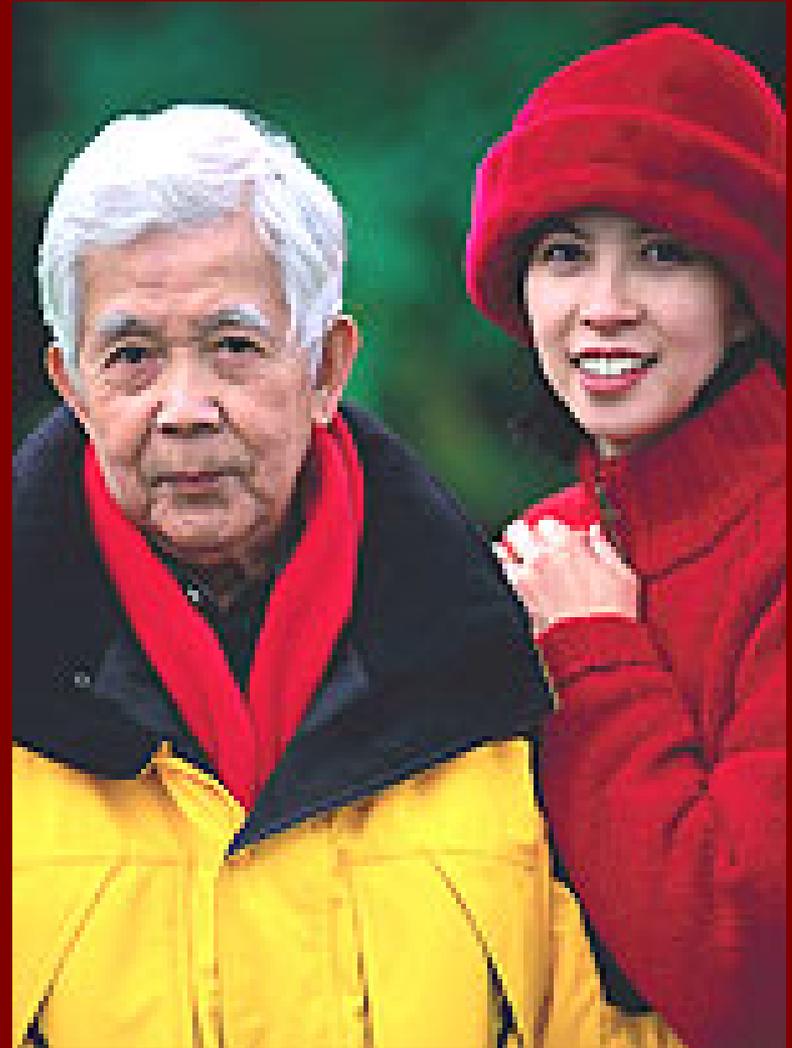


**We Need to
Talk...Family
Conversations
with Older
Drivers

(WNTT)**



In the beginning...

The Hartford's Corporate Gerontology Group and the MIT AgeLab, using their ongoing research on older drivers developed the Publication "We Need To Talk...Family Conversations With Older Drivers."





Using the WNTT publication as a foundation, AARP in collaboration with The Hartford and MIT AgeLab developed the WNTT seminar.

Then what happened?

The American Occupational Therapist Association (AOTA) joined the partnership to provide occupational therapists (OT) to be trained with AARP volunteers to facilitate the WNTT seminars. Some OT's assist families with adjusting to changes in driving abilities.



Who needs this information?

The WNTT seminar is for:

- adult children,
- spouses;
- and other family members

What happens during the seminar?

The WNTT seminar is:

- 90 minutes
- Uses an award winning video,
- a facilitator guide,
- group discussion,
- individual worksheets

Some facts and figures

- People over 65 form the fastest-growing population in the United States.
- By 2030, one of five drivers will be age 65 and older - more than 63 million licensed drivers.
- Most older adults are safe drivers. However, the risks of accident, injury, and fatality increase with age, and especially with changes in medical conditions or decline in physical function.

Mom drives just fine, why do we need to talk about it now?

- **Personal mobility is critical for healthy aging.**
- **Older drivers and their close relatives prefer that conversations and decisions about driving safety be handled within the family, with the exception of possibly including doctors in their discussions.**
- **Conversations about the need to modify driving can be difficult for older drivers and their families.**

Dad had several minor accidents last year, what can I do?

- Recognize the value of driving to older persons and how a perceived loss of independence can affect decision making;
- Create opportunities to talk about driving safety and transportation needs;
- Make objective observations of driving skills;
- Meet transportation needs if driving is curtailed; and
- Develop a plan for more successful and sensitive conversations about limiting or ceasing driving.

I know so many people my age who are facing this issue, what can I do to help?

- Check out the Hartford website www.thehartford.com/talkwitholderdrivers
- Find out what transportation alternatives/resources are available in your community
- Become a volunteer facilitator for AARP's "We Need to Talk" program