

WHEN DO CARS MAKE CENTS?

Car Cost Estimator

Cost of your car includes:

- Gas
- Routine Maintenance and Service
- Repairs and maintenance
- Insurance
- Registration
- Driver's License Renewal
- Tires
- Cleaning and Car Washes
- Parking Fees

The average cost per mile for all these expenses ranges from 50 to 75 cents.¹

Calculate the cost for your trips by car and by public transportation.

Trip Purpose	Round-trip Miles	Cost to Drive	Cost for Public Transportation
Senior Center		X .50 =	
Visiting Friends		X .50 =	
Grocery Store		X .50 =	
Medical Appointment		X .50 =	
Shopping		X .50 =	
Airport		X .50 =	
Other:		X .50 =	

1. Multiply the mileage by 5 and drop the last number. For example, 100 miles a week is $100 \times 5 = 500$. The cost is \$50.
2. Multiply the weekly cost by 52 weeks. For example, $\$50 \times 52 = \$2,600$

¹ Calculated by AARP for the Drivers Safety Program

CONDITIONS THAT CAN AFFECT DRIVING ABILITY

Condition	Effects on Driving	Risk of developing Condition with Aging	Crash Risk (Summary of Research findings)
Arthritis	<ul style="list-style-type: none"> •Dexterity loss can affect the use of dashboard controls •Reduced range of motion affects reaching for and fastening safety belts •Loss of strength required for turning the steering wheel, pressing gas and brake pedals 	<p>50% middle aged people</p> <p>80% people in their 70's</p>	May increase crash risk
Sleep Apnea	<ul style="list-style-type: none"> •Disrupts sleep at night and may cause daytime drowsiness-affects alertness when driving •Drivers are prone to falling asleep at the wheel 		May increase crash risk
Leg/foot problems	<ul style="list-style-type: none"> •Ability to move foot to and from gas and brake pedal 	Severity and pain increase with age	3 or more foot abnormalities result in twice the crash risk of people with 2 or less foot abnormalities
Falls	<ul style="list-style-type: none"> •Can be a result of balance problems or vision or strength. These in turn affect speed in response to traffic, staying lanes, and responding to visual cues 	One third of adults 65+ fall each year	Crash involvement significantly related to having fallen within the past 2 years
Poor circulation	<ul style="list-style-type: none"> •Slower mobility affects braking •Weak grip affects holding the steering wheel 		May increase crash risk

CONDITIONS WITH MULTIPLE EFFECTS

Condition	Affect	Risk
Diabetes	<p>Affects vision, physical function and cognition</p> <p>Can cause pain or loss of feeling in feet</p> <p>High or low blood glucose levels</p>	<p>May cause blindness</p> <p>Difficulty moving feet</p> <p>Can cause lightheadedness, sleepiness, confusion or loss of consciousness</p>
Parkinson's	<p>Arms, hand and legs can shake</p> <p>Balance and the ability to start movement after being still</p>	Limits ability to react quickly, turn steering wheel, use of gas and brake pedals

Five Simple Actions to Improve Driving

Driving Often Defines Who We Are

- Independent
- Active
- Respected
- Connected to the community, friends, family



More than a Means To an End

“Driving is identity -- independence and identity. It makes a statement to my family and my cohorts around here that I am a viable, functional female of 83 years old.”

-- Dottie Boggs

Portland, Oregon

Action 1. Maintaining Strength and Endurance

Aging may bring diminished:

- **Muscle Strength** - to legs, arms and handgrip—all important for vehicle control
- **Flexibility** - to look over the shoulder for checking traffic
- **Reaction time** - to respond to traffic or road hazards

◆ Develop your weekly routine that includes:

- ◆ **Strengthening**
- ◆ **Stretching**
- ◆ **Endurance**
- ◆ **Balance development**

Action 2. Know Your Medications and How They Affect Your Driving

Older adults may be more susceptible to adverse or strong reactions

- ◆ Because they may take more medications both prescribed by a doctor and available in drug stores which increases the likelihood for interaction
- ◆ Because the body may not as effectively use medications and react more strongly to even lower doses

- ◆ **Before getting behind the wheel**
 - ◆ Ask your doctor or pharmacist about possible reactions and side effects
 - ◆ Be aware of your reaction to medications, vitamins and supplements
 - ◆ Adjust your driving schedule to accommodate the reaction

Action 3. Staying Sharp and Alert

→ **For some older adults, changes in memory and cognition can include:**

- Reduced short term memory abilities and skills - to compensate
- Reduced speed in making decisions
- Difficulty focusing attention
- *Switching attention from one situation to another*
- *Dividing Attention (“Multitasking”)*

◆ **Practice**

- ◆ Flexible thinking
- ◆ Exercising your senses
- ◆ Communicating your opinion, thoughts about current events, stories
- ◆ Using numbers
- ◆ Developing strategies through games, civic groups or community projects

Action 4. Have Your Eyes Checked Annually

- Vision provides 90 percent of our sensory cues for driving
- Good vision is more than how far or close we can see

With age, vision changes may occur that decrease the:

- Ability to determine distance between objects
- Range of vision in front and on both sides to a narrow area in front
- Speed of visually processing information

◆ **Have your eyes checked annually and talk to your eye doctor about:**

- ◆ Cataracts
- ◆ Macular degeneration
- ◆ Glaucoma

Action 5. Get Adequate Sleep and Rest

- ◆ Improve concentration on the road by getting enough sleep and rest
- ◆ Practice habits of sleep health
- ◆ Avoid long naps
- ◆ Develop a regular time to go to bed
- ◆ Do some physical activity each day
- ◆ Eat a light meal in the evening
- ◆ Avoid drinking tea, coffee, or cocoa six hours before bedtime