



# 10 TIPS TO START PRODUCTIVE DRIVING DISCUSSIONS

A number of age-related issues could impact your aging loved one's ability to drive - including poor vision, hearing problems, joint/muscle issues and dementia. If you think it's time to start the driving discussion, here are some tips that could make the conversation more productive.♥



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- 1 Have the conversation as early as possible.**  
Don't wait for a car accident or close call to force the discussion.
- 2 Choose the right time and place.**  
Find a calm, private moment when you can have their full attention.
- 3 Include other family members.**  
Before talking to your parents, make sure you're on the same page as your siblings.
- 4 Begin with empathy.**  
Listen carefully and respect their feelings. Be sure to listen to their concerns, objections and anxieties without minimizing their feelings.
- 5 Stress safety.**  
Express your concern about safety - theirs and others they will encounter on the road.
- 6 Focus on specific examples.**  
Instead of general statements, cite times you noticed driving difficulties.
- 7 If possible, talk in person.**  
It's always best to hold sensitive conversations in person. If you live too far away for that, consider setting up a video call.
- 8 Avoid a power struggle.**  
Don't push or give ultimatums.
- 9 Be prepared with alternatives.**  
Remind them that there are options other than relying on friends and family members - public transportation, ride shares and professional caregivers.
- 10 Enlist the help medical professionals.**  
Oftentimes, older people will heed the advice of their doctors - even when it comes to driving.



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