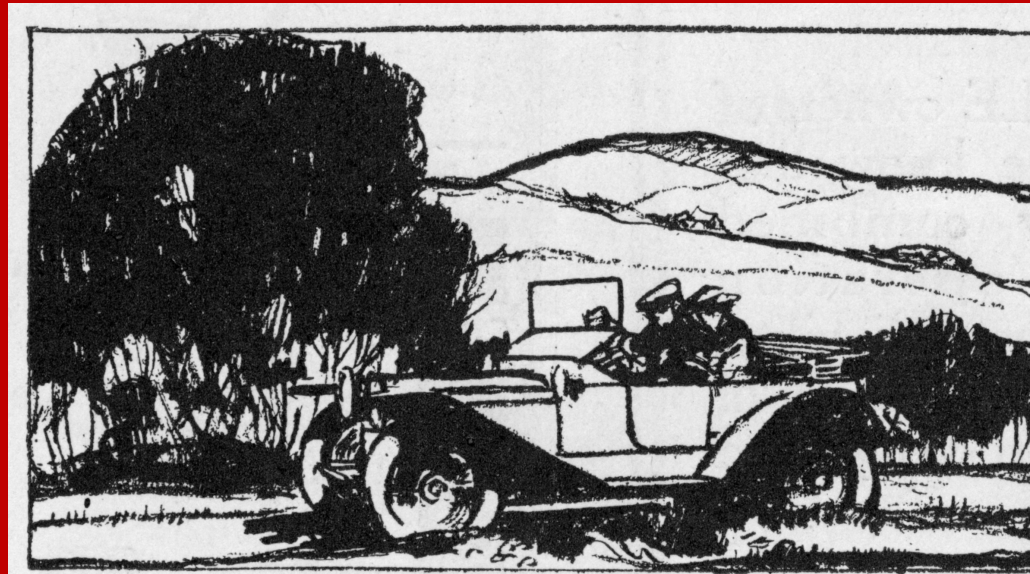


AARP Smart Driver Course: Snapshot

Larry Burbank

AARP Safe Driving Instructor



Overview of the AARP Course

Sample Topics:

- Changes associated with aging
- Medications and their effect on driving
- Maintaining your vehicle
- Fitting the car to You
- Using safe driving skills
- Sharing the road



Safe Driver Tips

AAPR Bulletin March 2021

- 9 Ways to Become a Safe Driver
- Your Safe Driving Checkup
- <https://www.aarp.org/auto/driver-safety/info-2021/ways-to-be-a-safer-driver.html>

We Need To Talk –

- <https://www.aarp.org/auto/driver-safety/we-need-to-talk/>

USAA - Effects of Aging on Driving

- <https://www.usaa.com/inet/wc/advice-auto-3-steps-mature-drivers-can-take-to-stay-safe?akredirect=true>

AARP Smart Driver Tek

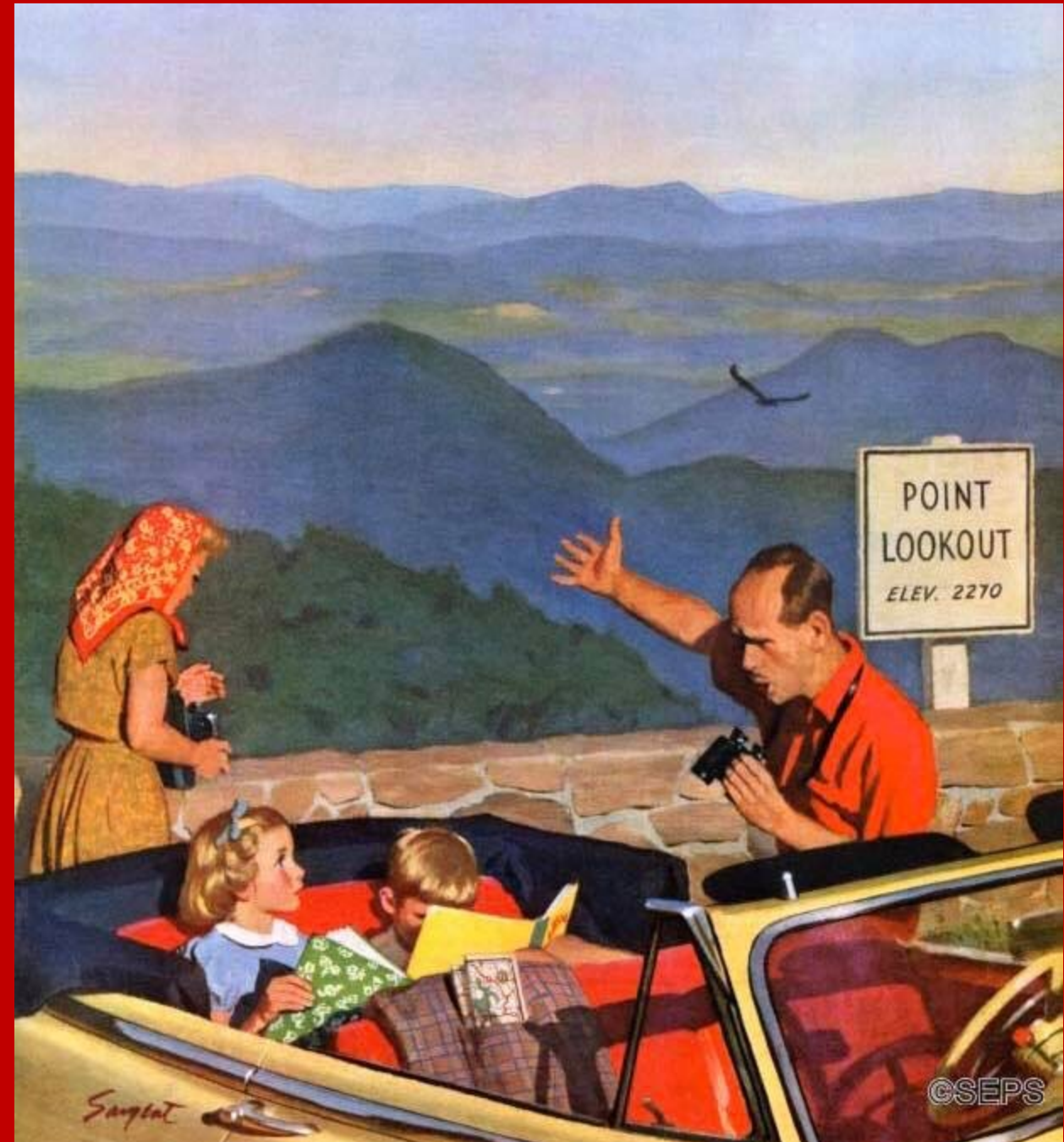
- <https://learn.aarp.org/smart-drivertek-intro>

MD Driver Handbook and Resource Guide for Aging Drivers

- <https://mva.maryland.gov/Pages/Maryland-Drivers-Manual.aspx>
- <https://mva.maryland.gov/safety/Pages/older/older-driver-safety-safe-mobility.aspx>

Effects of Aging on Driving

- Vision
- Reaction Time
- Physical Fitness
- Memory



CarFit

Ways to achieve the best fit to your vehicle

- Steering wheel position
- Reaching the foot pedals
- Seat adjustment
- Head restraint
- Mirror adjustment

www.car-fit.org – currently offering virtual workshops

AARP Smart Driver Course

To sign up for an on-line course: www.aarpdriversafety.org

- 4 hours in length
- You may qualify for a reduced rate on your auto insurance
 - check with your carrier

A course revision is currently under development,
projected to be available in 2022.

Questions?

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