

ChORUS offers information and resources to help older adults remain safe and mobile. Below are some commonly asked questions and answers to help when responding to questions from older adults, their family members and caregivers. Each question has resources which can be found by using the QR code.

- What can affect one's ability to drive safely?
 - As we age, we can experience a steady decline in cognition, visual and physical conditions that may affect your driving ability.
 - [Medical conditions](#) can affect your driving safety. The American Society on Aging and the National Highway Traffic Safety Administration (NHTSA) developed a series of handouts about Alzheimer's Disease, Arthritis, Cataracts, Diabetes, Glaucoma, Macular Degeneration, Parkinson's Disease, Sleep Apnea, and Stroke.
 - Are Your Medicines Increasing Your Risk of a Fall or a Car Crash? Use the Centers for Disease Control and Prevention (CDCs) [Medicines Risk Fact sheet](#) to see if any medication you might be taking can affect your driving ability.
- How can I continue to achieve safe mobility as I age?
 - The [ChORUS Transportation Planning Tool](#) provides steps on developing an individualized plan for safe transportation.
 - The [ChORUS Transportation Budgeting Tool](#) allows you to compare your current monthly transportation costs with estimated monthly costs if you were to give up your car.



Scan me to view resources

- How do I know when it may be time to change my driving habits?
 - The ChORUS Older Driver Guide has a section that offers information on [Knowing the Signs – Am I Safe on the Road](#).
 - [Driving Safely While Aging Gracefully](#) is a resource developed by the United Services Automobile Association (USAA) Educational Foundation, AARP, NHTSA to help you recognize warning signs and pick up useful tips on what you can do to remain a safe driver.
- When should I start the conversation with my family or the person I am caring for about their driving?
 - In the ChORUS Family Member/Caregivers Guide there are several resources to help plan for and have a conversation around road safety including [How Do I Prepare for the Conversation](#).
- What is a Driver Rehabilitation Specialist (DRS)?
 - A Driver Rehabilitation Specialist is a health professional who can offer a driver evaluation to assess your physical, visual, and cognitive abilities as a driver and recommend rehabilitation and suggest vehicle or route modifications, as well as identify and implement solutions that will improve driver safety.
 - The [Association for Driver Rehabilitation Specialist \(ADED\)](#) works with drivers of all ages and abilities for independent transportation, and they explore alternative transportation solutions for passengers with special needs.
- Where can I find a Driver Rehabilitation Specialist?
 - You can [find a Driver Rehabilitation Specialist](#) through the Association for Driver Rehabilitation Specialist ADED website.
- Are there assessment tools to assist me in determining my family member's or my own driving ability?
 - There are a number of self-assessments that can help determine how well you drive. It may also be helpful to consider an assessment by professionals such as a Driver Rehabilitation Specialist.
 - [What to Expect when you are Referred to a Driver Rehabilitation Specialist?](#) Provides information on the role of a Driver Rehabilitation Specialist (DRS), how they perform an evaluation, and what to do with evaluation results.

- Follow the [Fitness-to-Drive Screening \(FTDS\)](#) Measure Online questionnaire to help you assess driving safety. This questionnaire will ask questions about you, the driver, and the driving history of the driver. The FTDS tells you how to score the drive. At the end of the questionnaire, you will get your results on your fitness to drive. It will provide you with options and resources you can use in planning your next steps towards being safer on the road.
- In the ChORUS Older Driver Guide under [Screening and Assessment Tools](#) there are several additional free tools available to help an older driver, family member or caregiver determine level of risk on the road.
- How can I learn about safe alternative transportation options in my community?
 - Each state has different options for alternative transportation. Visit ChORUS [my state information page](#) and search for your state to find alternative transportation options near you.
- How can I learn about my vehicle's safety features?
 - The ChORUS Older Driver Guide has information to learn about [Vehicle Safety Features](#).
 - The National Highway Traffic Safety Administration has a page dedicated to [Adapted Vehicles](#) for people with disabilities. This may also be useful for older drivers to accommodate their driving needs.
- How can I be proactive about staying safe on the road?
 - [CarFit](#) is an educational program that offers older adults the opportunity to check how well their personal vehicle “fits” them for safety and comfort.
 - [AARPs Driver Safety Quick Learning](#) offers educational resources on vehicles, driving, and alternative transportation.

- How to incorporate walking as a safe transportation option in my community?
 - Use the ChORUS [Pedestrian Safety Resource](#) sheet to read about all the resources surrounding Pedestrian safety.
 - NHTSA offers a [walkability checklist](#) that provides you with a sheet where you can assess how walkable your community is while providing tips on how to be safe on the road.
 - Visit ChORUS [My State Info](#) page to see what information your state offers around pedestrian and bicycle safety.

- How to incorporate biking as a safe transportation option in my community?
 - Use ChORUS [Bicycle Safety Resource](#) sheet to read about all the resources surrounding pedestrian and bicycle safety.
 - Visit ChORUS [My State Info](#) page to see what how your state offers information around pedestrian and bicycle safety.
 - NHTSA offers a [bikeability checklist](#) that provides you with a handout where you can assess how bikeable your community is while providing tips on how to be safe on the road.