TASKS

Problems with parking, making turns, moving into or staying in a lane, running stop signs, or hitting curbs, corners or other objects while turning or backing up.



INCREASED FORGETFULNESS

Failing to check mirrors, judging distance, following basic rules of the road, or becoming easily distracted.



GETTING LOST

Difficulty navigating familiar routes or becoming disoriented.

If someone you know is struggling with driving, approach the conversation with empathy and understanding. Address specific unsafe driving behaviors while being respectful of the emotional impact of losing driving independence. Offer alternatives like public transportation or rideshare services and encourage them to stay engaged in their communities to prevent feelings of isolation. For more resources and information, please visit www.nhtsa.gov/road-safety/older-drivers and https://aging.ca.gov/Aging_Resources/.