

Resources Guide for Health Care Providers, Case Managers, and Loved Ones/Caregivers of Older Drivers

April 2022

Resources for Having Difficult Conversations

- [AARP We Need to Talk Course](#): a free online seminar called We Need to Talk that will help you determine how to assess your loved ones' driving skills and provide tools to help you have this important conversation.
- [Family Conversations with Older Drivers](#) – The Hartford
 - [The Hartford - We Need to Talk... Family Conversations with Older Drivers Guidebook](#): This guidebook gives families easy-to-use, practical information to help them plan ahead and initiate productive and caring conversations with older adults about driving safely.
- [Dementia and Driving](#) – The Hartford
 - [The Hartford - At the Crossroads: Family Conversations about Alzheimer's Disease, Dementia, and Driving Guidebook](#): This guidebook helps families determine when it's time for loved ones with dementia to stop driving and helps them cope with driving cessation.
- [How to Understand and Influence Older Drivers](#) – National Highway Traffic Safety Administration
- [Talking to Older Drivers about Safety Concerns](#) – National Institute on Aging

Resources for Health Care Providers

- [American Geriatrics Society 2019 Updated Beers Criteria®](#), updated from 2015, are designed to reduce older adults' drug-related problems including, but not limited to exposure to potentially inappropriate medications, drug-disease interactions, and medications that warrant extra caution in the older adult population.
- [Centers for Disease Control offers Timed Up and Go tests](#) to help test patients' mobility.
- [Vermont DMV Medical Evaluation Report](#): To be completed by a licensed physician when applying for a permanent disabled parking placard, disabled plates, and/or when a medical form is requested by the department to be submitted to the Department of Motor Vehicles.

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Driver Rehabilitation Programs

- [UVM Medical Center - Driver Rehab Program, Burlington](#): The University of Vermont Medical Center occupational therapists are specially trained as driver educators to help get older people back on the road (if it is safe to do so).
Call: 802-847-3140
- [Central Vermont Medical Center - Clinical Driver Assessments, Berlin](#): The Clinical Driving Assessment program is a comprehensive clinical assessment for those who may be at a high risk for an automobile crash.
Call: 802-847-3140
- [Rutland Regional Driver Assessment Program, Rutland](#): Specially trained therapists provide screening services to ensure you can drive safely.
Call: 802-772-2490
- [Adaptive Driving Associates, White River Junction](#): Certified driver rehabilitation.
Call: 802-296-2004

Safe Driving Programs

- [Vermont Department of Motor Vehicles \(DMV\) – Mature Drivers, Statewide](#): The DMV has resources for older drivers, caregivers, conducts older driver re-testing, and offers a list of driving schools for older drivers to practice their skills.
Call: 888-970-0357
- [AARP Smart Driver Course](#): The AARP Smart Driver course is the nation's first refresher course specifically designed for drivers age 50 and older. In many states, drivers may benefit from a discount on their auto insurance premium upon completing the course.
- [AAA RoadWise Driver Program](#): a senior defensive driving program is an online course designed to positively affect driving behavior and help you learn about and adjust to age-related physical changes.

Transportation Options

- [Rides In Sight](#): provides information about senior transportation options in local communities throughout the United States.
Call: +1-855-607-4337

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- [Vermont Public Transportation Association](#): provides mobility choices for seniors (60+) and people with disabilities.
Call: 802-442-0629

Vermont Older Adult Resources & Support

- [Department of Disabilities, Aging, and Independent Living \(DAIL\)](#): Responsible for management and oversight of a full array of long-term services and supports for older Vermonters and adults with physical disabilities.
Call: 802-241-0294
- [Vermont Department of Health](#): Older Driver Safety webpage with comprehensive information and interactive map of resources.
- [Vermont Center for Independent Living](#): (VCIL): VCIL is committed to: services for all disabilities; promotion of active citizenship; and working with others to create services that support free-choice and full participation in community life.
- [Area Agencies on Aging](#): These agencies offer information and assistance to Vermonters age 60+ and their care partners.
Call 1-800-642-5119 to connect to your local agency or visit vermont4a.org
- **Vermont 211**: a database that contains detailed descriptions of programs and services available to Vermonters.
Call: 2-1-1

National Older Adult Driver Resources & Support

- [Older Drivers: Stay Safe Behind the Wheel](#) – Centers for Disease Control and Prevention (CDC)
 - [CDC MyMobility Plan](#): This mobility planning tool can guide you to take action today to help keep yourself—or your loved ones—safe, mobile, and independent today and in the future.
- [Older Driver Safety Page](#) - National Highway Traffic Safety Administration
- [Older Drivers](#) – National Institute on Aging