

Driving Impairment in Older Adults



Risk Factors for Impaired Driving

Age-related decline of

vision, reaction time, cognition, and grip strength.

Conditions that cause dizziness or trouble breathing

such as seizures, fainting, low blood pressure, low blood glucose, and irregular heartbeat.



Chronic conditions that affect coordination and strength

such as dementia, Parkinson's disease, or prior stroke.



Medications that cause sleepiness and affect the ability to think clearly

How to Assess if it is Safe for You to Drive

- Talk to family members and passengers about whether your driving is unsafe.
- Use global positioning systems that assess your speeding, braking, acceleration, and turning habit.
- Take a performance-based road test administered by an occupational therapy specialist.
- Have your doctor complete a medical examination form (see over).



Driving Law in B.C.

RoadSafetyBC uses the Driver's Medical Examination Report to make driver medical fitness decisions. They may request this report if you are over the age of 80, or have a known medical condition. When you receive this in the mail, please contact our office.

This examination does not require a road driving test.



This report includes checks for:

- Cognition (for example, memory, attention and judgment)
- Eyesight
- Physical health

ICBC may also require you to do an Enhanced Road Assessment, a real-world test of driving skills. Referrals for this test are not related to your age, but certain medical conditions that may affect your ability to drive.

If you retire from driving (or you're no longer eligible for a license) you can exchange your license for a free BC Identification card. It includes your photo and the same security features as a driver's license. It's accepted anywhere a driver's license is.

Ways to Improve your Driving Safety

- Do not use cell phones while driving.
- Do not use sedative medications prior to driving.
- Treat vision and sleep problems.
- Consider a "refresher" driver training course.
- Use automated technology (available with many newer cars) to assist with parking and emergency braking and alert you to drifting, unseen obstacles or pedestrians, and dangerous weather conditions.

