



**TREDS**  
TRAINING, RESEARCH AND EDUCATION FOR DRIVING SAFETY

# RESOURCES FOR SAFE DRIVING

## DRIVER EDUCATION - Refresh Knowledge of the Rules of the Road

**AAA Mature Driver Course** - online only  
[aaa.com/defensivedriving](http://aaa.com/defensivedriving)

**AARP Smart Driver Course** - in-person and online  
(619) 641-7020 | [aarp.org/driversafety](http://aarp.org/driversafety)

**I Drive Safely** - online only  
(866) 388-9068 | [idrivesafely.com](http://idrivesafely.com)

## DRIVER SELF-ASSESSMENTS TOOLS

**AAA Roadwise Review** - a self-screen that measures functional abilities related to crash risk  
[aaafoundation.org/roadwise-review-online](http://aaafoundation.org/roadwise-review-online)

**Drivers 65 Plus: Check Your Performance** - a self-rating tool with facts and suggestions for safe driving  
[seniordriving.aaa.com/sites/default/files/Driver65.pdf](http://seniordriving.aaa.com/sites/default/files/Driver65.pdf)

**Lifelong Driver Program** - interactive computer course to improve essential driver skills  
(855) 839-9090 | [lifelongdriver.com](http://lifelongdriver.com)

**Roadwise RX** - online tool for understanding how your medications can impact driving  
[roadwiserx.com](http://roadwiserx.com)

## DRIVING EVALUATION PROGRAMS - Physician Referral Required

### San Diego County

**Scripps Memorial Hospital Encinitas**  
(760) 633-6507 | [scripps.org/drivingsimulator](http://scripps.org/drivingsimulator)

**Sharp Memorial Hospital**  
(858) 939-3866 | [sharp.com/services/rehab/adapted-driving.cfm](http://sharp.com/services/rehab/adapted-driving.cfm)

### National Program Locater

**American Occupational Therapy Association**  
[bit.ly/TREDS\\_AOTA](http://bit.ly/TREDS_AOTA)

**Association of Driver Rehabilitation Specialists**  
(866) 672-9466 | [bit.ly/aded1](http://bit.ly/aded1)

## CAR COMFORT AND SAFETY

**Smart Features for Older Adults** - adapting a vehicle to accommodate physical changes  
[seniordriving.aaa.com/SmartFeatures](http://seniordriving.aaa.com/SmartFeatures)

**Assistive Accessories for Your Car** - devices to optimize comfort and safety  
[bit.ly/assist-accessories](http://bit.ly/assist-accessories)

**CarFit** - educational program evaluates how well a driver and their vehicle 'fit' for safety and comfort  
[car-fit.org](http://car-fit.org)

## ADAPTIVE EQUIPMENT FOR VEHICLES

Resources for non-prescription items such as the handybar, leg lifter or swivel seat

**Eric's Medical Supply** - local retailer located at 5251 Linda Vista Road, San Diego 92110  
(619) 298-9640 | [ericmedicalsupply.com](http://ericmedicalsupply.com)

**Performance Health** - items available online  
(800) 323-5547 | [performancehealth.com](http://performancehealth.com)

**Local Retailers** - Walmart, Drug Stores, Automative Stores such as Pep Boys; online at Amazon.com

## ADDITIONAL RESOURCES

**Advocates for Aging** - experienced driver services that include transportation analysis and planning, one-on-one ride-share coaching, and transportation management  
Judy Bonilla: (619) 742-3368 | [advocates4aging.com](http://advocates4aging.com)

**Aging and Independence Services, County of San Diego** - services to promote safety and healthy living  
(800) 510-2020 | [bit.ly/aging-ind](http://bit.ly/aging-ind)

**Alzheimer's San Diego** - voluntary health organization in Alzheimer's care, support and research  
(858) 492-4400 | [alzsd.org](http://alzsd.org)

**California Highway Patrol** - provides "Age Well, Drive Smart" classes in the community  
To find your local CHP office, go to [www.chp.ca.gov/find-an-office](http://www.chp.ca.gov/find-an-office)

**DMV Senior Ombudsman Program** - a free service to assist older drivers with DMV-related issues  
Ismael Anda: (714) 705-1588 | [bit.ly/TREDS\\_DMV](http://bit.ly/TREDS_DMV)

**FACT** - Facilitating Access to Coordinated Transportation in San Diego County  
(888) 924-3228 | [factsd.org](http://factsd.org)

**National Highway Traffic Safety Administration** - comprehensive information on driver safety issues  
[www.nhtsa.dot.gov](http://www.nhtsa.dot.gov)

**TREDS** - Training, Research and Education for Driving Safety, UC San Diego - programs for professionals and the community to promote roadway safety  
(858) 534-8524 | [treds.ucsd.edu](http://treds.ucsd.edu)