STATE OF CALIFORNIA
DMV
Department of Motor Vehicles
CA.GOV

English

DMV SENIOR GUIDE FOR SAFE DRIVING

This handbook is available at **dmv.ca.gov**.

Gavin Newsom, Governor
State of California

Toks Omishakin, Secretary
California State Transportation Agency

Steve Gordon, Director
California Department of Motor Vehicles

Have Questions?

Ask Your Senior Driver Ombudsman/Outreach Coordinator!

Call the location nearest you or visit our senior web page at dmv.ca.gov.

Sacramento & Northern Counties
(916) 657-6464
(916) 657-7109

Bay Area Counties
(510) 563-8998

Los Angeles & Central Coast Counties
(310) 615-3552

Central & Southern Counties
(714) 705-1588

Senior Driver Ombudsman/Outreach Program "Your Path to Continued Safe Driving."

STATE OF CALIFORNIA
DMV
DRIVING CHANGE...
DEPARTMENT OF MOTOR VEHICLES

TABLE OF CONTENTS

PART 1: RECOGNIZING CHANGE 1
Debunking the Myth 1
DMV's Responsibilities 2
DMV's Senior Driver Ombudsman Section 2
Your Health 4
Nutrition 5
Physical and Mental Fitness 7
Changes in Muscles, Joints, and Bones 8
Vision 10
3 Common Vision Impairments 11
Cataracts 11
Macular Degeneration 11
Glaucoma 11
Hearing 13
Cognitive Function 14
Effects of Cognitive Impairments on Senior Drivers 14
Some Causes of Cognitive Impairments 15
Medications and Alcohol 16

PART 2: ASSESSING YOUR DRIVING 17
Driving Skills Self-Assessment Questionaire 18

PART 3: MAKING ADJUSTMENTS 21
Staying Safe 21
Is My Car Right for Me? 21
Mature Driver Improvement Course 23
Restricted Driver License 25
Getting a Restricted Driver License 26
Common Restrictions 27

PART 4: DRIVER LICENSE RENEWAL PROCESS ..28
Knowledge Test on a TouchScreen Terminal (TST) 30
Vision Tests 32

PART 5: REEXAMINATION PROCESS 36
How DMV Determines Reexamination..... 36
Medical Condition Evaluations 38
Driving Tests..... 39
DMV Decisions Following Reexaminations.....40
Duration of Suspensions/Revocations 42
Notification of Actions Taken Against Driving Privileges....43
Administrative Hearings.....43
Your Hearing Rights 44
Reviewing DMV's Evidence 45
Subpoenas.....45
Presenting Evidence..... 46
Attendance 46
Notification of Decisions 47
Appeals 47
Interviews 47

PART 6: WHEN TO STOP DRIVING 48
Warning Signs.....48
Getting Around Without Driving 50

PART 7: WHEN YOU ARE CONCERNED ABOUT A DRIVER.....52
Assessing the Situation 53
Evaluating Observations and Concerns 54

Things You Can Do to Help 55
Planning Alternate Transportation Options 56
Getting Additional Help 56
Taking Action 57
Anticipating Reactions 57
Help After the Conversation 58
Behind-the-Wheel Training 59
Conclusion 59

PART 8: RESOURCES 60
Driver License Inquires 60
Services 61
Additional Websites & Resources 65
DMV Resources 67
Crossword Puzzle 70
Word Search 71
Answer Keys 76

Where To Write

If you have any comments or suggestions regarding this publication, please send them to:

Department of Motor Vehicles
Customer Communications Section, MS H165
PO Box 932345
Sacramento, CA 94232-3450

© Copyright, Department of Motor Vehicles 2017.
All rights reserved.

This work is protected by U. S. Copyright Law. DMV owns the copyright of this work. Copyright law prohibits the following: (1) reproduction of the copyrighted work; (2) distribution of copies of the copyrighted work; (3) preparation of derivative works based upon the copyrighted work; (4) displaying the copyrighted work publicly; or (5) performing the copyrighted work publicly. All requests for permission to make copies of all or any part of this publication should be addressed to:

Department of Motor Vehicles
Legal Office, MS C128
PO Box 932382
Sacramento, CA 94232-3820

PART 1: RECOGNIZING CHANGE

By the year 2030, an estimated 1 in 5 drivers in the United States (U.S.) will be 65 years old or older. The Department of Motor Vehicles (DMV) would like all drivers to maintain their driving independence for as long as they can safely do so. This guide has been developed to provide insight to the changes that occur in vision, flexibility, strength, and other physical characteristics that may affect safe driving as you age. In this guide, you will find self-assessment tools, tips, and resources to help you take an active role in managing your personal safety and the safety of others.

Debunking the Myth

Myth: *DMV automatically reexamines drivers after they reach a certain age.*

Fact: A person's age alone is not a sufficient basis for a reexamination. DMV has the authority to investigate and reexamine every driver's ability to operate a motor vehicle safely, due to a physical or mental condition or a poor driving record.

DMV's Responsibilities

Some of DMV's major responsibilities are to promote traffic safety and protect the motoring public by minimizing the number of unsafe drivers. DMV understands the important connection between a driver license and a person's independence and keeps this in mind when evaluating a driver.

DMV's Senior Driver Ombudsman Section

DMV has a Senior Driver Ombudsman Section to address the concerns of seniors as it relates to safe driving. DMV, with the ombudsmen, strives to work with the public in a continuing effort to keep seniors driving safely for as long as they can.

The primary function of the Senior Driver Ombudsman Section is to represent the interests of public safety for all Californians with a special interest in addressing the concerns of senior drivers. The ombudsmen can assist as a "go-between" to ensure that senior drivers are treated fairly, consistent with laws and regulations, and with dignity and respect. While the Senior Driver Ombudsman cannot represent you in a DMV hearing or reexamination, the ombudsman will give you tools and information needed during these contacts.

The ombudsmen are available to assist in individual cases, as well as participate in outreach seminars for large and small audiences to promote driver safety in California with an emphasis on senior concerns. If you would like an ombudsman to come to your group or event to make a presentation or you need other assistance, please contact the Senior Driver Ombudsman Section at the following locations:

- Los Angeles and Central
  Coast Counties
  (310) 615-3552
- Sacramento and Northern
  California Counties
  (916) 657-6464
- Orange County and Southern
  California Counties
  (714) 705-1588
- San Francisco, Oakland,
  and the Bay Area
  (510) 563-8998

Your Health

Your health is closely connected to your driving. You must be able to see well enough to detect hazards in different types of lighting, judge distances, adjust to the speed of traffic, and read road signs. Your brain must be alert enough to quickly decide the correct course of action in any type of traffic situation, including unexpected ones. Your body must also be able to respond and react quickly.

> ***"By 2030 it is estimated that 1 in 5 drivers in the U.S. will be 65 years old or older"***

As you get older, you change physically and mentally. These changes can and do affect your driving skills. Becoming older does not automatically result in decreased driving skills. Many people continue to be safe drivers well into their retirement years. You have control over lifestyle choices that may affect your health; for example, what and when you eat, how much and what kind of exercise you get, how you handle stress, your frequency of social interaction, etc.

A healthy, responsive body, along with an alert mind, requires good nutrition, adequate rest, and exercise to maintain or increase strength, flexibility, and sharp reflexes.

Nutrition

Proper nutrition helps us maintain our health and provides us with the energy needed for daily activities, including safe driving. It is easy to overlook the warning signs of poor nutritional health as we become older, so always consult your physician before making any dietary or nutritional changes.

If you seem to have lost your appetite, discuss this with your physician. Loss of appetite can sometimes be a symptom of illness or the side effect of a medication that may affect safe driving. The checklist on the next page is a tool to help you identify areas that may need more attention. Complete the checklist and take it with you to discuss your nutritional health with your physician.

This nutrition checklist is not intended to provide medical advice or treatment. It is only a tool to help you identify and raise awareness of your current nutritional habits. Speak to your physician if you have questions or concerns about your nutrition.

Nutrition Checklist

	Yes	No
I eat at least 3 meals daily	☐	☐
I eat dairy products most days	☐	☐
I eat five servings of vegetables most days	☐	☐
I changed the amount and/or type of food I eat due to a medical condition ...	☐	☐
I drink 6 to 8 cups of fluids most days.	☐	☐
I usually have enough money to buy food.	☐	☐
I have 3 or more glasses of beer, wine, or alcohol each day	☐	☐
I eat alone most of the time.....	☐	☐
I have teeth, mouth, or swallowing problems that make eating difficult	☐	☐
I take 3 or more different prescription or over-the-counter medications daily.	☐	☐
I often shop, cook, and/or feed myself.	☐	☐
I take vitamin supplements	☐	☐
I have gained more than 11 pounds in the last 6 months	☐	☐

Physical and Mental Fitness

Maturity brings with it a change in our physical mobility. For example, can you still turn your head to look over your shoulder when backing a vehicle or changing lanes? Do you feel weakness in your arms or legs when steering, braking, or accelerating? Staying fit and active will help you maintain the muscle strength and flexibility you need to drive safely.

> ***"Maturity brings with it a change in our physical mobility"***

Exercise and physical activity do not have to be strenuous, or require special equipment, or clothing. You can exercise in the comfort of your own home by lifting light-weight items such as soup cans, 8 ounce water bottles, etc. You can rhythmically squeeze a small ball or stuffed animal to strengthen your hand and upper arms while watching television. No matter what your condition or age, there is some type of exercise or activity you can do that will provide health benefits. You could try:

- Walking
- Swimming
- Dancing
- Lifting weights
- Gardening

- Shopping
- Water aerobics
- Exercise programs (check with your local senior center, medical doctor, community announcements, etc.)

These are just a few suggestions. The important thing is to be active and do what is comfortable for you – an activity you enjoy. Exercise not only makes driving easier and safer, it can prevent or delay many disabilities, diseases, and other conditions. Ask your physician what type of activity would be suitable for you and consult them before beginning any new activity.

Mental exercise is also beneficial. Read, work crossword puzzles, and play games that use words or numbers, even if you're the only one keeping score. Jigsaw puzzles sharpen your visual search skills. Charades and solitaire are activities that involve your thinking skills. Mental exercises have been included on pages 70 and 71 to get you started.

Changes in Muscles, Joints, and Bones

As we get older, our reflexes slow, we lose muscle strength, joint flexibility, and our bones become brittle. Slower reflexes, combined with even minor vision loss, can make ordinary driving situations dangerous.

Safe Driving Tips

- Stiff joints and/or the effects of osteoporosis can make turning your head to see behind you difficult.
  - Install large side mirrors and/or a panoramic mirror on your vehicle.
  - Turn your body to look behind you when backing or changing lanes.
- As muscles lose strength, turning the steering wheel gets harder to perform. Do not swing wide on turns to compensate.
  - Drive a vehicle with power steering.
  - If you still have trouble, try using a turning knob.
- Tired muscles and sore joints may distract you from concentrating on the road.
  - Make sure you are well-rested before driving.
  - Stop frequently to rest on long trips.

- Broken bones, even when fully healed, may cause slower reflexes.
  - Check with your doctor about alternate braking devices for your vehicle, if you experience slower reflexes due to muscle atrophy associated with broken bones, a metal pin in your leg or hip, etc.
- Give yourself time to react safely.
  - Stay at least 3 seconds behind the car in front of you.
  - Anticipate danger. Watch out for other drivers.

Vision

You need good vision to drive safely. If you cannot see clearly, you cannot judge distances or spot problems and react appropriately. You also need to see out of the corner of your eye (peripheral vision) to spot cars or objects coming up beside you while you are looking ahead.

You may see clearly and still not be able to judge distances. You need good distance judgment so you know how far you are from other cars, crosswalks, etc. Many people who may see clearly in the daytime have trouble seeing at night. Some individuals see poorly in low light. Others may have trouble seeing the road in the glare of headlights.

Early detection, through regular and complete eye exams, is the key to protecting your vision. With appropriate treatment, many vision impairments can be minimized, prevented, or slowed; so be sure to make regular appointments with your eye physician.

3 Common Vision Impairments

Cataracts

A cataract clouds the eye's lens making it harder to see the road, street signs, other cars, and pedestrians. Other signs of a cataract are colors that look faded, objects that look blurry in either bright light or at night, and a more intense reaction to headlight glare.

Macular Degeneration

Macular degeneration can distort central vision and lead to the loss of sharp vision. People experience the visual effect of macular degeneration in different ways. In its early stages, macular degeneration may create distortion in small central areas of your vision that you may not even notice, and it may not affect your driving. As macular degeneration progresses, it may become harder to see clearly and drive safely.

Glaucoma

Glaucoma can cause partial vision loss or total blindness. Glaucoma usually affects your peripheral vision—the part of your eyesight that lets you see things out of the corner of your eye. It can affect your ability to see other cars, bicyclists, or pedestrians that are outside of your central field of view.

Safe Driving Tips

- Have your eyes checked every 2 years or more often if you notice a rapid change in your vision. You may not know that you have poor peripheral vision or poor distance judgment unless you have your vision checked.
- Keep your eye glasses, vehicle windows, mirrors, and headlights clean.
- Limit yourself to daytime driving if you are having trouble seeing at night or your eyes have trouble recovering from the glare of oncoming headlights.
- Turn your head frequently to compensate for any decreased peripheral vision.
- Avoid wearing eyeglasses and sunglasses with wide frames or temples that may restrict your side vision.
- If you cannot see over the steering wheel, sit on a cushion or pillow, but make sure you can still reach the gas and brake pedals.

Hearing

Hearing is more important to traffic safety than many people realize. The sound of horns, sirens, motorcycles, or screeching tires can warn you of hazards in your driving environment. If you suspect you may be experiencing hearing loss, check with your physician. Some signs and symptoms of hearing loss may include difficulty:

- Hearing horns or sirens when the car windows are rolled up.
- Hearing the sound of your turn signals when they are on.
- Following and participating in a conversation.
- Hearing clearly spoken words, even when the words are repeated.
- Hearing high-pitched voices or sounds.

Safe Driving Tips

- Have your hearing checked periodically.
- If you have hearing loss, even if it is present in both ears, you can usually compensate for it by using your mirrors frequently and scanning your surroundings often (looking ahead, to the sides, and behind your vehicle).

Cognitive Function

Cognitive function refers to a person's ability to process incoming information. Cognition is awareness of your surroundings using perception, reasoning, judgment, intuition, and memory. Any cognitive impairment will negatively affect your ability to drive safely.

Effects of Cognitive Impairments on Senior Drivers

One of the most serious cognitive disorders affecting the older population is dementia. Dementia is frequently unrecognized and undocumented. Unfortunately, before it is recognized, dementia can progress beyond the stage where early treatment may have slowed the course of the disease. Seniors suffering from dementia present a significant challenge to safe driving. Individuals with progressive dementia ultimately lose their ability to drive safely.

Unlike senior drivers with motor function or vision impairments who tend to self-restrict their driving, senior drivers with dementia continue driving even when it is unsafe for them to drive. It is often up to family members and caregivers to stop these seniors from driving and arrange alternative transportation for them.

Some Causes of Cognitive Impairments

Some of the causes of an individual's cognitive impairment are:

- Dementia (Alzheimer's disease and other dementia)
- Seizure disorder (lapse of consciousness condition)
- Sleep disorders (narcolepsy, sleep apnea, lapse of consciousness condition)
- Brain tumor
- Parkinson's disease
- Stroke
- Vertigo

The important thing to remember about cognitive impairments is that many of them are **progressive**. Early diagnosis and treatment are vital to ensure an individual will be able to drive safely for as long as the condition remains mild. Once the condition reaches the moderate or severe stages, it is too dangerous for the person to continue driving.

NOTE: When a referral or diagnosis for someone with a mild cognitive impairment is received by DMV, Driver Safety will schedule a reexamination. More information regarding the reexamination process starts on page 36.

Medications and Alcohol

Many medications (prescription and over-the-counter) have side effects which may affect your ability to drive safely. Over-the-counter medicines taken for colds and allergies and many prescription medications may make you drowsy. It is your responsibility to know the effects of the medications you take. Be sure to carefully read all medication labels, packaging information, and prescription handouts.

Drinking alcohol impairs your judgment, slows reflexes, distorts decision-making, and hinders coordination. As we age, our tolerance to alcohol decreases, which then increases the risk of alcohol-related driving problems.

SAFE DRIVING TIPS

- If you need to take medication before driving, discuss the effects of the medication with your physician and pharmacist.
- If you drink alcohol, do not drive.

PART 2: ASSESSING YOUR DRIVING

Driving is a very complex skill. It requires certain physical, visual, and mental abilities. Self-awareness is the key to safe driving. A self-assessment can help you identify your driving limitations, compare your abilities with the requirements necessary to be a safe driver, and help you take the necessary steps to ensure you are being a responsible and safe driver.

The driver skills self-assessment questionnaire is provided on pages 18 and 19 for your personal use and can help you decide if you should have your driving abilities evaluated.

"A self-assessment can help you identify your driving limitations..."

If you answer "no" to any of these questions, you are not alone. The natural physical changes of normal aging can affect your ability to drive safely. The good news is that you can manage many of these changes by learning your limitations and making adjustments in your driving habits, so you can continue to drive safely. You may also want to consult your physician about these and any other concerns or issues you may have.

Driver Skills Self-Assessment Questionnaire

Hearing	Yes	No
With the car windows rolled up, can you hear a siren or horn?.....	☐	☐
Can you hear the sound of your turn signals when they are on?.....	☐	☐

Vision	Yes	No
Can you see objects clearly?	☐	☐
Can you see clearly at night?	☐	☐
Can you go outside in the bright sunlight and immediately see clearly? ... NOTE: This does not pertain to going outside in the sunlight from a dark room.	☐	☐
Can you see clearly over the steering wheel?	☐	☐

Head and Neck	Yes	No
Can you turn your head an equal distance from one side to the other?.....	☐	☐
Can you turn your head and neck far enough to see over your shoulders?.....	☐	☐

Driver Skills Self-Assessment Questionnaire

Arms and Hands	Yes	No
Can you drive long distances without your hands and arms being tired?	☐	☐
Can you drive for a minimum of 30 minutes without your fingers or arms becoming tingly or numb?	☐	☐
Can you keep a firm, but comfortable grip on the steering wheel with both hands while keeping your elbows bent and relaxed?	☐	☐
Can you lift your arm high enough to adjust the rear view mirror?	☐	☐
Can you cross your hands one over the other when turning the steering wheel?	☐	☐

Legs and Feet	Yes	No
Can you depress the brake pedal with your knee bent?	☐	☐
Can you sit for 15 minutes without your feet or legs becoming tingly or numb?	☐	☐
Do you use only your right foot to depress either the gas or brake pedals?	☐	☐
Can you bend your foot at least 10 degrees?	☐	☐

Driver Skills Self-Assessment Questionnaire

Cognitive	Yes	No
Can you easily decide when to enter a lane of moving traffic?	☐	☐
Are you comfortable driving in intersections?	☐	☐
Are you calm while driving?	☐	☐
Do you have a clean driving record with no tickets or collisions?	☐	☐
Has a very close family member or friend said you are an excellent driver?	☐	☐
Can you remember how to get to familiar places?	☐	☐

PART 3: MAKING ADJUSTMENTS

The per-driver collision rate is lower than average for older drivers because they tend to self-restrict their driving, drive less often, and compensate for age-related declines in their skills. Unfortunately, the rates for older drivers start to approach those of teens, when collisions are divided by miles driven. Because an older body is more fragile, the physical damage suffered in a collision is not only greater, but is also 3 times more likely to be fatal.

Staying Safe

Being a safe driver involves more than avoiding collisions. Always wear your seat (safety) belt correctly (over your shoulder and across your lap). Lap and shoulder seat (safety) belts provide body support, protect you from injury, and reduce your chance of being thrown from your vehicle in case of a collision.

Is My Car Right for Me?

How your car fits you is another key to your safety and the safety of others. A proper fit between you and your vehicle means such things as:

- Seeing clearly over the steering wheel.
- Reaching the brake and accelerator with ease.
- Having your headrest in the proper position.
- Getting in and out of your vehicle with ease.

Even if your vehicle is not a perfect fit, adaptive devices and features are available to help you compensate for any physical changes you may experience making the vehicle more comfortable and safe for you to drive. Below are just a few examples of adaptive devices available for vehicles:

- Turning knobs
- Seat (safety) belt adaptors
- Mirrors to minimize blind spots
- Pedal extenders

To learn more about adaptive devices and programs available to assist you in evaluating how well you and your vehicle work together, check the resource listing starting on page 61. Your local American Automobile Association (AAA) Club, American Association of Retired Persons (AARP), or an occupational therapist are additional resources.

Additional Safety Tips

- **Never** drink alcohol and drive.
- **Do not drive** if you are taking prescription or over the counter medications that may impair your driving ability.
- Talk to your physician if you have concerns about your driving safety.
- Do not drive when you are angry, upset, sleepy, or ill.
- Keep your vehicle mechanically sound (for example, your tires properly inflated, good brakes, good windshield wipers, etc.).

Mature Driver Improvement Course

The Mature Driver Improvement Course provides instruction, specifically tailored to older drivers, regarding defensive driving and California motor vehicle laws. During this course, information is provided on the effects that medication, fatigue, alcohol, and visual or auditory limitations have on a person's safe driving ability.

"The most common physical restriction is related to vision"

The course requires classroom time of at least 6 hours and 40 minutes, which may be scheduled in 1 or 2 sessions. Present the DMV certificate to your insurer as proof that you have completed the course.

Drivers 55 years old or older, who successfully complete an approved Mature Driver Improvement Course, **may** qualify for reduced motor vehicle insurance premiums. Check with your insurance provider. A list of approved programs is available on the DMV website at **www.dmv.ca.gov**.

Tips for Choosing a Driving School

- Look for a driving school that specializes in assessing older drivers.
- Check the driving school's license status on the DMV website at **www.dmv.ca.gov**.
- Check the driving school instructor's license status by calling DMV at (916) 229-3127.
- Contact your local Better Business Bureau to check for any complaints filed against the school.
- Compare tuition costs between driving schools and ask if there are any additional fees or charges. Always have a clear understanding of all costs.
- Ask about the school's policy for cancelling or rescheduling a behind-the-wheel training session.

Restricted Driver License

Research shows that senior drivers who are aware that their driving skills are diminishing will often restrict themselves. You may have already decided that you do not like driving on certain roads or at certain times of the day. You may already stay off the freeway or only drive during daylight hours. These are self-imposed restrictions. There are also restrictions that DMV may place on a person's driver license after a drive test and a discussion with the driver.

DMV-Imposed Restrictions

DMV places restrictions or conditions on a person's driver license when it is necessary to ensure the person is driving within their ability. Driving restrictions should not be seen as punitive or as an attempt to limit your driving. They are actually imposed to assist you, as an effort to help you drive safer and longer. Restrictions may be discretionary (imposed by DMV) or mandatory (required by law). Unnecessary restrictions are never imposed. Any discretionary restriction(s) placed on your driving privilege will be reasonable and necessary for your safety and the safety of others.

Restrictions and conditions vary and may include:

- Requiring a person to place special mechanical devices on their vehicle.
- Limiting when and where a person may drive.
- Requiring eye glasses, corrective contact lenses, or other devices, such as outside mirrors, or a vehicle with an automatic transmission.

NOTE: There are no specific restrictions for seniors. All restrictions are based on conditions, not age.

Getting a Restricted Driver License

Any restriction placed on your driver license is based on the examiner's findings and recommendations. The examiner looks at the results of your driving and vision tests and considers your individual circumstances.

Sometimes a restriction is added because of volunteered information about a physical or mental disability. Often, a person with a physical or mental condition is referred to DMV by a physician, law enforcement, or family member.

Common Restrictions

The number 1 restriction for drivers of all ages, is vision-related and usually requires the driver to wear glasses or corrective contact lenses. Other common restrictions include, but are not limited to:

- No freeway driving.
- Driving a vehicle with an additional right side mirror.
- Driving from sunrise to sunset (no night driving).
- Time of day restriction (for example, not during rush hour traffic).
- Area restriction (for example, to your physician, church, grocery store, etc.).

PART 4: DRIVER LICENSE RENEWAL PROCESS

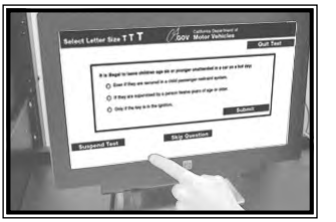
Drivers 70 years old or older at the time the driver license expires must appear in person to renew their driver license. Knowledge and vision tests are required. DMV sends a renewal notice to your address of record about 60 days before your license expires. If you do not receive a renewal notice, you will need to complete an original Driver License or Identification Card Application (DL 44) form. To obtain the DL 44 form by mail, call DMV's automated phone service 24 hours a day, 7 days a week at 1-800-777-0133.

Feeling some anxiety or nervousness before or during the driver license renewal process is normal for many people. The best way for you to minimize these emotions is to prepare for the renewal process. Be sure to make an appointment to renew your driver license at your local DMV office at **www.dmv.ca.gov** or call 1-800-777-0133.

Preparation Tips

- Do not wait until your driver license is about to expire to start the renewal process.
- Study the *California Driver Handbook* (available at **www.dmv.ca.gov** or call 1-800-777-0133 to have a copy mailed to you).
- Take DMV's Sample Driver License Knowledge Test(s) available at **www.dmv.ca.gov**.
- If possible, make a morning appointment and eat a nutritious breakfast before coming to DMV.
- Get a good night's sleep the night before your test.

KNOWLEDGE TEST ON A TOUCHSCREEN TERMINAL (TST) (*FORMERLY KNOWN AS WRITTEN TEST*)



There is a new and easy way to take the driver license test. It is a TST system.

Here's how the system works; select your preferred language, log in using the same thumb print that you used to begin the driver license process, and begin the multiple choice test. While using the TST, you will be guided through the knowledge testing process. The TST system supports taking the traffic laws and road signs test.

The TST system improves field office wait times and reduces test times, fraud, and mistakes made by a manual correction process.

Once you complete the test, it will show either a pass or a fail notification. The test also provides an opportunity for you to review the questions you missed and corresponding *California Driver Handbook* section before leaving the testing area. The TST system does not require computer skills and there is no mouse. The "print" size can be enlarged to make the knowledge test easier to read. Another advantage is only one knowledge test question appears at a time, making it much easier to concentrate and less intimidating than a whole column of questions.

Your application fee allows you 3 chances to pass the knowledge test. The driver license renewal test consists of 18 multiple choice questions. A passing grade is 3 errors or less.

TST Tips

- Visit the DMV website at **www.dmv.ca.gov** to take the practice tests.
- Every question on the test is taken from the *California Driver Handbook*. Take your time and read each question carefully. There is only **1** correct answer. The other 2 answers will be either obviously wrong or close to being correct; however, not the most accurate.
- Most importantly, take your time. If you do not pass, you may be issued a temporary driver license. This will allow you to review the handbook and testing material past your license expiration date, so you will not feel rushed.

"Every question on the test is taken from the California Driver Handbook"

Vision Tests

DMV uses 2 tests to measure visual acuity (keenness of vision). The most common test is a wall chart. Your eyes are tested together and then individually by reading 5 characters in different lines.

If you are unable to read the wall chart, you will be asked to look into a vision testing machine for specific objects. The testing machine measures the acuity of your eyes individually and together, even though both eyes are open during the test.

If you do not meet DMV's vision standard (20/40) you will be required to visit a vision specialist (licensed optometrist or ophthalmologist). The DMV representative will give you a Report of Vision Examination (DL 62) form to take with you to your appointment. If your vision is not worse than 20/70, DMV may issue you a 30-day temporary driver license to allow you time to have your vision checked.

If you are still unable to meet DMV's vision standards after your vision is checked, you will be scheduled for a driving test to determine if you can compensate for your vision condition. More information regarding the driving test starts on page 39.

Vision Test Tips

- If you wear eyeglasses and recently had your prescription changed, bring your new glasses.
- If you are nervous or confused during any part of the vision test, be sure to let the DMV representative know.
- If the vision specialist prescribes new eyeglasses or recommends another type of vision correction, wait until you have the new eyeglasses or until you have completed the recommendations of your optometrist or ophthalmologist before returning to DMV with your completed DL 62 form.

PART 5: REEXAMINATION PROCESS

One of DMV's major responsibilities is to promote traffic safety while protecting the motoring public from unsafe drivers. Reexaminations are always based on events or issues related to driving and can occur at **any** age. *California Vehicle Code* (CVC) §12814(a) grants DMV the discretion to require a test for new drivers and/or when the driver's record of convictions or collisions warrants it. The age of the driver is **not** a condition requiring a test of ability to drive safely. DMV keeps in mind the important connection between a driver license and a person's independence when evaluating a driver's ability to drive safely.

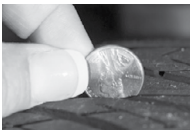
How DMV Determines Reexamination

DMV receives information regarding a potentially unsafe driver from many sources, such as:

- Your physician or surgeon, who is required by law to report to DMV certain conditions or disorders characterized by loss of consciousness or control, including Alzheimer's disease and dementia. The law also requires them to report other conditions which, in their opinion, may affect your ability to operate a motor vehicle safely.
- Emergency medical personnel who assist you while in an emergency facility, due to a sudden loss of consciousness, awareness, or control.

- Unsolicited letters from family members, friends, or neighbors who report that you may no longer be able to drive safely.
- A law enforcement officer who stops you for a traffic law violation or is at the scene of a collision in which you were involved and determines you may be an unsafe driver.
- A Notice of Priority Reexamination of Driver (DS 427) form from a peace officer who has observed your driving and believes you are an unsafe driver and should not continue to drive.
- If you indicate that you have a disease, disorder, or disability that affects your ability to operate a motor vehicle safely on your driver license application or renewal notice.
- If your driving record indicates collisions, traffic law convictions, reckless, negligent or incompetent driving habits, or any other reasons that would cause DMV to refuse a driver license.
- A DMV employee suspects you may have a lack of skill, or medical condition that may affect your driving ability, while you are conducting DMV business.

T.I.R.E. Tips

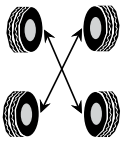


T. Tread

Place an upside down penny in the tire tread. If you can see all of Lincoln's head, the tread is too low and you need a new tire.

I. Inflate

Check air pressure once a month. Low tire pressure can cause tire wear and poor gas mileage.



R. Rotate

Rotate your tires every 3,000–5,000 miles to increase tire tread life.

E. Evaluate

Evaluate your tires everyday for any abnormal wear, cracks, and nails.

A few minutes a month is all it takes to be tire safe.

STATE OF CALIFORNIA
DMV
DRIVING CHANGE...
DEPARTMENT OF MOTOR VEHICLES

Connect with us

www.dmv.CA.GOV

STATE OF CALIFORNIA
DMV
DRIVING CHANGE...
DEPARTMENT OF MOTOR VEHICLES.

Medical Condition Evaluations

Once DMV is made aware that you have a medical condition that may cause a potential driving risk to yourself or others, or your driving record indicates negligent driving activity, DMV will evaluate your driving skills to ensure you can drive safely. DMV may do 1 of the following:

- Request medical information from you. If it is clear from the medical information that you do not present a driving risk, DMV's evaluation may end, and no action will be taken.
- Conduct a "regular" reexamination. The reexamination may be conducted in-person or over the telephone. You may be required to present medical information and take an knowledge, vision, and driving tests, if appropriate.
- Conduct a priority reexamination. If law enforcement issues you a Notice of Priority Reexamination of Driver (DS 427) form, you must appear for the reexamination within 5 days. You are required to take a knowledge, vision, and driving tests, and present medical information. If you do not appear for your reexamination, your driving privilege will be suspended.
- Immediately suspend or revoke your driving privilege if your physical or mental condition presents an immediate threat to public safety.

Driving Tests

When DMV asks you to take a driving test, it is to determine whether you:

- Have the ability to operate a motor vehicle safely.
- Have formed or retained proper safe-driving habits.
- Can apply traffic laws to everyday driving. Can compensate for a physical condition that may affect safe driving ability, such as poor vision, loss of a limb, or early stages of dementia.

During your driving test, the examiner will note any driving skill deficiencies or behaviors that need improvement, but would not disqualify you from keeping your driver license. The examiner will discuss these issues with you after your driving test.

To help you prepare for your driving test, review the following publications: *Driving Test Criteria* (DL 955) and *Preparing for Your Supplemental Driving Performance Evaluation* (DL 956).You may want to practice your driving skills by taking a Mature Driver Improvement Course fo driver education and training. A list of approved Mature Driver Improvement Programs and Driver Safety offices are available on DMV's website at **www.dmv.ca.gov**. If your driver license is suspended or revoked and you want to get your license back, contact your local Driver Safety office to inquire about a special instruction permit if the driving errors are correctable.

Driving Practice Tips

- Request a copy of the *Driving Test Criteria* (DL 955) handbook.
- Review the driving test information in the: *California Driver Handbook* (DL 600) and *Preparing For Your Supplemental Driving Performance Evaluation* (DL 956).
- Have a friend or adult family member observe your driving skills and behaviors and make suggestions on improvement.
- Practice backing, changing lanes, speed control, right and left turns, and driving through controlled, uncontrolled, and blind intersections.

DMV Decisions Following Reexaminations

Following a reexamination, the DMV hearing officer will take 1 of the following administrative actions:

- **No Action**: Your condition or driving record does not warrant an action against your driving privilege.
- **Medical Probation** (Type I): You must comply with your medical regimen and report any changes in your medical condition to DMV.

- **Medical Probation** (Type II): Your physician must submit periodic medical reports to DMV on specified dates.
- **Limited Term License**: You are issued a driver license for up to 2 years, and are required to return to DMV for reevaluation and retesting.
- **Calendar Reexamination**: You are required to appear for a reexamination at specified intervals, provide updated medical information, and submit to possible retesting.
- **Restriction**: You may only operate a motor vehicle under specific conditions and circumstances, such as driving during certain times of the day, driving within certain geographical areas, or having your vehicle equipped with specialized equipment.
- **Suspension**: Your driving privilege is suspended for an indefinite period of time.
- **Revocation**: Your driving privilege is terminated.

Duration of Suspensions/Revocations

"A suspension based upon a physical or mental condition shall continue until evidence satisfactory to the department establishes that the cause for which the action was taken has been removed or no longer renders the person incapable of operating a vehicle safely" (CVC §13556(c)). This is important to distinguish for seniors who can improve their driving skill or are recovering from a medical condition that caused the suspension.

Generally, the length of a suspension or revocation is indefinite. However, DMV will consider reinstating your driving privilege when additional information is available that indicates your physical or mental condition is under control and you are no longer a potential threat to safe driving.

Notification of Actions Taken Against Driving Privileges

DMV will notify you in writing of any action taken against your driving privilege and inform you of your legal rights, including your right to a hearing.

Administrative Hearings

Administrative hearings conducted by DMV provide a fair resolution of matters in a professional, efficient way and ensure that due process is afforded to all drivers. If you received notification that a proposed action is being taken against your driving privilege, you must request a hearing within **10 days** of receiving personal service or **14 days** from the date the notice is mailed. If you do not make a timely request, your right to a hearing will be lost.

Carefully read all documents personally provided or mailed to you by DMV. These documents tell you the issues involved in your case, deadlines to meet, and your rights in the administrative hearing process. The hearing will be limited to those issues listed in the documents.

"DMV wants you to continue driving for as long as you can safely do so"

The purpose of the hearing is to provide you with an opportunity to be heard and present relevant evidence or testimony on your behalf before an action is taken against your driving privilege. You may also have to appear in court for the same reason. Any action taken by the court is independent of the action taken by DMV.

Your Hearing Rights

You have the right to:

- Be represented by an attorney or other representative, at your own expense, but representation by an attorney is not required.
- Review the evidence and cross examine the testimony of any witness. DMV bases its case only on written documents. If you wish to question someone who either prepared a document or who is listed on a document that is used as evidence, it is your responsibility to subpoena that person.
- Present evidence and relevant witnesses on your own behalf.
- Testify on your own behalf.

Reviewing DMV's Evidence

Your verbal or written request to review and obtain a copy of DMV's evidence regarding your case (known as discovery) must be submitted to DMV at least **10 days** prior to the date of your hearing. In some cases, DMV will automatically provide you with this information (discovery). If you do not request a hearing, you give up your right to review the evidence that DMV will consider when making a decision in your case.

Subpoenas

You have the right to subpoena witnesses, relevant records, documents, photos, etc., for your use at the hearing.

Although your witness may voluntarily attend your hearing, a subpoena protects your right under the law to compel the attendance of any witness. You are required to pay all witness fees and mileage to the hearing for any witness you subpoena on your behalf. If you know a witness requires special accommodation, you should contact DMV as soon as possible.

Subpoena forms are available through any Driver Safety office and may be downloaded from the DMV website at **www.dmv.ca.gov**. The subpoena(s) must be served by someone other than yourself.

Presenting Evidence

Any evidence you present must be relevant to your case. Evidence can be presented in the form of sworn documents, medical records, collision reports, photographs, or other relevant items. Evidence can also be sworn testimony taken under oath. On the date of your hearing, be prepared to bring any witness or written evidence from any witness who knows the specific issues involved in your case. Your witness should be prepared to answer any questions raised by the hearing officer. Evidence presented becomes part of DMV's official administrative hearing record and will not be returned to you. Make copies of evidence you want to retain for your records prior to the hearing.

Attendance

If you cannot attend your hearing on the scheduled date and time, you must contact DMV within 10 business days of the time you know, or should have known, that you need a continuance. You may be required to file a written statement indicating the reasons why you cannot appear. DMV will grant the continuance after **10 business days** if you are not responsible for causing the delay and have made a good faith attempt to prevent the delay. If a continuance has not been granted and you do not attend your hearing, DMV will proceed with the hearing without you.

Notification of Decisions

You will be notified in writing of the hearing officer's decision, regardless of whether or not you attend your hearing. The time it takes to make a decision depends on the issues being addressed, amount of evidence presented, and the testimony presented by witnesses.

Appeals

If you disagree with the hearing officer's decision, you have the right to request a departmental review of the decision and to appeal the decision in superior court. Requests for a departmental review or an appeal of the decision in superior court must be made within a certain time period depending on the laws affecting your case. The time periods for appeal and other specific information concerning your appeal rights are provided on the notice advising you of the hearing decision.

Interviews

You may request an interview if your license has been suspended or revoked and your circumstances have changed. For example, you have new medical documentation or you would like to obtain a special instruction permit to improve your driving skills. If this is the case, contact your local Driver Safety office.

PART 6: WHEN TO STOP DRIVING

We all want to continue driving as long as we can. However, the time may come when we must limit or stop driving either temporarily or permanently.

Most drivers monitor themselves and gradually limit or stop driving when they feel that they are unable to react to driving situations, or their driving in general is no longer safe. However, some people may fail to immediately recognize declining driving abilities, or fear the loss of independence. The following information and suggestions may be helpful to you or someone you care about.

Warning Signs

As we age, some of us may notice changes that affect our driving ability. These changes may be a result of an illness or injury, or could occur gradually over a period of time. Review the following warning signs to see if you or someone you know may be an unsafe driver:

- Feeling uncomfortable, nervous, angry, or fearful while driving.
- Dents and scrapes on the car, fences, mailbox, garage doors, curbs, etc.
- Drifting across lane markers or into other lanes.
- Getting lost in familiar places.
- Ignoring signs and signals.
- Driving too slow or fast.
- Frequent “close calls” or collisions.
- Late braking.
- Difficulty judging gaps in traffic.
- Other drivers often honk at you.
- Friends or relatives not wanting to ride with you.
- Being easily distracted or having a hard time concentrating while driving.
- Difficulty turning your head to check over your shoulder when backing or changing lanes.
- Getting frequent traffic tickets or warnings from law enforcement officers.
- Having difficulty finding your parked vehicle.

If you notice 1 or more of these warning signs, you may want to attend a driver refresher class or have your driving skills assessed by DMV, a driving professional, friend, or relative. Talk to your physician if you are experiencing unusual concentration or memory problems or other physical symptoms that may affect your ability to drive safely.

Getting Around Without Driving

As mentioned earlier, DMV wants you to continue driving for as long as you can safely do so. If you are no longer capable of driving or do not feel safe on the road, you are not alone.

Many people get by just fine without a car. Senior transportation programs can help individuals who do not drive and cannot use public transportation.

Options for Getting Around Without a Vehicle

- Senior transportation programs
- Public transportation
- Shuttle buses or vans
- Taxi cabs or transportation network companies (find out if there are companies in your community that offer discounts to seniors)
- Local community-based services
- Carpooling, walking, relocating

- Family, friends, neighbors, or coworkers who offer rides to stores, medical appointments, church, etc.

Remember, transportation services vary among communities, so experiment to find out which ones work best for you. For more information on services in your community, look in the Yellow Pages under Community Services for Senior Citizens, Senior Organizations, or Transportation, and check the listing of resources in this guidebook starting on page 61.

Additional Tips

- Many stores deliver products directly to your door.
- Have groceries delivered. Many stores deliver free or for a low fee.
- Ask family, friends, or neighbors to pick up groceries or other items for you.
- Order medications by mail from pharmacies that you know and trust.
- Have meals delivered.
- Shop from catalogs or online.

PART 7: WHEN YOU ARE CONCERNED ABOUT A DRIVER

The time may come when many of us will have to limit or stop driving. Most drivers monitor themselves and gradually limit or stop driving when they feel they are no longer safe. Others may have a medical condition (for example, dementia or an early stage of Alzheimer's disease) which prevents them from recognizing that their driving abilities have diminished. Some fear the loss of independence.

If you are concerned about the driving ability of a family member or someone you know, it is important to approach the issue with sensitivity. Be positive and supportive. Allow them to have an active role in the decision making process. Remember that impairments vary significantly among individuals. Age alone should not be a basis for limiting someone's driving privilege or taking it away. You should be concerned about the person's abilities, not just their age.

An older driver may think that authorities, friends, or relatives are "out to get them." Therefore, it is important to be sensitive about how you start the conversation.

Assessing the Situation

If you have not already done so, ride with the driver (if it is safe), observe their driving habits, and talk about the things you observe. Depending on the severity of what you observe, a refresher driving course or an adjustment to the person's driving habits may be appropriate. In some cases, the only safe alternative is for them to stop driving.

Driving Assessment Tips and Checklist

Things to look for when assessing driving skills:

- ☐ Abrupt lane changes?
- ☐ Brakes and accelerates smoothly?
- ☐ Reacts to changes in their driving environment?
- ☐ Drifts into other lanes?
- ☐ Do they tire easily?
- ☐ Difficulty reading traffic signs?
- ☐ Uses and/or cancels their turn signals?
- ☐ Drives too slow or fast?
- ☐ Checks before changing lanes, pulling from the curb, or backing?
- ☐ Difficulty turning to look over their shoulder?
- ☐ Pays attention to traffic signs, signal lights, pedestrians, or bicyclists?
- ☐ What are the reactions of other drivers? Do they notice these reactions?

Evaluating Observations and Concerns

Make a list of your observations and concerns or use the checklist provided. If applicable, discuss your observations with other family members and try to get their support. If medications may be a factor, check with a pharmacist to see if any of the medications could have an adverse affect on the person's driving ability.

Discussion Tips and Planning

- **Start early**—Preferably, conversations about safe driving should start long before driving becomes a problem. Establishing open dialogue allows time for the older adult to consider their driving skills and make appropriate modifications.
- **Choose who will do the talking**—Hearing sensitive information from the right person can make a big difference. To increase your chance of success, carefully select the person who will initiate the discussion. It is important that the person chosen be someone that the recipient trusts.
- **Have the conversation**—Start the conversation by letting the recipient know that you have concerns about their safety and the safety of others. Offer help and support. Suggest they complete the self-assessment questionnaire on pages 18 and 19.

Things You Can Do to Help

To assist the older driver, suggest traffic routes that are less demanding. In addition, suggest:

- Limiting or not driving at night.
- Driving during the time of day when traffic is light.
- Avoiding difficult intersections.
- Driving for short distances or limiting driving to essential places.

Help develop specific routes to the places they frequent. Practice the routes with them to make sure they are familiar with them and can safely reach their destination. If selecting a safe route is not possible, check to see if alternative transportation is available.

Route Development Tips

- Consider a route with right turns instead of left turns.
- Choose streets with light traffic, clearly marked signs, and well-marked lanes.
- If night driving is necessary, the route should be well lit.

Planning Alternate Transportation Options

Identify ways the older driver can continue to have an active lifestyle. Determine in advance what transportation options are available. Check with the Agency on Aging. Also see the list of resources beginning on page 60 to determine if transportation programs are available. Ask relatives, friends, and neighbors to provide transportation. Create a contact list and work out a transportation schedule.

Make an appointment at your local DMV for the person to apply for an identification (ID) card. DMV will exchange a valid driver license for an ID card at no charge if the person is no longer able to drive safely or no longer wishes to drive.

Getting Additional Help

If the person is not receptive to your concerns or suggestions, and the severity of the situation warrants, they may be more receptive to advice from a personal physician, close friend, or other family member. Doctors are required to report and explain medical findings to DMV. These include symptoms such as:

- Lapse of consciousness
- Stroke
- Parkinson's disease
- Cognitive impairments such as dementia
- Sleep disorders
- Diabetes

DMV's Driver Safety office will contact the driver for an interview to discuss the information received from their doctor.

Taking Action

When discussions and other methods of persuasion fail, and driving presents an immediate danger to the safety of the driver or others, it is important to act quickly. Law enforcement intervention may be necessary in situations where the driver is unsafe and/or unwilling to curtail driving.

Anticipating Reactions

An older driver may exhibit negative emotions about giving up their driver license. These reactions are often more about the message than the messenger. The thought of giving up their driver license can be very upsetting. By remaining calm, you can ensure a productive discussion and diffuse negative emotions about this sensitive topic.

You may feel fear, anger, frustration, and even guilt for assisting in depriving someone of their freedom to drive. However, do not let your emotions delay the conversation. Although it may require several conversations to achieve your goal, it is more important to keep the person and others safe.

Help After the Conversation

While many drivers ultimately agree to limit or stop driving, you may need to refer your family member to DMV for an evaluation of their driving ability.

To refer the driver, you must submit a completed Request for Driver Reexamination (DS 699) form. The form can be obtained at **www.dmv.ca.gov** or by calling 1-800-777-0133 to have the form mailed to you.

You may write a letter to your local DMV Driver Safety office. Visit DMV's website for specific office locations. Identify the driver you want to report and give your reason(s) for making the report. You may ask to have your name kept confidential: DMV will make every effort to comply with your request. We understand that reporting someone, especially a relative, close friend, or patient, is a sensitive issue. We also want to make sure that potentially unsafe drivers are evaluated.

Behind-the-Wheel Training

Driving schools are another resource for refreshing, assessing, or improving your driving skills. All professional driving schools in California are licensed by DMV. Check your local telephone directory for a list of driving schools in your area, and then check their license status on DMV's website at **www.dmv.ca.gov**. See the list of resources starting on page 60 for other alternatives.

Conclusion

Transitioning from driver to passenger is not always easy or smooth. This lifestyle change will require your understanding and support. Remember:

- Be patient, open, and sincere.
- Do not let fear or guilt delay addressing your concerns.
- Be diligent in your efforts and share your concern for the individual's and other's safety.

PART 8: RESOURCES

Driver License Inquires

Department of Motor Vehicles

PO Box 942890
Sacramento, CA 94290-0001
1-800-777-0133 TTY 1-800-368-4327

Website: **www.dmv.ca.gov**

Note: Check our website for specific Driver Safety office locations or call the number above.

DMV Senior Driver Ombudsman Branch

Los Angeles and Central
Coast Counties
(310) 615-3552

Sacramento and Northern
California Counties
(916) 657-6464

Orange County and Southern
California Counties
(714) 705-1588

San Francisco, Oakland,
and the Bay Area
(510) 563-8998

Services

Disclaimer: The following services are not promoted or endorsed by DMV.

Car Fit

CarFit is a program designed to help your personal vehicle fit you better. It was developed through collaboration among the American Society on Aging, American Association of Retired Persons (AARP), American Automobile Association (AAA), and American Occupational Therapy Association. The CarFit program information is available at:

www.seniordriving.aaa.com

CarFit offers older adults:

- The opportunity to check out how well their personal vehicles "fit" them.
- Information and materials for community-specific resources and activities to make their personal vehicles "fit" better, enhance their safety as drivers, and/or increase their mobility in the community.

The program uses a team of trained event coordinators and health professionals who work with each participant at a scheduled CarFit event. In addition to CarFit, AAA also offers video based screening tools allowing seniors to review a comprehensive 12-point check of how well you and your car work together and other resources necessary for safe driving.

AARP - Nonprofit, nonpartisan organization dedicated to empowering Americans 50 and older.
601 E St. NW
Washington, DC 20049
Telephone: 1-888-687-2277
Website: **www.aarp.org**

AAA – ADMINISTRATIVE OFFICE - Offers seniors driving safety and mobility strategies.
607 14th St. NW, Ste. 201
Washington, DC 20005
Telephone: (202) 942-2050
Fax: (202) 638-5943
Websites: **www.aaafoundation.org**
www.seniordriving.aaa.com

AMERICAN OCCUPATIONAL THERAPY ASSOCIATION, INC. - Resource for Occupational Therapy advocacy and policy.
4720 Montgomery Ln.
PO Box 31220
Bethesda, MD 20824-1220
Telephone: (301) 652-2682
Fax: (301) 652-7711
Website: **www.aota.org**

CALIFORNIA BOARD OF OCCUPATIONAL THERAPY - State website that licenses Occupational Therapists.
2005 Evergreen St., Ste 2050
Sacramento, CA 95815
Telephone: (916) 263-2294
Fax: (916) 263-2701
Website: **www.bot.ca.gov**

CALIFORNIA DEPARTMENT OF AGING - Administers programs serving older adults, adults with disabilities, family caregivers, and residents in long-term facilities.
1300 National Dr., Ste 200
Sacramento, CA 95834
Telephone: (916) 419-7500 TDD 1-800-735-2929
Fax: (916) 928-2267
Website: **www.aging.ca.gov**

LEADING AGE - Advocacy fighting ageism and ageism resources (i.e., senior: housing,workplace age discrimination).
2519 Connecticut Ave. NW
Washington, DC 20008
Telephone: (202) 783-2242
Website: **www.leadingage.org**

NATIONAL AGRICULTURAL LIBRARY - Nutrient Data for Foods, Obesity Prevention, Farmland Information Center, USDA information, Nutrition.gov information for healthful eating choices.
Food and Nutrition Information Center
10301 Baltimore Ave.
Beltsville, MD 20705-2351
Telephone: (301) 504-5755
Website: **www.nutrition.gov**

NATIONAL HIGHWAY TRAFFIC SAFETY ADMINISTRATION (NHTSA) - Vehicle: recall information, ratings, equipment, and technology. Risky driving behavior and road safety information.
1200 New Jersey Ave. SE
West Building
Washington, DC 20590
Telephone: 1-888-327-4236
TTY 1-800-424-9153
Website: **www.nhtsa.dot.gov**

NATIONAL INSTITUTE ON AGING - Information on healthy aging, caregiving, and end of life.
31 Center Dr. MSC 2292
Building 31, Rm 5C27
Bethesda, MD 20892
Telephone: 1-800-222-2225
Fax: (301) 496-1072
Website: **www.nia.nih.gov**

NATIONAL LIBRARY OF MEDICINE - The world's largest biomedical library.
8600 Rockville Pike
Bethesda, MD 20894
Telephone: 1-888-346-3656
TDD 1-800-735-2258
Fax: (301) 402-1384
Website: **www.nlm.nih.gov**

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES - Protects the health of all Americans and providing essential human services.
200 Independence Ave. S.W.
Washington, DC 20201
Telephone: 1-877-696-6775
Website: **www.hhs.gov**

Additional Websites & Resources

California Care Network - Helps people locate state-licensed health, social, mental health, alcohol and drug, and disability and elder care services and facilities.
Website: **www.calcarenet.ca.gov**

California Department of Transportation - Manages the state highway system; involved with public transportation systems throughout the state.
Website: **www.dot.ca.gov**

California Registry - A free service offered to seniors or their family members to assist them in locating retirement homes and assisted living.
Website: **www.calregistry.com**
Telephone: 1-800-777-7575

Caltrans QuickMap - Presents several types of real-time traffic information layered on a Google Map.
Website: **quickmap.dot.ca.gov**

ClinicalTrials.gov - A database of privately and publicly funded clinical studies conducted around the world.
Website: **www.clinicaltrials.gov**

Driving School Association of California - A non-profit corporation comprised of driving school owners, operators, instructors, and other concerned parties through the State of California.
Website: **www.thedsac.com**

Office of Disease Prevention/Health Promotion - Sets national health goals and objectives and supporting programs, services, and education activities that improve the health of all Americans.
Website: **www.health.gov**

National Institute of Health (NIH) - The largest biomedical research agency in the world.
Website: **www.nih.seniorhealth.gov**

USA.gov/retirement - Provides information on the basics about retirement and pension benefits.

Seniors Against Investment Fraud (SAIF) - Empowers seniors by providing valuable information and resources to make informed financial and investment decisions.
Website:
www.programsforelderly.com/abuse-seniors-against-investment-fraud.php

Elder Care Locator - A free national service used to find resources for older adults in any US community.
Telephone: 1-800-677-1116
Website:
www.eldercare.gov/Eldercare.NET/Public/Index.aspx

Local County Information and Referral Agency- Designed to lead to the development or enhancement of comprehensive and coordinated community-based programs and services for the elderly in each community.
Telephone: 1-800-777-7575
Website: **www.calregistry.com/resources/aaa.htm**

California Department of Aging - The Older Americans Act Title IIIB Supportive Services Program, provides funding for a variety of supportive service programs through locally developed community-based systems of services that enable older adults to access services that address functional limitations, promote socialization, continued health, independence, and transportation.
Area Agencies on Aging (AAA)
Telephone: 1-800-510-2020
Website: **www.aging.ca.gov**

DMV Resources

The following DMV publications and forms are available at **www.dmv.ca.gov** or by calling 1-800-777-0133:

Publications

FFDL 10 *Potentially Unsafe Driver*

FFDL 14 *Vision Standards*

FFDL 16 *Vehicle Collisions*!

FFDL 22 *Preparing for Your Driving Test*

FFDL 26 *Driver Safety Administrative Hearing Process*

FFDL 27 *DMV's Reexamination Process*

FFDL 28 *Driver Distractions*

FFDL 33 *Selecting a Driving School for Driver Education and Driver Training (DE/DT)*

FFDL 41 *Helping Drivers Maintain Their Driving Independence*

DL 955 *Driving Test Criteria Guide*

DL 956 *Preparing for Your Supplemental Driving Performance Evaluation*

Forms

Report of Vision Examination (DL 62)

Request for Cancellation or Surrender of a Driver License or Identification Card (DL 142)

Request for Driver Reexamination (DS 699)

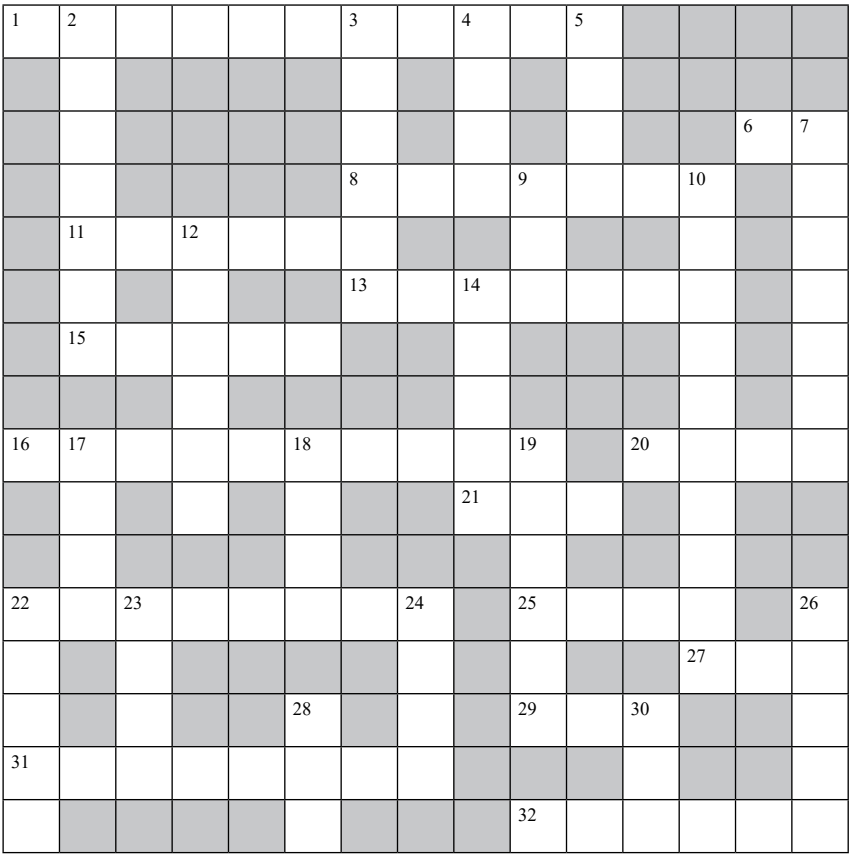
Self-Referral for Reevaluation of Driving Skill (DS 699A)

Subpoena, Duces Tecum, Affidavit in Support of Subpoena Duces Tecum (DS 2000P)

NOTES

Mental Exercise #1

Crossword Puzzle



Across

1. Best way to visit DMV office
6. Neat __ a pin
8. Popular mode of transportation
11. To protect
13. Permission
15. That's cool!
16. Home on wheels
20. Not on time
21. An even number
22. Electronic device
25. Small street
27. Pedro's sun
29. Sense of self
31. 12 a.m.
32. Morning pick up

Down

2. Retirement money
3. Vacation activity
4. One per
5. Mineral powder
7. ___ with a smile
9. Frozen water
10. Vision improvement device
12. #1 driving objective
14. Walking sticks
17. Data
18. Desire
19. Lady's name
22. Punctuation
23. Obey
24. Due monthly
26. Make happy
28. Larva
30. Not on

* Answers - page 76

Mental Exercise #2 Word Search

E	A	E	C	N	A	R	U	S	N	I
S	Q	B	I	W	D	R	H	D	B	E
N	F	A	S	T	N	E	R	A	P	D
E	R	C	B	E	S	I	C	H	K	U
C	I	W	E	I	V	J	T	X	J	T
I	E	P	Y	E	R	G	N	P	N	I
L	N	R	T	S	B	R	E	E	S	T
A	D	E	C	U	K	E	M	Y	A	T
F	S	V	S	R	G	T	R	E	F	A
T	T	A	T	J	N	H	A	O	E	S
L	Z	I	L	I	N	G	G	E	T	E
D	N	L	O	G	S	U	N	N	Y	I
U	Q	P	U	S	R	A	E	M	A	L
F	P	G	F	A	V	L	R	E	Y	A
A	S	G	O	W	R	O	I	N	E	S

Appointment
Attitude
Bus
Cab
Drive test
Ears
Eye
Friends
Garment
Insurance
Jigsaw
Laughter
License
Parents
Prevail
RVs
Safety
Senior
Sunny
View

* answers - page 76

Save Time

Fill Out Your Electronic DL/ID Card Application Online

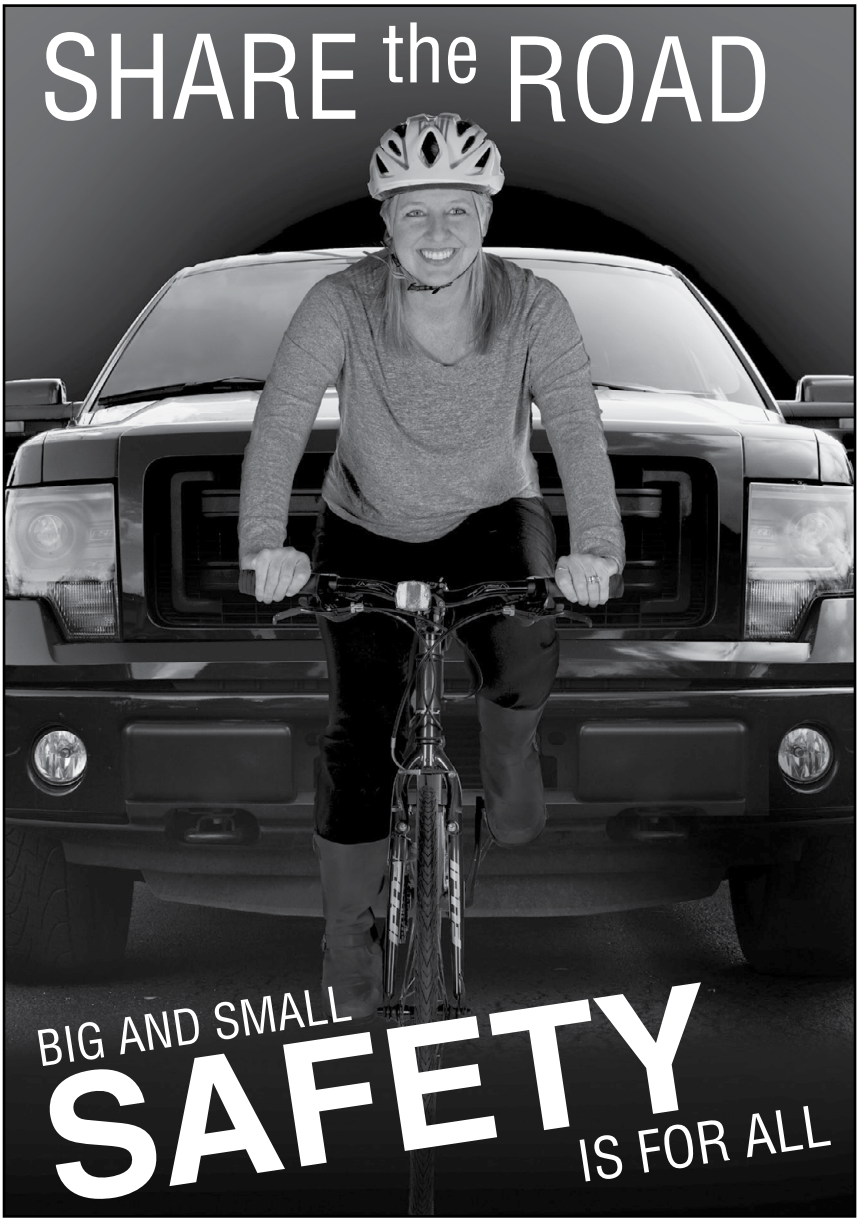
To save time, DMV customers can use their computer, tablet, or smartphone to fill out an online electronic application for a driver license or identification (DL/ID) card before visiting a DMV office.

Available in the following 10 languages:

- English
- Chinese
- Japanese
- Korean
- Thai
- Spanish
- Hindi
- Khmer
- Tagalog
- Vietnamese

Learn more at dmv.ca.gov

STATE OF CALIFORNIA
DMV
DRIVING CHANGE...
DEPARTMENT OF MOTOR VEHICLES



- Slow down. Drive cautiously.
- Expect bike riders.
- Pass with care.

SHARE THE ROAD

CALIFORNIA OFFICE OF TRAFFIC SAFETY

CALIFORNIA HIGHWAY PATROL

Funding for this program was provided by a grant from the California Office of Traffic Safety, through the National Highway Traffic Safety Administration.

NOTES

NOTES

Answer Keys

Crossword Puzzle

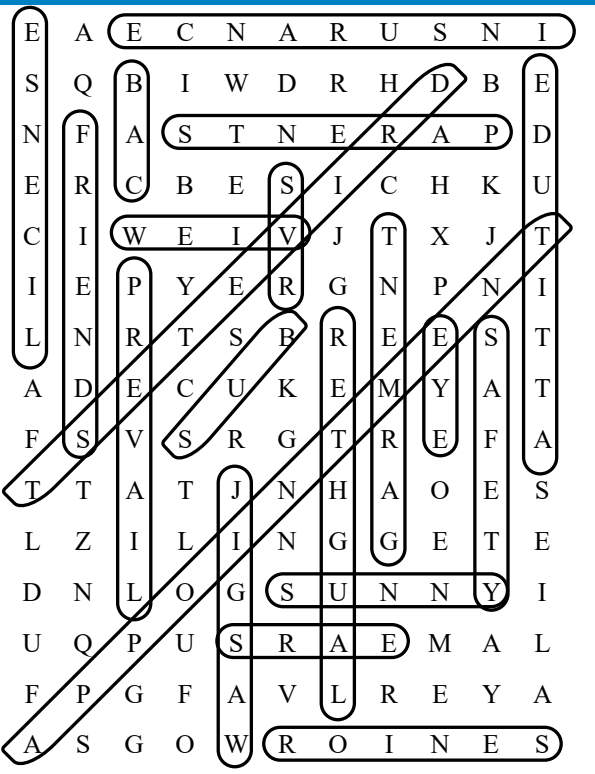
Across

1. Appointment
6. As
8. Vehicle
11. Insure
13. License
15. Nifty
16. Fifth wheel
20. Late
21. Six
22. Computer
25. Lane
27. Sol
29. Ego
31. Midnight
32. Coffee

Down

2. Pension
3. Travel
4. Each
5. Talc
7. Service
9. Ice
10. Eyeglasses
12. Safety
14. Canes
17. Info
18. Want
19. Lillie
22. Comma
23. Mind
24. Rent
26. Elate
28. Egg
30. Off

Word Search



DMV Wants You to Continue Driving as Long as You Can Safely Do So.

But if you no longer can safely drive, consider:

- Riding with a buddy.
- Senior transportation programs.
- Public transportation.
- Taxis, shuttle buses, vans, or other community based services (particularly ones that offer senior discounts).
- Carpooling, walking, relocating.
- Family, friends, neighbors, or coworkers who offer rides to stores, appointments, church, etc.

www.dmv.ca.gov

PAGE LEFT INTENTIONALLY BLANK