



TREDS

TRAINING, RESEARCH AND EDUCATION
FOR DRIVING SAFETY

RESOURCES FOR SAFE DRIVING

DRIVER EDUCATION – Refresh Knowledge of the Rules of the Road

AAA RoadWiseDriver: Online only
877-476-1254 | <http://california.aaadriverprogram.com/road-wise>

AARP Smart Driver Course: In-person and online
619-641-7020 | aarp.org/driversafety

Lifelong Driver Program: Interactive computer course
855-839-9090 | lifelongdriver.com

Check the Internet for driver education schools in your community

DRIVER SELF-ASSESSMENT TOOLS

“Am I A Safe Driver?” A checklist for older drivers to identify risks
<https://bit.ly/2BmRneY>

DRIVESHARP: Online tool to see more, focus better, and react faster
www.drivesharp.com

Drivers 65 Plus: A 15-question self-rating tool to determine driving performance
<https://seniordriving.aaa.com/evaluate-your-driving-ability/self-rating-tool/>

Roadwise RX: Online tool for understanding how an individual’s medications can impact driving
roadwiserx.com

DRIVER EVALUATION PROGRAMS – Physician Referral Required

Statewide

California Occupational Therapist Driving Programs
treds.ucsd.edu/driver-evaluation/

San Diego County

Driver Rehab Specialists, Inc.
760-510-5969 | drivesafeSanDiego.com

Scripps Memorial Hospital Encinitas
760-633-6507 | scripps.org/drivingsimulator

Sharp Memorial Hospital
858-939-6942 | sharp.com/services/rehab/adapted-driving.cfm

CAR COMFORT AND SAFETY

Smart Features for Older Adults: Adapting a vehicle to accommodate physical changes
seniordriving.aaa.com/SmartFeatures

Assistive Accessories for Your Car: Devices to optimize comfort and safety
bit.ly/assist-accessories

CarFit: Program evaluates how well a driver and their vehicle 'fit' for safety and comfort
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 at 5251 Linda Vista Road, San Diego 92110
619-298-9640 | ericomedicalsupply.com

Performance Health - items available online
800-323-5547 | performancehealth.com

In-store: Walmart, drug stores, automotive stores

Online: Allegromedical.com; Amazon.com

ADDITIONAL RESOURCES

Aging and Independence Services, County of San Diego: Services to older adults
800-510-2020 | <http://www.sandiegocounty.gov/content/sdc/hhsa/programs/ais.html>

California Department of Motor Vehicles

dmv.ca.gov

Drivers Handbook

dmv.ca.gov/web/eng_pdf/dl600.pdf

Information for Seniors

bit.ly/TREDS_DMV

Practice Tests - Sample questions to prepare to take a written test

dmv.ca.gov/portal/dmv/detail/pubs/interactive/tdrive/exam

Senior Ombudsman Program - a free service to assist older drivers with DMV-related issues
San Diego/Orange County: Ismael Anda [714-705-1588](tel:714-705-1588)

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

ChORUS: Clearinghouse for Older Road User Safety: A centralized source of information pertaining to highway safety for aging drivers roadsafeseniors.org

Getting by Without Driving: Transportation options for when one stops driving
<https://bit.ly/2MmVxID>

Getting There Worksheet: Questions to ask about alternative transportation options
<https://bit.ly/2OKg6vA>

National Highway Traffic Safety Administration: Information on driver safety issues
www.nhtsa.dot.gov

Transportation Cost Worksheet: Determines the annual expense of owning and operating a car
<https://bit.ly/2OO1MIR>

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