

Monday 10 February 2020

ROAD SAFETY TIPS FOR SENIORS

The NSW Seniors Festival, held from 12 February to 23 February, provides opportunities for people over 60 to remain active, healthy and engaged in their local community. To coincide with the Seniors Festival Narrandera Shire Council will host a free Savvy Seniors Road Safety Workshop on Tuesday 18 February.

Older drivers have fewer crashes than other age groups. For the period 2014-2018, considering the age of drivers involved in crashes in NSW, eight per cent were aged 60 to 69 years and six per cent were aged 70 and over. In comparison 21 per cent of drivers involved in crashes were aged 21-29 years and 19 per cent were aged 30-39 years.

However, in the same period 31 per cent of road fatalities and 23 per cent of serious injuries in NSW were aged 60 and over. When older drivers, passengers and pedestrians are involved in a crash, they're more likely to sustain a fatal or serious injury. Evidence suggests that senior road users can experience increasing physical fragility that tends to result in more serious crash injuries.

Driving abilities change with age. Young drivers in their teens may be fearless when driving, possibly taking unnecessary risks with speed or ignoring common driving rules and etiquette. Moving into adulthood and taking on greater responsibilities, like parenting, tends to make drivers more conservative with more respect for road rules. Then in their senior years drivers will once again make adjustments to their driving behaviour.

As drivers age it is important they take greater care with driving habits. Factors including medications, vision concerns, hearing impairment, reduced mobility and slower response times can make driving more challenging.

There are many ways older drivers can ensure their safety and the safety of others when driving including:

- Having eyesight and hearing checked to ensure vision is clear and noises can be adequately heard.
- Consulting a doctor regarding medications and health conditions to understand the impact on driving.
- Getting enough sleep to be alert and aware.
- Choosing the right car with features such as automatic transmission, power steering and brakes which make driving easier. There are many additional safety features available in newer cars.
- Being a defensive driver and avoiding distractions.
- Staying up to date with road rules.

The Savvy Seniors Road Safety Workshop will provide information and tips to improve safety when out and about on or near the roads. The workshop includes information and checklists for all road use, whether seniors drive, ride, walk, catch public transport or use a mobility scooter, or a combination of these.

MEDIA RELEASE

The workshop will be held at Narrandera Ex-Servicemen's Club from 11am to 2pm with coffee and lunch at the Club provided during the workshop. There are limited places available, to reserve your place or for more information contact Elizabeth Mudford, Narrandera Shire Council's Road Safety Officer on 02 6959 5510.



Caption: A free Savvy Seniors Road Safety Workshop is organised by Narrandera Council for the NSW Seniors Festival.

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