



NEW JERSEY MATURE DRIVER RESOURCE CENTER



RUTGERS-NEW BRUNSWICK
Edward J. Bloustein School
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Introduction

New Jersey's Mature Drivers

- 21% of NJ's licensed drivers are aged 65 or older
- Proportion of crashes increased to over 17% in 2020
- Comprised almost 26% of all driver fatalities in 2020
- Involved in 14% of both pedestrian and bicycle crashes (2016-2020)
- Distracted driving a factor in over 25% of all crashes (2015-2019)

[Home](#)[Driving Safer Longer](#)[Transportation Options](#)[Family, Caregivers & Community](#)[Links for More Information](#)

Mature Drivers Resource Center

This website provides a guide to resources related to mature driver safe driving, having a conversation when an older driver seeks to limit or stop driving, and mobility options after the individual has stopped driving.

Older drivers are often safer drivers. However, everyone reaches a point when their physical limitations contribute to unsafe driving. And, when they are involved in a crash, older drivers are more likely to be severely injured or killed in a traffic crash.

"Driving is a complex activity that requires a variety of high-level cognitive skills that can diminish through changes that occur with normal aging and/or as a result of other age-related factors." (NJ DHTS Highway Safety Plan 2021)



[Home](#)[Driving Safer Longer](#)[Transportation Options](#)[Family, Caregivers & Community](#)[Links for More Information](#)

Driving Safer Longer

People age at different rates. We can't say that someone should stop driving because they reach a particular age – 70, 80, even 90. The ability to drive is based on both physical ability and mental acuity. When looking at driving and aging, it is important to consider the specific changes that could impact an individual's ability to drive safely.

We may experience physical and cognitive changes with aging, but many resources are available to help us drive safer longer, including driving assessment and training, CarFit events to improve comfort while driving, vehicle technology, and vehicle adaptations.



Changes with Aging

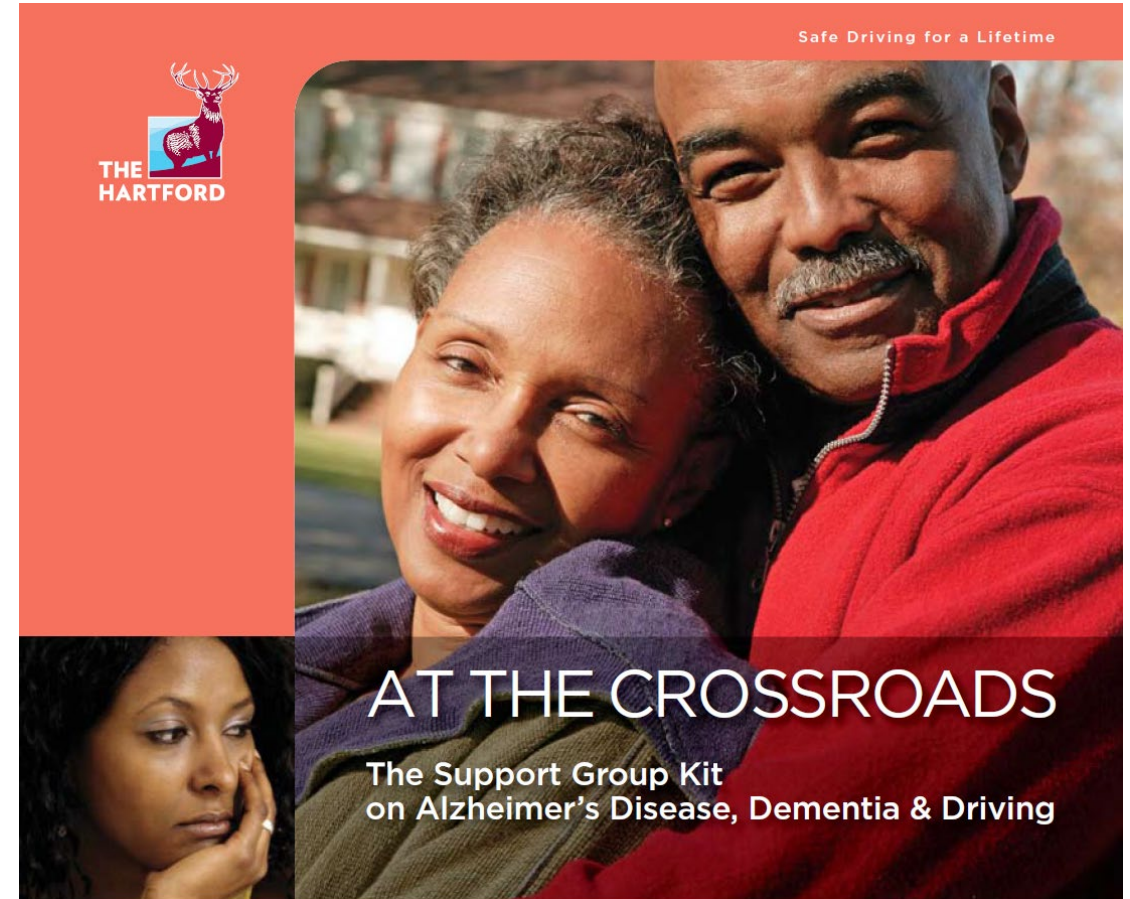
- Vision
 - Memory
 - Mental alertness
- Hearing
- Cognition
 - Reaction time
 - Strength and flexibility
 - Range of motion
- Physical Condition
- Medical Conditions
- Medications



Changes with Aging

Dementia and Alzheimer's

- [Hartford At the Crossroads Guidebook](#)
- [National Institute on Aging](#)
- [Alzheimer's Association](#)



Changes with Aging

General Resources

- Merck Manual
<https://www.merckmanuals.com/home/older-people%E2%80%99s-health-issues/the-older-driver/the-older-driver?redirect=vanity>
- ChORUS – Clearinghouse for Older Road User Safety
<https://www.roadsafeseniors.org/guides>



Driving Assessment

Medical Review and Fitness to Drive Assessments

- [NHTSA Driving Safely while Aging Gracefully: Self-Assessment](#)
- [HealthinAging.org Driving Safety Questionnaire](#)
- [AAA: Evaluate Your Driving Ability](#)
- [University of Florida: Fitness to Drive Screening Measure](#)
- [CHORUS Assessment Tools](#)
- [Certified Driving Rehabilitation Specialists \(CDRS\)](#)
- Occupational Therapist with training in Driving Assessment

Driving Instruction

Online Courses

- [AAA RoadWise™ Driver courses](#)
- [AARP Smart Driver online course](#)

In-person Courses

- AAA RoadWise™ Driver courses
- [AARP Smart Driver in-person course](#)
- NJ Motor Vehicle Commission list- [Mature Defensive Driver Courses](#)

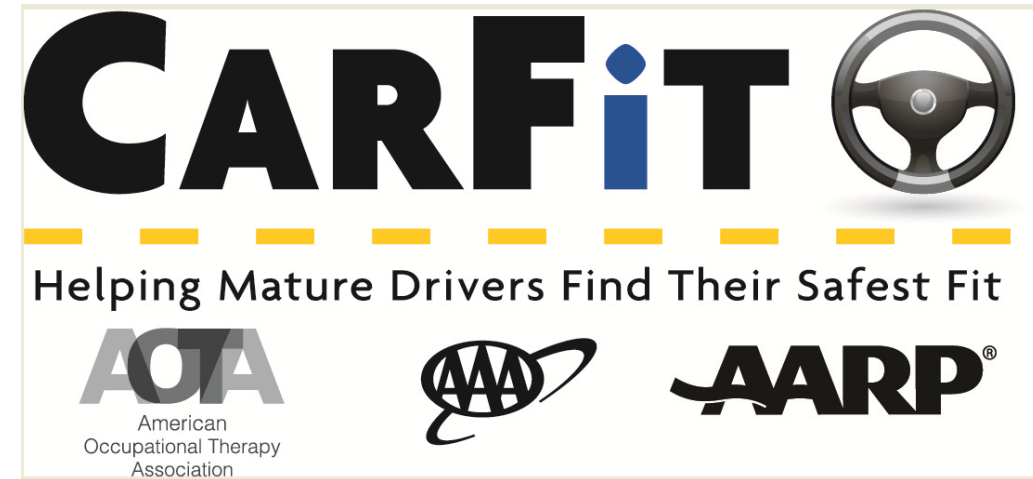
***There are costs associated with these trainings.**



Driving Safer Longer - CarFit

CarFit Program (AAA, AARP, and AOTA)

- Ensure vehicle “fits” driver properly
- AAA offers [trainings](#)
- Find [trainings](#) by state on the CarFit website
- American Occupational Therapy Association CarFit [webpage](#)
- CarFit events are **free**



Driving Safer Longer - Driving Technology

Vehicle Technology

- Smart headlights (adaptive headlights)
- Emergency response systems
- Back-up cameras (reverse monitoring systems)
- Blind spot warning systems
- Lane departure warning systems
- Vehicle stability control
- Assistive parking systems
- Voice-activated systems
- Crash mitigation systems (collision avoidance)
- Drowsy driver alerts



Resources

[AAA brochure](#)

[AAA Vehicle Technology Videos](#)

Driving Safer Longer - Rehabilitation Specialists

Certified Driver Rehabilitation Specialist (CDRS) services

- Evaluate driver's physical and cognitive capabilities
- Recommend adaptive equipment
- Provide training to use adaptive equipment
- Provide rehabilitation services
- Costs vary

[NJ Motor Vehicle Commission CDRS List](#)

[Association for Driver Rehabilitation Specialists](#) (ADED)

- Search for NJ listing

[American Occupational Therapist Association](#) (AOTA)



[Home](#)[Driving Safer Longer](#)[Transportation Options](#)[Family, Caregivers & Community](#)[Links for More Information](#)

Transportation Options

If the decision has been made to start the discussion about driving retirement, take time to think about the meaning of driving from the older driver's perspective. Think about how you will begin the driving discussion, and what local community resources for driving evaluation and remediation you have nearby. Consider the strategies for driving reduction or retirement and how the older driver will begin to navigate the community as a non-driver. It's important to start this conversation before a crash or other crisis forces the conversation. This approach allows time to develop a plan for mobility after driving cessation. Families are relieved by knowing that there is a plan, while the older driver may be relieved that there are options and they are not forced to continue driving. Conversations can be continued over time.



Transportation Services

NJ TRANSIT

- Fixed route, schedule
 - Bus
 - Train
 - Light Rail
- Half-price fares for passengers 62+ years of age (65 for Metro-North Railroad)
 - Discount available with proof of age
- [Accessibility](#)



Transportation Services

Paratransit

- [NJ TRANSIT Access Link](#)
 - curb to curb service
 - eligibility process
 - need reservations
 - ADA complementary
- Contact:
 - (800) 955-ADA1(2321)
 - (800) 955-6765 (TT)
 - adaservices@njtransit.com



NJTIP @ Rutgers

Unsure how to use public transit?

NJ Travel Independence Program at Rutgers teaches how to:

- Read bus and train schedules
- Plan trips
- Pay fares
- Take safety precautions

Contact:

Phone: 848-932-4499

Email: njtip_info@njtip.rutgers.edu



Community Transportation Services

Community Transportation Services

- Use smaller lift-equipped vans and minibuses
- May operate curb to curb, door to door, or on an advance reservation basis
- May feed into existing mass transit bus stops, train or light rail stations
- May have eligibility requirements and may be restricted to senior citizens, people with disabilities, or social services clients
- Available in all NJ Counties



[County transportation links](#)

Transportation Services

Mobility on Demand

- Taxi
- Ride hailing/Ride sharing
 - Lyft & Uber
 - App needed
- Concierge Services
 - Go Go Grandparent
 - EZ Ryde4Life



Transportation Management Associations



TMA	Webpage
Cross County Connection	Seniors and Accessible Services
Greater Mercer TMA	Ride Provide Other Resources
EZ Ride	Ryde4Life
goHunterdon	Community Mobility
Hudson TMA	Transportation for Seniors
Keep Middlesex Moving	Active Adult Transportation
RideWise	Somerset County Transportation Guide Municipal Transportation
Avenues in Motion	Programs for Older Adults

[Home](#)[Driving Safer Longer](#)[Transportation Options](#)[Family, Caregivers & Community](#)[Links for More Information](#)

Family, Caregivers & Community

Driving Retirement

If the decision has been made to start the discussion about limiting or stopping driving, take time to think about the meaning of driving from the older driver's perspective. Also, look into community resources for driving evaluation and remediation in your community, as well as strategies for driving reduction.

It's important to start this conversation before a crash or other crisis forces the conversation. Families are relieved by knowing that there is a plan and the older driver may be relieved that there are options and they are not forced to continue driving.



Warning Signs of Unsafe Driving

Warning signs and symptoms

- Uncomfortable, fearful or nervous while driving
- Difficulty staying in travel lane
- Getting lost in familiar places
- Trouble paying attention to road signs, pavement markings
- Slowing down when faced with unexpected situation
- Experiencing near misses
- Trouble gauging gaps in traffic at intersections, exit ramps, merges, or changing lanes
- Being easily distracted
- Recent tickets or warnings
- Dents or scrapes on the car, garage, fences, mailbox

Driving Retirement

Think about:

- Meaning of driving from the older driver's perspective
- How to begin the driving discussion
- Strategies for driving reduction or retirement
- How to talk about navigating the community as a non-driver
- Local transportation options
- Starting the conversation before a crash or other crisis occurs
- Continuing the conversation over time





Driving Retirement


Family and friends may fear:

- the older driver's response
- appearing disrespectful
- not being able to help with transportation
- isolating the older driver
- the older adult not asking others for rides

[AARP We Need to Talk online seminar](#)
[Florida's Guide to Safe Mobility for Life](#)

[Join](#) [Renew](#) [Help](#) [Member Benefits](#) [★ AARP Rewards](#) [Register](#) | [Login](#) 

AUTO / DRIVER SAFETY
We Need to Talk

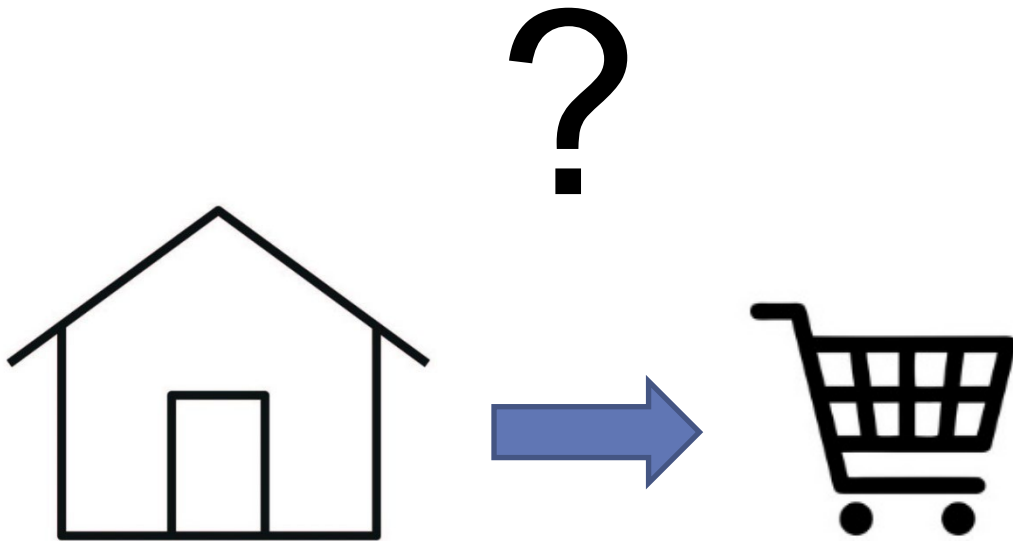


CULTURA/CORBIS

How do you know when it's time for your loved one to limit or stop driving? It's a tough subject for most families, but it's a serious matter. Now there's help. AARP offers 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. And since it's online, you can set your own pace.

[Start Seminar](#)

Mobility Independence



Mobility Options:

- Rides with Friends & Family
- Walkability – “Complete Streets”
- Accessible Fixed Route Transportation
- Access Link– Paratransit
- Community Transportation
- Mobility on Demand (UBER, Lyft)

Transition to Living Car-free

Create a plan

- Where do I want to go?
- How often do I go?
- How far?
- What options are available?
 - First choice
 - Alternative
- Can I combine a trip or mode?

Destinations	
Classes	Movies/Museums/Theaters
Community Center	Park
Community Events	Pharmacy
Doctor Dentist	Place of Worship
Family	Restaurants
Friends	Other shopping
Grocery/Supermarket	Sporting Events
Hair Salon/Barbershop	Veterinarian
Health Club	Volunteering
Library	Work

Transition to Living Car-free

Sample Transportation Plan

Create a transportation plan

- List all destinations
- List all transportation options
- Ensure option is comfortable
- Ensure option is practical
- Ensure option is affordable
- Organize by week or month

Where do I want to go?	How often?	How far?	What options are available?	Preferr ed Choice	Alternative	Option to Combine Trips?
Visit Family			Ride with Family, Uber/Lyft, Bus			
Grocery Store			Senior Bus, Access Link, Grocery Delivery			
Exercise Class / Park			Walk			
Book Club			Walk, Ride with Friend			
Medical Appt.						
Community Center	Once/week Tuesday a.m.	1 mile	Ride w/ friend Senior van Lyft ride	Ride w/ friend	Senior van (Van to return home)	N/A
Place of Worship						

Resources

- [NHTSA How to Understand and Influence Older Drivers](#)
- [AARP/Hartford We Need to Talk](#)
- [AAA Senior Driver](#)
- [National Institute on Aging](#)



[Home](#)[Driving Safer Longer](#)[Transportation Options](#)[Family, Caregivers & Community](#)[Links for More Information](#)

Train the Trainer Presentation

The Mature Driver Resource Center Train the Trainer presentation can be used by community members who are in a position to inform and instruct mature drivers about driving safer longer, driving limitations, driving retirement, and transportation alternatives. The audience for this training includes representatives of municipal departments of aging, departments of health, police departments, libraries, faith-based organizations, and other non-profit community organizations. Click [here](#) or the image below to download the PowerPoint presentation with speaker notes.

MATURE DRIVER
Train the Trainer



NJ Mature Drivers Resource Center

maturedriversnj.org

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