

# July '24 Newsletter

## Is It Safe To Keep Driving?

As we age, our driving abilities may decline due to changes in vision, cognitive function, and reaction times. This raises a crucial question for many seniors: Am I still safe to drive? Here are some key factors to consider.

### Vision and Hearing Changes

Good vision and hearing are essential for safe driving at any age. As you get older, conditions such as cataracts, glaucoma, and macular degeneration can impair vision. Hearing loss can also make it harder to detect emergency vehicle sirens or car horns. It's important to get regular vision and hearing tests and follow your doctor's recommendations.

### Cognitive and Motor Skills

Aging can affect cognitive abilities like working memory, spatial skills, and reaction times, all of which are essential for safe driving. Physical limitations such as reduced flexibility, muscle weakness, and slower motor skills may also develop. Be honest in assessing any declines that could make driving more difficult or dangerous.

### Medications and Health Conditions

Many seniors take multiple medications that can cause drowsiness, dizziness, or confusion—side effects that increase the risk of accidents. Chronic health conditions like dementia, Parkinson's disease, or poorly controlled diabetes may also affect driving safety. Discuss your medications and health status with your doctor to understand their impact on your driving.



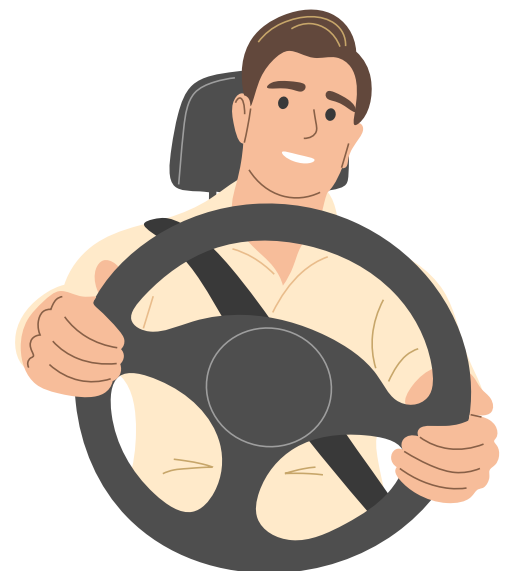
### Planning Ahead

If you need to reduce your driving or stop altogether, have a plan for alternative transportation. Many home care providers like Leaves Personal Care, can offer a companion who will drive you to appointments, out for errands or shopping, or just for social engagement. Alternately, you can consider taxis or ride-share services, or ask family and friends for rides. This can help you maintain independence and social connections.

Driving safety should be an ongoing discussion as we age. By honestly assessing your current capabilities and planning ahead, you can make the best decision for yourself and others on the road.

## Summertime Word Search

L E T J V C Q U G L F E Z W F B O U J G F A A S R  
 H N N R T J A E E Q N H E T H Q G S X H J I P N R  
 S M D J J W V M R E I D X M R E A C E W G R F Q D  
 D U V R W S M V P J T R S D O N S G D W B C T J E  
 W B N Q S L P G D I T M W E R L D S H R U O L U W  
 I W G S P U H E O Y N B I T S I X Q C E B N V E E  
 U K X D H P C S S H M G M L O V N D P M Z D B Z H  
 B G N Y W I X G X O N Q M O L V H G V J C I A V Q  
 A K T M X G N G G F F X I I S S A X A E B T R L T  
 S W W J Q J W E Q F Y I N A T T E D G A H I B B J  
 E C H P S O C V E U O B G V I P F O C R L O E J M  
 B K L N F F I S H I N G Q B C K P B I U K N C X I  
 A W U Q I N H K N A B W I C E C R E A M C I U F S  
 L Q S Y N T S V B C S T S B Y J P S K K J N E T F  
 L N U P K F Y S O E U R L L D K T Q G V X G J F B  
 C D N O N X L X W A T E R M E L O N H L F X H U A  
 J L B P Q E L V N X J S T K J T S Z E H K U G Y P  
 A B U N X D V R K E X I W X I T A J J E R P D Y L  
 W Y R H C P T U D A Q F I R E W O R K S P C A F K  
 V J N V A I J M O R V I H B B B S Q L H H W H A E  
 Y A G H O C E S A I Z K U Q E U V K K K L H I N V  
 J B V M M N N P V M G F M Z A O F R K U X C J C R  
 H C P T E I N G B Z D H I B C N K L J M D L B Y X  
 J L I H N C Z L T V L X D O H C F L I V Y M E P C  
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|------------------|------------|-----------|
| air conditioning | watermelon | fireworks |
| sunshine         | ice cream  | swimming  |
| baseball         | solstice   | camping   |
| sunburn          | barbecue   | picnic    |
| fishing          | beach      | humid     |

**Call for a caregiver today.**

616-575-8519