

# Personal Strategies for Driving Safety

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## 1. Prevention

- a. NHSTSA: Driving Safely While Aging Gracefully Booklet:  
<http://www.nhtsa.dot.gov/people/injury/olddrive/Driving%20Safely%20Aging%20Web/>
- b. Popular article about research on how physical activity improves older driver safety: <http://seniorjournal.com/NEWS/Fitness/2007/7-06-05-SenCitImprove.htm>
- c. AMA tips for safe driving <http://www.ama-assn.org/ama/pub/physician-resources/public-health/promoting-healthy-lifestyles/geriatric-health/older-driver-safety/resources-patients.shtml>

## 2. Practicing Attention Skills:

Drive Sharp training program based on Useful Field of View research on benefits of visual attention training for driving safety

<http://www.positscience.com/our-products/drivesharp>

## 3. Awareness of Age-Related Changes and Medical Conditions Affecting Driving

- a. NHTSA Safe driving for older adults resource  
<http://www.nhtsa.gov/people/injury/olddrive/OlderAdultswebsite/index.html>
- b. NHTSA website with brochures on how various conditions affect driving:  
<http://www.nhtsa.gov/people/injury/olddrive/index.html>
- c. Vision and driving safety: Resources on Glaucoma, macular degeneration and other visual problems and their prevention. National Eye Institute at [www.nei.nih.gov](http://www.nei.nih.gov)

## 4. Scientific Chapters and Articles

- a. Ball, K., Owsley, C., Sloane, M. E., Roenker, D. L., & Bruni, J. R. (1993). Visual attention problems as a predictor of vehicle crashes in older drivers. *Investigative Ophthalmology & Visual Science*, 34(11), 3110-3120.
- b. Ball, K., & Owsley, C. (2000). Increasing mobility and reducing accident of older drivers, in Schaie, K.W., Pietrucha, M. (eds): *Mobility and Transportation in the elderly*. New York

- c. Da Cunha-Behlchior, P. (2007) Cognitive training with video games to improve driving skills and driving skills among older adults. University of Florida: Dissertation. Available online at [etd.fcla.edu/UF/UFE0021218/belchior\\_p.pdf](http://etd.fcla.edu/UF/UFE0021218/belchior_p.pdf)
- d. Dorn, L., & Barker, D. (2005). The effects of driver training on simulated driving performance. *Accident Analysis and Prevention*, 37(1), 63-69.
- e. Drew, B., & Waters, J. (1986). Video games: Utilization of a novel strategy to improve perceptual motor skills and cognitive functioning in the non-institutionalized elderly. *Cognitive Rehabilitation*, 4(2), 26-34.
- a. Edwards, J. D., Bart, E., O'Connor, M. L. & Cissell, G. (2009) Ten years down the road; Predictors of driving cessation. *The Gerontologist*, 10, 1093
- b. Korner-Bitensky, N., Kua, A., von Zweck, C., van Benthem, K. (2009). Older driver retraining: An updated systematic review of evidence of effectiveness. *Journal of Safety Research*, 40(2), 105-111
- c. Marottoli, R., Allore, H., Araujo, K. L. B. et al. (2007) A randomized trial of a physical conditioning program to enhance the driving performance of older persons. *Journal of General Internal Medicine*, 22, 590-597
- d. Marottoli, R., Van Ness, P. H., Araujo, K. L. B., et al (2007). A randomized trial of an educational program to enhance older driver performance. *Journal of Gerontology: Medical Sciences*, 62A(10), 1113-1119
- e. McCarthy, D., *Approaches to improving elders' safe driving abilities. Physical and occupational therapy in geriatrics*, 23(2) 25-42
- f. Rubin, G. S., NG. E. S., Bandeen-Roche, K et al. (2007) A prospective, population-based study on the role of visual impairment in motor vehicle crashes among older driver: The SEE study. *Investigative Ophthalmology and Vision Science*, 48(4), 1483-1491
- g. Springer: 213-251. Eberhard, J. W., Stutts., J., Burkhardt, J. et al. (2006) Strategies and tool to allow safe mobility for older adults. *Topics in Geriatric Rehabilitation*. 22(3), 3-17
- h. Stalvey, B.T., Owsley, C. (2000) Self-perceptions and current practices of high-risk older drivers: implications for driver safety interventions. *Journal of Health Psychology*, 5, 441

Compiled by



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