



# TREDS

TRAINING, RESEARCH AND EDUCATION  
FOR DRIVING SAFETY

# RESOURCES FOR SAFE DRIVING

## DRIVER EDUCATION – Refresh Knowledge of the Rules of the Road

**AAA RoadWiseDriver:** Online only

877-476-1254 | [california.aaadriverprogram.com/road-wise](http://california.aaadriverprogram.com/road-wise)

**AARP Smart Driver Course:** In-person and online

800-350-7025 | [aarp.org/driversafety](http://aarp.org/driversafety)

**Lifelong Driver Program:** Interactive computer course

855-839-9090 | [lifelongdriver.com](http://lifelongdriver.com)

Check the internet for driver education schools in your community

## DRIVER SELF-ASSESSMENT TOOLS

**“Am I A Safe Driver”** A checklist for older drivers to identify risks

[bit.ly/am-i-safe](http://bit.ly/am-i-safe)

**DRIVESHARP:** Online tool to see more, focus better, and react faster

[drivesharp.com](http://drivesharp.com)

**Drivers 65 Plus:** A 15-question self-rating tool to determine driving performance

[bit.ly/self-rating](http://bit.ly/self-rating)

**Roadwise RX:** Online tool for understanding how an individual’s medications can impact driving

[roadwiserx.com](http://roadwiserx.com)

## DRIVER EVALUATION PROGRAMS – Physician Referral Required

### Statewide

**California Occupational Therapist Driving Programs**

[treds.ucsd.edu/driver-evaluation/](http://treds.ucsd.edu/driver-evaluation/)

**National Program Locator**

**American Occupational Therapy Association**

[aota.org/older-driver](http://aota.org/older-driver)

**Association of Driver Rehabilitation Specialists**

866-672-9466 | [bit.ly/aded1](http://bit.ly/aded1)

## CAR COMFORT AND SAFETY

**Assistive Accessories for Your Car:** Devices to optimize comfort and safety

[bit.ly/assist-accessories](http://bit.ly/assist-accessories)

**CarFit:** Program evaluates how well a driver and their vehicle 'fit' for safety and comfort

[car-fit.org](http://car-fit.org)

**Smart Features for Older Drivers:** Adapting a vehicle to accommodate physical changes

[seniordriving.aaa.com/SmartFeatures](http://seniordriving.aaa.com/SmartFeatures)

## ADAPTIVE EQUIPMENT FOR VEHICLES

Resources for non-prescription items such as the handybar, leg lifter or swivel seat

**Performance Health** - items available online

800-323-5547 | [performancehealth.com](http://performancehealth.com)

**In-store:** Walmart, drug stores, automotive stores

**Online:** Allegromedical.com; Amazon.com

## ADDITIONAL RESOURCES

**California Department of Aging:** Services to older adults

916-419-7500 | [aging.ca.gov](http://aging.ca.gov)

**California Department of Motor Vehicles** [dmv.ca.gov](http://dmv.ca.gov)

**Drivers Handbook** [bit.ly/dmv-handbook](http://bit.ly/dmv-handbook)

**Information for Seniors** [bit.ly/TREDS\\_DMV](http://bit.ly/TREDS_DMV)

**Practice Tests** - Sample questions to prepare to take a written test

[bit.ly/dmv-practice-tests](http://bit.ly/dmv-practice-tests)

**Senior Ombudsman Program** - a free service to assist older drivers with DMV-related issues

[bit.ly/dmv-ombudsman](http://bit.ly/dmv-ombudsman)

**California Highway Patrol:** Provides "Age Well, Drive Smart" classes in the community

To find your local CHP office, go to [chp.ca.gov/find-an-office](http://chp.ca.gov/find-an-office)

**ChORUS: Clearinghouse for Older Road User Safety:** A centralized source of

information pertaining to highway safety for aging drivers [roadsafeseniors.org](http://roadsafeseniors.org)

**Getting by Without Driving:** Transportation options for when one stops driving

[bit.ly/without-driving](http://bit.ly/without-driving)

**Getting There Worksheet:** Questions to ask about alternative transportation options

[bit.ly/getting-there-worksheet](http://bit.ly/getting-there-worksheet)

**National Highway Traffic Safety Administration:** Information on driver safety issues

[nhtsa.gov](http://nhtsa.gov)

**Transportation Cost Worksheet:** Determines the annual expense of owning and operating a car

[bit.ly/transportation-cost](http://bit.ly/transportation-cost)

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