



# TREDS

TRAINING, RESEARCH AND EDUCATION FOR DRIVING SAFETY

# RESOURCES FOR SAFE DRIVING

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

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

**AAA RoadWiseDriver:** Online only  
877-476-1254 | [aaadriverprogram.com/road-wise](http://aaadriverprogram.com/road-wise)

**AARP Smart Driver Course:** In-person and online  
800-350-7025 | [aarp.org/driversafety](http://aarp.org/driversafety)

**Lifelong Driver Program:** Interactive computer course  
855-839-9090 | [lifelongdriver.com](http://lifelongdriver.com)

## DRIVER SELF-ASSESSMENT TOOLS

**"Am I A Safe Driver"** A checklist for older drivers to identify risks  
[bit.ly/am-i-safe](http://bit.ly/am-i-safe)

**DRIVESHARP:** Online tool to see more, focus better, and react faster  
[bit.ly/drivesharp](http://bit.ly/drivesharp)

**Drivers 65 Plus:** A 15-question self-rating tool to determine driving performance  
[bit.ly/self-rating-tool](http://bit.ly/self-rating-tool)

## DRIVER EVALUATION PROGRAMS – Physician Referral Required

### Statewide

**California Occupational Therapist Driving Programs**  
[treds.ucsd.edu/driver-evaluation/](http://treds.ucsd.edu/driver-evaluation/)

### National

**American Occupational Therapy Association**  
[aota.org/older-driver](http://aota.org/older-driver)

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

## CAR COMFORT AND SAFETY

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

**CarFit:** 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

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

**In-store:** Walmart, drug stores, automotive stores

**Online:** Allegromedical.com; Amazon.com

## ADDITIONAL RESOURCES

**California Department of Aging:** Services to older adults  
916-419-7500 | [aging.ca.gov](https://aging.ca.gov)

**California Department of Motor Vehicles** [dmv.ca.gov](https://dmv.ca.gov)

**Drivers Handbook** [bit.ly/dmv-handbook](https://bit.ly/dmv-handbook)

**Information for Seniors** [bit.ly/DMV\\_seniors](https://bit.ly/DMV_seniors)

**Practice Tests** - Sample questions to prepare to take a written test  
[bit.ly/dmv-practice-tests](https://bit.ly/dmv-practice-tests)

**Senior Ombudsman Program** - free service to assist older drivers with DMV-related issues  
[bit.ly/DMV\\_ombudsman](https://bit.ly/DMV_ombudsman)

**ChORUS: Clearinghouse for Older Road User Safety:** A centralized source of information pertaining to highway safety for aging drivers  
[roadsafeseniors.org](https://roadsafeseniors.org)

**Getting by Without Driving:** Transportation options for when one stops driving  
[bit.ly/without-driving](https://bit.ly/without-driving)

**Getting There Worksheet:** Questions to ask about alternative transportation options  
[bit.ly/getting-there-worksheet](https://bit.ly/getting-there-worksheet)

**National Highway Traffic Safety Administration:** Information on driver safety issues  
[nhtsa.gov](https://nhtsa.gov)

**Transportation Cost Worksheet:** Determines the annual costs of owning & operating a car  
[bit.ly/transportation-cost](https://bit.ly/transportation-cost)

**MyMobility Plan:** Helps with planning for potential mobility changes  
[bit.ly/CDC\\_Mobility\\_Plan](https://bit.ly/CDC_Mobility_Plan)

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