

MOBILITY MATTERS

A Road Safety Programme
for Older Adults

Údarás Um Shábháilteacht Ar Bhóithre
Road Safety Authority

Index

Introduction	1
Vulnerable Road Users	
• Pedestrian Safety	11
• Cycle Safety	13
• Bus Safety	14
• Motorcycle Safety	15
• Agricultural Vehicle Safety	16
Vehicle Safety & Driver Comforts	
• Vehicle Safety & Driver Comforts	17
Rules of the Road & Driving Tips	
• Rules of the Road	21
Safety Belts & Child Restraints	
• Safety Belts	24
• Child Restraints.....	26
Impaired Driving	
• Impaired Driving	28
Mobile Phones & Driving	
• Mobile Phones & Driving	30
Driver Fitness	
• Driver Fitness	32
Tips for the Trainer	36
Appendices.....	65
Reference Material.....	77

Introduction

MOBILITY MATTERS

The Road Safety Authority (RSA) in association with An Garda Síochana, HSE, the Association of Optometrists in Ireland, the Association of Physiotherapy in Ireland, Age Action and Active Retirement Ireland developed this toolkit for people working directly with older adults to assist you to:

- (a) Plan and implement public information events relating to road safety for older adults.
- (b) Deliver the road safety message regarding the issues related to older road users.
- (c) Evaluate the effectiveness of older driver public information events and progress in mobilising older road users to take action. The aim of Mobility Matters is to equip older adults with the road safety knowledge and skills required to remain mobile and independent road users.

How to use Mobility Matters training manual

MOBILITY MATTERS CONSISTS OF A TRAINER'S MANUAL WITH A SUPPORTING DVD AND A POWERPOINT PRESENTATION FOR THE TRAINER.

The trainer's manual contains:

- Useful advice in terms of co-ordinating public information sessions dealing with older adults and road safety.
- Instructions to assist you the trainer in the delivery of specific road safety topics addressed in the programme:

Each topic is laid out as follows:

- **AIMS**, what you will achieve once you have finished delivering the topic.
- **DELIVERY**, ways you can deliver the information to the class participants.
- **USEFUL RESOURCES**, which you can circulate to class participants for further reading and reference.
- **USEFUL WEBSITES**, which you can review as a trainer for more information and which you can refer your class participants to.
- **TOPICS COVERED INCLUDE**, pedestrian safety, cycle safety, motorcycle safety, tractor safety, car safety, bus safety, Rules of the Road, driving manoeuvres, safety belts and child safety and the law, impaired driving, and driver fitness.



SUPPORTING DVD

The supporting DVD contains the powerpoint slides and many clips which support various topics within the programme including pedestrian safety, cycle safety, car safety, motor cycle safety, safety belts and child safety in cars, impaired driving, agricultural vehicles, driving manoeuvres, National Car Testing Service and healthy living and eye care. Clips are chosen according to the needs of your participant group.



DURATION

Each session will run for the duration of approximately 30 minutes. The duration may vary according to the style of the presenter and the level of discussion within the group. This can be adapted based on the time allocation provided to you, the presenter.



MATERIALS

The following materials are essential in order to deliver the presentation:

- Projector
- Laptop
- Speakers for your laptop to ensure that audio video clips can be heard.
- Whiteboard/flipchart and markers if you choose to brainstorm with your participants during the course of the session.
- Supporting DVD for the Mobility Matters programme.

THE FOLLOWING MATERIALS ARE NOT ESSENTIAL BUT WILL ADD VALUE TO THE LESSON IF YOU HAVE ACCESS TO THEM:

ROAD SAFETY INFORMATION BOOKLETS AND LEAFLETS

It is recommended that you distribute relevant leaflets, information booklets and handouts during the session. Please log onto www.rsa.ie to order these free of charge in advance of your session.

CYCLE HELMET

This is not essential but it will add value if you can show a sample to the participants.

SAMPLES OF HIGH VISIBILITY MATERIALS

You may show samples of high visibility materials for demonstration purposes. (They are not essential but they will add value if you can show them to the class). Samples include high visibility vests, bags and armbands.

If you wish to distribute high visibility materials as part of your session, you can order them online at www.rsa.ie

HANDOUTS

Mobility Matters includes handouts which can be distributed to participants at the end of the session for their information. Handouts can be found at the back of the Trainer's manual.

SESSION ACTIVITIES

The RSA is committed to maintaining this road safety programme for older adults. We welcome any feedback or comments which will assist us in enhancing the content and delivery of the programme.

It is important to notify the RSA to let us know that this programme is being used in your locality. We would appreciate your assistance in sending us on information regarding the number of programmes you run in your community and the number of participants availing of the programme.

Please return the feedback form to the Road Safety Authority on completion of your training session (s) to:

**The Road Safety Promotion Officer,
Road Safety Authority, Moy Valley Business Park,
Ballina, Co. Mayo
Email: education@rsa.ie
Telephone: 1890 50 60 80 or 096 - 25000**

Developing a community awareness action plan

THE FOLLOWING GUIDELINES WILL ASSIST YOU IN CO-ORDINATING YOUR COMMUNITY ROAD SAFETY AWARENESS PROGRAMME.



LOCATION

Determine a suitable location. Consider personal safety in your choice of location. Older people may be fearful of what they perceive as high crime areas, of young people who may frequent a site, or of their own inability to navigate a stairways or public transportation.

Some location ideas for an older adults driving programme include community centres, community colleges, health centres, hospitals, county buildings or libraries.



PARKING FACILITIES

Ensure that there is convenient and adequate parking for participants.



TIMING OF EVENT

Avoid starting or ending a programme during rush hour traffic. The time of day and day of the week you hold your programme can affect participation. Older drivers may only be comfortable driving during the day. In general, programmes for older people should end before rush hour begins in your community.

Publicising your community awareness road safety programme

THE METHODS YOU CHOOSE TO PUBLICISE THE OLDER ADULT'S ROAD SAFETY PROGRAMME WILL BE DETERMINED BY THE BUDGET AVAILABLE TO YOU.

Here are some steps to consider ensuring maximum exposure of the road safety programme:

- Costs involved may include advertising, room rental, refreshments, guest speakers and other incidentals.
- Create a brief news story of 150 – 200 words that newsletter editors can inset onto their publication. Be sure to include the topic, speaker, place, time and contact information. See sample “press release” in appendix 2.
- Advertise in the local newspapers.
- Contact the local newspaper and speak with an editor or reporter. Try to increase their awareness of the issues surrounding older adults and driving. Speak to the reporter about writing a general story around the topic highlighting your programme. Include the event in the community events section of the newspaper.
- Contact community radio stations for inclusion on event announcements or for talk shows or news interviews.
- Distribute flyers in locations frequented by your target audience.
- Use the resources of other health and aging related agencies such as health clinics, hospitals, GPs, pharmacies and optometrists for example.
- Include information on your website.

PROMOTE YOUR ROAD SAFETY AWARENESS PROGRAMME IN NEWSLETTERS

Identify relevant newsletter sources including health centres, advocacy groups, older adult organisations, health clubs, church newsletters, civic organisations such as the rotary club, community newsletters and local hospitals.

DISTRIBUTION OF FLIERS

If you choose to distribute fliers, the flier should contain key information details of your community road safety awareness event including the location, time and date, presenter information, a brief description of what will be covered and invite participation.

Identify suitable locations to distribute your promotional material including pharmacies, doctor surgeries, health centres, motor tax office, retirement groups, libraries, local bookshops, colleges of education, churches, local businesses, and any other areas frequented by older adults.

CONTACTING THE LOCAL MEDIA

- Contact local print and broadcast media.
- Develop strategies to sell the impact of the older driver safety issue to media in your community by outlining the affects that aging and mobility have on older adults in your community. Reference the information and statistics provided by the Road Safety Authority.
- E-mail or fax an announcement for the weekly community diary at your local radio station as well as newspapers and newsletters.
- Follow up with a phone call to confirm receipt of the notices to encourage media outlets to broadcast or publish the information.

CHECK LIST OF ACTIVITIES FOR CO-ORDINATING A SUCCESSFUL EVENT

General tasks for coordinating a successful programme can include:

- Determine the location
- Confirm guest speaker (s) if any
- Determine your/speaker needs for audiovisual equipment and handouts
- Secure audiovisual equipment
- Obtain any additional information materials for distribution
- Make arrangements for refreshments
- Locate wheelchair accessible areas
- Plan room setup
- Check the heating/cooling and lighting systems

Key Road Safety Messages for Older Adults

INTRODUCTION

- Introduce yourself to course participants.
- Inform participants of the aims and learning outcomes of Mobility Matters.
- Ask participants to discuss the challenges facing them as older adults using Irish roads on a regular basis. Write feedback on a flip chart.
- Agree with participants the modules which they would like to cover based on the needs of the group. Discuss how these will be addressed during the course of the programme.
- Explain that the programme is divided into a number of sections as outlined below:
 - Pedestrian safety
 - Cycle safety
 - Bus safety
 - Motorcycle safety
 - Agricultural vehicles – tractor safety
 - Car safety and driver comfort
 - Rules of the Road and driving manoeuvres
 - Safety Belts & Child safety and the law
 - Impaired driving
 - Mobile phone use
 - Driver fitness – importance of regular eye checks

- Planning for the future
- Alternative Transportation Options and Entitlements.
- Highlight the aims and the learning outcomes of the session.
- Proceed to go through the programme following the guidelines offered for each section.
- Each topic can be delivered over a 30 minute period. However, the time may vary depending on the style of the facilitator, the allocated time allowed and the participation of the group.
- Discussion/brainstorming is recommended for each section either at the beginning/middle or end as you deem appropriate.



PEDESTRIAN SAFETY

Supporting Section on DVD - Pedestrian Safety

MESSAGE

Maximise your safety while walking



AIM

- Participants will understand how to maximise their safety while walking.



DELIVERY

- Introduce the video clip by Dr. Des. O Neill, Gerontologist, Tallaght, General Hospital where he embraces Ireland's aging population, talks about the importance of exercising and places an emphasis on pedestrian and cycle safety.
 - Inform participants of the facts relating to older road users and pedestrian casualties and fatalities
 - Inform participants of the following; The higher numbers of people hit at junctions or while drivers are turning may indicate unsafe driver behaviour. In terms of the older pedestrian, some authors attribute the outcome to a trusting behaviour on the part of older pedestrians at junctions where they have the right of way, causing them to check for oncoming traffic or follow other pedestrians without checking the hazards.
 - Inform participants of tips to increase their safety while walking - Page 36
 - Highlight to participants ways that they can ensure their safety emphasising the importance of being aware of any medical conditions and how this may determine their safety.
 - Advise participants to refer to the rules of the road for more comprehensive information.
-



INFORMATION RESOURCES

- Pedestrian safety leaflet
- Rules of the road booklet
- Handout on “Pedestrian Safety”

Website

www.rulesoftheroad.ie

www.rsa.ie



CYCLE SAFETY

Supporting Section on DVD - Cycle Safety

MESSAGE

Maximise your safety while cycling



AIM

- Participants will understand how to maximise their safety while cycling.



DELIVERY

- Inform participants of the facts relating to older road users and cyclist casualties or fatalities. Show audio visual clip on older cyclists.
- Advise participants of the dangers associated with blind spots on HGVs. Show the relevant “HGV & cyclists” clip on the DVD.
- Inform participants of tips to increase their safety while cycling - Page 37.
- Inform participants of the rules of the road when cycling.
- Highlight to participants ways that they can ensure their safety emphasising the importance of being aware of any medical conditions and how this may determine their safety.
- Advise participants to refer to the rules of the road for more comprehensive information.



INFORMATION RESOURCES

- Safer Cycling Booklet
- Rules of the Road Booklet
- Hand out on “Cycle Safety”
- Cycling Clips on RSA website

Websites

www.rulesoftheroad.ie

www.rsa.ie



BUS SAFETY

Supporting Section on DVD - Bus Safety

MESSAGE

Maximise your safety when travelling by bus or coach



AIM

- Participants will understand how to maximise their safety while travelling by bus or coach.



DELIVERY

- Inform participants of the legal requirements relating to safety belts on buses and coaches.
- Advise participants of appropriate safety precautions to take when waiting for a bus or coach.
- Inform participants of appropriate safety precautions to take when disembarking from a bus or coach.
- Highlight to participants important points to consider if hiring a bus or coach to travel on a group outing.



INFORMATION RESOURCES

- Rules of the Road Booklet

Websites

www.rulesoftheroad.ie

www.rsa.ie



MOTORCYCLE SAFETY

Supporting Section on DVD - Motorcycle Safety

MESSAGE

Maximise your safety while motorbike riding



AIM

- Participants will know how to maximize their safety while riding a motorcycle in terms of their health, the type of machine they ride as well as motor cycle checks.



DELIVERY

- Highlight to participants the physical demands which occur as one gets older and the importance of choosing a lighter machine accordingly.
- Emphasise the importance of developing the appropriate skills if starting anew or refreshing old skills. Training should be taken with an RSA-Approved Driving Instructor motorcycle instructor.
- Highlight to participants the importance of checking their vehicle regularly. Show the “POWDER” check clip. (POWDER: -Petrol, Oil, Water, Damage, Electrics and Rubber).
- Explain to participants the duration that driver licenses are issued



INFORMATION RESOURCES

- This is Your Bike
- Rules of the Road Booklet

Websites

www.rulesoftheroad.ie

www.rsa.ie



AGRICULTURAL VEHICLES – TRACTOR SAFETY

Supporting Section on DVD - Agricultural Vehicle Safety

MESSAGE

Maximise your safety while driving an agricultural vehicle (tractor)



AIM

- Participants will know how to maximise their safety while driving a tractor.



DELIVERY

- Highlight to participants the laws regarding agricultural vehicles on the road.
- Highlight the importance of having the tractor and trailer in a road worthy condition dealing with tyres, brakes, appropriate lighting and safety belts.
- Emphasize the importance of keeping left to let faster traffic pass when driving on a public road.
- Show the Agricultural Vehicles clip



INFORMATION RESOURCES

- Rules of the Road Booklet

Websites

www.rulesoftheroad.ie

www.rsa.ie



VEHICLE SAFETY AND DRIVER COMFORT

Supporting Section on DVD - Vehicle Safety and Driver Comfort

MESSAGE

Be familiar with comfort and safety features when purchasing a car as well as basic maintenance thereafter.



AIM

- Inform participants of the most up to date statistics relating to road fatalities by age. (Please contact the RSA for assistance with this)
- At the end of this session the participants should know how to research and find the safest cars on the market.
- Identify comfort and safety features to consider when buying a new car.
- They will have a basic knowledge of performing simple car checks.
- Outline the NCT process for a car.



DELIVERY

- Outline to participants the subjects which are included in this session. Agree at the beginning the topics that course participants would like to cover. These topics are optional; some topics may be of interest while others may not.
 - Introduce this section outlining the various aspects which will be covered in this session as agreed with participants at the beginning of the session.
 - Show participants the “safety features” clip addressing the safety features to consider when purchasing a new car.
 - Show participants the “comfort features” clip addressing comfort features to consider when purchasing a new car.
-

- Show participants the “basic car maintenance” clip which addresses the importance of basic car maintenance.
- Show participants the “car checks” clip which addresses the importance of checking one’s car.
- Refer to the hand outs “Checklist – Comfort features to consider when buying a car” and “Checklist – Safety features to consider when buying a car”. Participant’s can refer to these if purchasing a car in the future - Page 45 and 47.
- Inform the participants about the EURO NCAP system and the usefulness of it in terms of purchasing a car - Page 19.
- Brief participants on the importance of an NCT certificate when purchasing a second hand car. Play the relevant “NCTS” clip outlining the administrative and testing process that one has to undergo when going for the NCT.
- To recap on this section, run a quiz, “safety features, comfort features and car maintenance” dealing with this topic which is included in the workshop activities section of the resource - Page 62.
- Note: if members are interested in the topic “changing a wheel”, you may show them the clip.



INFORMATION RESOURCES

- Euro NCAP (European New Car Assessment Programme)
- Tyre depth gauge
- Handout on “Checklist – Comfort features to consider when buying a car”.
- Handout on “Checklist – Safety features to consider when buying a car”.

Websites

www.rulesoftheroad.ie

www.rsa.ie



NOTES FOR TRAINERS

EURO NCAP is an assessment of the safety performance of some of the most popular cars sold in Europe. Established in 1997 and now backed by seven European Governments, the European Commission and motoring and consumer organisations in every EU country, Euro NCAP has rapidly become a catalyst for encouraging significant safety improvements to new car design. EuroNCAP.com will help to give you the information you need to choose safety.

Adult Occupant Protection

Adult Occupant Protection was, with Pedestrian Protection, the first rating introduced by Euro NCAP. Points are awarded from the frontal, the side and pole impact tests. Modifiers are also given to extend the assessment to cover different sizes of people in a variety of seating positions, in particular for the knee contact area. The Adult Protection score is completed with the result of the Whiplash test that is carried out separately on the driver or passenger seat.

Child occupant protection

Euro NCAP has carried out a child occupant safety assessment since its very first test to ensure that manufacturers take responsibility for the children travelling in their vehicles. In November 2003, Euro NCAP introduced a child occupant protection rating to provide clearer information for consumers about the results of these tests. As part of this assessment, Euro NCAP uses 18 month old and 3 year old sized dummies in the frontal and side impact tests. As well as studying the results from the impact tests, Euro NCAP verifies the clarity of instructions and seat installation in the vehicle to ensure that the child seat can be fitted safely and securely.

Pedestrian Protection

Euro NCAP believes more effort by manufacturers in Pedestrian Protection would save the lives of many pedestrians and negate the emotional trauma encountered by many drivers every year as they live with the consequences of injuring or fatally wounding a pedestrian. With inclusion of the pedestrian score into the overall rating, Euro NCAP aims to encourage improvement of vehicle performance in this assessment. Euro NCAP's results in this rating are achieved through leg form, upper leg form and child/adult head form testing.

Safety Assist

The introduction of Safety Assist allows Euro NCAP to consider driver assistance systems and active safety technologies. These technologies play an increasingly important role in accident avoidance and injury mitigation. Euro NCAP rewards manufacturers for the fitment of electronic stability control, in addition to points given for the presence of a speed limitation device and intelligent seat belt reminders.



RULES OF THE ROAD

Supporting Section on DVD - Rules of the Road & Driving Tips

MESSAGE

Refresh your knowledge of the Rules of the Road



(A) RULES OF THE ROAD QUIZ

AIM

- Raise awareness amongst the participants that the driving experience does change from when we first start driving.
- Inform participants of the various categories of road signs.
- Advise participants that a significant concern of older drivers is keeping up with the changing road rules. Advise that you cannot possibly review all of the road rules in the session due to time constraints, that you will examine a couple that older people (and the not so old) report as causing particular difficulty.
- Refresh participant's knowledge of road signs and toll signs.
- Advise participants of relevant resources which will allow them to enhance their knowledge of road signs.



NOTES FOR TRAINERS

- Give a general overview of how driving as an experience has changed over the years including traffic signs, traffic volumes, car speeds, motorways, and roundabouts.
- Explain the various categories of road signs there are.
- Ask the participants to test their knowledge of road signs by asking them to fill in the worksheet on "Road Signs". This can be used as an individual exercise or working in pairs exercise. Refer to the "Rules of the Road – exercise sheet" in the Workshop Activities

section of the trainer’s manual. Alternatively, you may choose to test the participant’s knowledge by using the quiz on DVD accompanying the resource - Page 59.

- Inform participants of ways to enhance their knowledge and driving skills such as referring to the Rules of the Road book, www.rulesoftheroad.ie website and booking a driving lesson (s) with an approved driving instructor (ADI), refer to www.rsa.ie/adi.
- On completion discuss and hand out the answer sheet to participants or call out the correct answers.

(B) DRIVING TIPS

- Brainstorm the difficulties experienced by the group in terms of driving manoeuvres.
- Explain that during the session you will address “right hand turns”, “Keeping your distance”, “Motorways”, “Roundabouts”, and “Overtaking and Cornering”.
- Play Dr. O Neill’s Clip as an introduction to this section, it deals with turning right.
- Play each clip from the Driving Tips Section on the DVD.
- Allow for questions from participants after showing each clip.
- Other issues can be mentioned during the brain storming session. Refer participants to the Rules of the Road booklet and website or to an Approved Driving Instructor (ADI), www.rsa.ie/adi.

Note: If there is interest in the group, the opportunity is there to invite an ADI to an organised session where other issues can be explored if necessary. If inviting an ADI to speak at your session, be clear on what it is you want the ADI to address during your session and the length of time that you wish them to speak. It is important that ADIs do not use this opportunity to market their service

INFORMATION RESOURCES

- Rules of the Road Booklet
- Handout on “Safe Driving Tips for Safe Driving” - Page 38.

Websites

- Rules of the Road can be viewed at www.rulesoftheroad.ie
- Better Safer Driver Edits can be viewed at www.rulesoftheroad.ie
- Refresher courses can be taken with an Approved Driving Instructor (ADI). More information on ADIs in your area can be found at www.rsa.ie/adi



NOTES FOR TRAINERS

Regulatory signs

Regulatory signs show the course a driver must follow and an action they are required to take or forbidden to take. They are generally circular and have a red border and black symbols or letters on a white background. Mandatory regulatory signs that indicate the direction traffic must take at junctions are blue and white.

Warning Traffic Signs

These are signs that warn road users of a hazard ahead. They are diamond or rectangular in shape and have a black border and black symbols or letters on a yellow background.

Warning signs for Road Works

This section includes the warning signs for road works. Like other warning signs, these are diamond or rectangular in shape and have a black border and black symbols or text. However, they are orange in colour instead of yellow.

Information Signs

Road signs showing directions and the location of services or other places of interest to tourists.

Advance direction signs





SAFETY BELTS AND CHILD RESTRAINTS

Supporting Section on DVD - Safety Belts and Child Restraints

IMPORTANCE OF WEARING A SAFETY BELT



AIM

- Identify the law regarding the wearing of safety belts including safety belts on buses.
- Know the importance of wearing a safety belt
- Identify difficulties experienced by older drivers when fastening and undoing a safety belt



DELIVERY

- Introduce the lesson by highlighting the importance of wearing a safety belt while driving a car, travelling as a passenger in a car or bus.
 - The greater vulnerability of older people makes this even more important.
 - Some drivers may have trouble fastening and undoing the safety belt clasps. Some may have trouble looking over their shoulder to check on traffic when wearing the safety belt. Nevertheless one is always safer when wearing a safety belt.
 - Explain to the group the procedure required for seeking the services of an Occupational Therapist (OT) where physical difficulties are experienced when putting on and taking off a safety belt.
 - The best way to get a referral to an OT is through the local Health Centre or Primary Care Centre. It is also possible to get a referral through a GP.
 - The Association of Occupational Therapists of Ireland (AOTI) has a list of private practice OT's - but payment will be required to see a private practice therapist (www.aoti.ie).
-

INFORMATION RESOURCES

- Child Safety in Cars Booklet
- No Child Car Seat No Excuse leaflet
- Get it On leaflet

Useful contacts

Association of Occupational Therapists in Ireland

www.aoti.ie

OPTIONAL

If the group would benefit, consider inviting an Occupational Therapist to attend the session and to offer general advice in relation to difficulties experienced in relation to safety belts.



CHILD SAFETY AND THE LAW

Supporting Section on DVD - Safety Belts and Child Restraints



AIMS

- Know the law regarding the installation of child restraints
- Realise the importance of setting a good example by wearing a safety belt when driving or travelling as a passenger in a car
- Understand the importance of having young children seated in appropriate restraints



NOTES FOR TRAINERS

- Outline the importance of securing young children in child restraints while transporting them in your vehicle.
 - Highlight the important role that grandparents play in the lives of their grand children.
 - There may be times as grandparents that they will transport young children in their car, such as their grandchildren.
 - Emphasise the importance of grandparents setting a good example in terms of driving safely and wearing their own safety belts. The following are some safety tips to help manage the transportation of young children in the car:
 - Always wear your own safety belt, as you are an important role model
 - Drive courteously and safely, as you are setting an example
 - Point out the fact that it is not safe to hold a child on your lap. In a crash, the child could be crushed between your body and part of the car's interior.
 - Explain that it is also dangerous to put a safety belt either around an adult and a child or around two children.
-

- Point out that the safest way for children to travel in cars is in a child seat that is suitable for their weight and height.
- Play the “child safety” clip on the DVD.



ADDITIONAL INFORMATION RESOURCES

- Child safety in cars booklet
- No Child Car Seat No Excuse – Know the law for child car seats
- Child Safety in Cars DVD

Useful contacts

www.rsa.ie/childsafetyincars

www.rsa.ie



IMPAIRED DRIVING (DRINK, DRUGS, MEDICATIONS AND DRIVER FATIGUE)

Supporting Section on DVD - Impaired Driving



AIMS

- Identify the facts relating to alcohol, drug driving and drink driving.
- Understand how to minimise the risk of driver fatigue
- Identify good sleeping habits
- Understand the importance of taking following labels on medications
- Identify ways to ensure that you do not drive under the influence of drugs
- Describe the process of using the Eirpharm website to check if the medication one is taking affects one's driving ability
- Know that keeping healthy contributes to safe driving
- Understand that as one gets older the need to exercise and stretching become increasingly important
- Understand the importance of a healthy diet in relation to safe driving



DELIVERY

- Ask your participants to take part in the quiz “Impaired driving – True or False” to highlight the facts relating to impaired driving. This is provided in the Workshop Activities section of the manual - Page 64.
 - Following completion of the quiz, inform participants of the facts relating to drink driving, drug driving and driver fatigue.
 - Show the audio visual clip on alcohol.
 - Show the audio visual clip on driver fatigue.
 - Show the audio visual clip on healthy living which deals with medications.
-

- Talk participants through the relevant slides on the power point presentation highlighting the importance of
 - checking with the doctor to ensure that the medication (s) that one is taking do not affect one’s ability to drive
 - following the doctor’s advice
 - reading the label
- Inform participants that a healthy lifestyle and a good diet are important and can help to remain a careful and skilled driver.
- Refer participants to the form which they can use which will assist them in monitoring the medications they take - Page 50.



INFORMATION RESOURCES

- Just one drink impairs driving (leaflet)
- Medicines and driving (leaflet)
- Driver tiredness – The Facts booklet
- Driving under the influence of Drugs (booklet)
- Handout on “Tips to assist you take care of your health” - Page 42.
- Handout on “Changes which may occur with the aging process that affect driving”.
- Page 43
- Handout on “Monitor your medications and its effects on your driving” - Page 50.
- Handout on “Voluntary organisations” - Page 51.

Websites

www.rsa.ie

www.drinkdriving.ie



NEVER USE YOUR MOBILE PHONE WHEN DRIVING

Supporting Section on DVD - Mobile Phones



AIMS

- Identify the facts relating to driving and using your mobile phone
- Identify tips relating to safe driving practices and mobile phones



DELIVERY

- Outline to participants the facts relating to mobile phone use and driving
- Play the “Mobile Phones” TV ad to demonstrate the difficulty on concentrating on more than one task at a time (www.rsa.ie).
- Brief participants on safe tips in relation to mobile phone use and driving.



INFORMATION RESOURCES

- Mobile phones and driving leaflet

Websites

www.rsa.ie

www.rulesoftheroad.ie



PLANNING YOUR JOURNEY

Supporting Section on DVD - Planning your Journey



AIMS

- Identify how to plan your journey using AA route planner
- Understand the operation of safety cameras
- Know the benefits of planning your journey
- Identify ways of reducing the impact of driver aggression



DELIVERY

- Outline the benefits of planning a journey in particular a long journey or a journey that one is unfamiliar with.
- Demonstrate (if you have web access) how to use AA route planner or talk participants through the relevant slides.
- Explain the safety cameras system highlighting that participants can view the locations where safety cameras are in operation at www.garda.ie

DEALING WITH DRIVER AGGRESSION

- Inform participants that anger, impatience or anxiety can affect a driver's judgement and reduce their ability to drive.
- Outline to participants ways of reducing the impact of driver aggression.
- Explain to participant's ways of avoiding aggressive drivers that may confront them.
- Outline ways of dealing with anxiety caused by situations encountered on our roads.



INFORMATION RESOURCES

- Handout on "Driver Aggression" - Page 40.

Websites

www.rsa.ie

www.rulesoftheroad.ie



DRIVER FITNESS – IMPORTANCE OF REGULAR EYE CHECKS

Supporting Section on DVD - Driver Fitness

MESSAGE

Understand the importance of having your eyes checked regularly to ensure your safety while driving



AIMS

- Understand age related changes in the eye
- Identify diseases which are related to age
- Know the importance of having your eyes checked regularly
- Be aware of practical tips relating to vision which will enhance the driving experience



DELIVERY

Introduce the importance of good vision when driving

- Good vision is essential to safe driving. As we age, changes to our eyes can make driving more difficult. State that it will highlight age related changes which take place in the eye as well as eye diseases related to age.
- Introduce the video showing Dr. Lynda McGivney representing the Association of Optometrists in Ireland. It is labeled “Optician”.
- Inform participants on the practical tips that they can take in relation to vision and driving.

Websites

Association of Optometrists Ireland

www.optomotrists.ie



PLANNING FOR THE FUTURE

Supporting Section on DVD - Planing for the Future

MESSAGE

Refresh your knowledge of the Rules of the Road



AIMS

- Understand the importance of planning for future change
- Knowing the advantages of using alternative means of transportation
- Identify local transportation options. (See note for the trainer at the end of this topic for advice on developing this).
- Taking action in order to maintain independence for as long as possible



DELIVERY

- Outline the potential for change in transportation needs to participants
 - “We would all like to stay as independent and mobile for as long as possible. Some of us think that to remain independent we must be able to drive. Many people choose carefully when to drive in order to compensate for problems they experience in certain situations whilst driving. E.g. it is possible to plan your journey to avoid driving at night if you find it more difficult to see and if you experience difficulties with glare”.
 - “Some of us may never have been a passenger and the decision to stop driving is enormous. However, it can be considerably easier if the decision is yours”.
- Identify the advantages of using public transport to participants.
- Outline to participants the options available to them in terms of public transport. (This will need to be adapted according to the local services). Provide a list of local transportation options or develop as a class activity.

- Outline entitlements in terms of free transport to group participants.
- Discuss alternative transport options
- Finish the session by playing the “Summary” clip by Dr. O’ Neill.



INFORMATION RESOURCES

- Getting There: Transport and Access to Social Services
- A Citizens Information Board Social Policy Report
- Download on www.citizensinformationboard.ie/publications
- Handout on “Information on transportation entitlements” - Page 52.
- Handout on “Information on transportation options” - Page 54.

Websites

Department of transport: www.transport.ie

Department of transport, Smarter Travel www.smartravel.ie

Citizen’s Information: www.citizensinformation.ie

Rural Transport Programme: www.pobal.ie

Irish Rail/Iarnród Éireann: www.irishrail.ie

Bus Éireann: www.buseireann.ie

Dublin Bus: www.dublinbus.ie

Dart: www.dart.ie

Luas: www.luas.ie



NOTES FOR TRAINERS

Determine what local resources and services participants will find useful. It would be useful to circulate a list of local contact details for participants - Page 58.

Make a list of local resources for attendees. As transportation is a huge need for older adults, programme participants may appreciate having a list of all transportation options in the local area. Contact the agencies and individuals you plan to list in advance to confirm their information.

Include the following information on the list:

- Name of the facility/organisation
- Contact person (s)
- Addresses and phone numbers
- Office hours/hours of operation

Include contact details of relevant services available including exercise programmes, dieticians, physiotherapists, optometrists and local hospitals.

Refer to the worksheet “Identify transportation alternatives that are available in the community” which can be used as a class activity.

Pedestrian Safety



TIPS FOR OLDER PEDESTRIANS

CLOTHING

- Wearing dark colours makes it very difficult for drivers to see you, especially at night. Reflective clothing should be worn when walking to ensure other road users can see you well in advance.

CROSSING ROADS

- Use traffic lights, pedestrian crossings, pedestrian refuges and pedestrian foot bridges.
- Make sure traffic has stopped before stepping off the kerb.
- Avoid crossing near the crest of a hill or on a bend.
- Avoid crossing from between parked vehicles.
- Stop and look for traffic in all directions before you cross the road. This means that you should look left, right and then left again. Listen carefully for oncoming traffic. Refer to Rules of the Road for specific instruction on crossing the road.
- Establish eye contact with the driver to ensure the driver sees you.
- It is important to remember that even if a driver stops to let you cross, there may be another vehicle overtaking the vehicle that has stopped and they may not have seen you. Therefore it is important to monitor activities happening behind the stopped car before you cross.
- Be extra vigilant of turning vehicles. Often times, if a driver is taking a left turn, they may only be concentrating on making the turn and so may not see it. It is always important to be extra careful where turning vehicles are involved.
- Be alert in car parks. Drivers may not see you if you are behind the vehicle when they are reversing. It is important to scan for reverse lights and listen for the starting up of engines.
- Keep looking for oncoming traffic while crossing the road.

Cycle safety



TIPS FOR OLDER PEDESTRIANS

- Obey the Rules of the Road
- Avoid cycling during busy periods
- Limit your cycling to day time hours
- Reflective clothing should be worn when cycling to ensure other road users can see you well in advance.
- Older people with impaired vision may find it difficult to see in the dark which could result in a collision.
- Wear your hearing aid if you require one
- Avoid using cell phones/portable radios/music players
- Refer to the booklet “Cycle Safety” for more tips on safer cycling.

Driving Tips for Safe Driving

FOLLOWING DISTANCE

As we get older our reaction times gets slower. Leave at least a two second gap between the car ahead and your own. In wet weather, when driving at night, when towing or in low visibility allow a greater gap particularly when you are unfamiliar with the road.

USE DAYTIME RUNNING LIGHTS

This makes it easier for your car to be seen by other drivers and will make it easier for you to see on a dull day.

HEAD CHECKS

It is important to turn your head to check for vehicles in your blind spot, especially when merging, changing lanes or before moving off at an intersection. Try turning from the waist to make this easier.

TAKE YOUR TIME

It is easy to feel pressured to increase speed if there is a line of traffic behind you, or a car tailgating. Pull off the road to let them pass if you need to.

HEAVY TRAFFIC

Sitting in heavy traffic can be frustrating and make progress slow. Avoid driving in peak hour traffic if possible.

LONG TRIPS

Make sure you have a good night's sleep before you leave and plan regular rest and refreshment breaks during the journey.

Ensure you have sufficient fuel in your vehicle before you set out.

Keep your mirrors, lights and windscreen clean. Keep a cloth in your vehicle at all times for cleaning your windows.

Have sufficient money ready in advance for any tolls you encounter on your journey.

Have your glasses ready for your journey and always carry a spare pair.

BUCKLE UP

Safety belts are proven lifesavers. Always wear your safety belt when driving or when travelling as a passenger in a vehicle. It is your responsibility as a driver to ensure that all passengers have their safety belts on. If carrying children, ensure they are restrained appropriately in a child restraint suitable to their height and weight.

www.rsa.ie/childsafetyincars

MOBILE PHONES

Never use a mobile phone when driving. Always turn your phone off before you commence your journey. If you do forget to turn your phone off and it rings, let it ring and you can always pick up on the message once you have stopped driving.

NIGHT DRIVING

If you don't see well in the dark or are nervous with night driving, avoid it. Plan your journey time to ensure that you are not driving during the hours of darkness.

RULES OF THE ROAD

Rules of the Road can change from time to time. To keep up to date with these changes read the Rules of the road book, available at various bookshops. Rules of the Road can be referenced at www.rulesoftheroad.ie

Driver aggression

WAYS OF REDUCING THE IMPACT OF DRIVER AGGRESSION

- Don't drive too slowly in the passing lane
- Don't prevent other vehicles from overtaking
- Avoid cutting in on others
- Change lanes correctly
- Don't block intersections
- Give way to others when pulling out
- Avoid following too closely to the vehicle in front
- Use indicators to allow plenty of warning

WAYS TO COPE WITH DRIVER AGGRESSION

- Accept that anger will do nothing to get you out of irritating traffic situations
- Recognise when you are becoming angry. Take deep breaths and try to regain calm.
- Avoid the kind of traffic you know is likely to make you angry or apprehensive
- Good drivers know that they cannot control traffic delays or aggressive drivers. What they can control is their reactions to these situations. Good drivers keep their cool
- If confronted directly
 - Avoid verbal or direct contact
 - Ensure all your windows and doors are locked
 - Make a note of the registration details and report the matter to the guards.

TIPS TO REDUCE ANXIOUSNESS WHILE DRIVING

- Be familiar with the car you are driving in.
- Be familiar with the area you are driving in.
- If you feel yourself becoming stressed , remain calm and pull in to a safe place for a break.
- Avoid driving during peak traffic times
- Allow yourself plenty of time for your journey
- Take breaks where necessary along the way

Tips to assist you take care of your health

- Visit your doctor and optometrist regularly, at least once a year.
- Eat a healthy diet
- Exercise daily to maintain a healthy body. Muscle strength to legs, arms and handgrip are all important for vehicle control.
- Exercise your mind by reading books, completing crossword puzzles and taking classes. Making decisions quickly when driving requires mental alertness.
- Ensure you are well rested before you commence driving. If you are well rested you will have good concentration when driving. Do not drive at times when you would normally be asleep.
- If you are taking medications, it is important to ask your doctor/pharmacist about possible reactions and affects on your driving.
- Plan ahead to avoid driving if you are going to be drinking alcohol. Never ever drink and drive. Alcohol can also cause adverse reactions with some medications.

Changes which may occur with the aging process that affect driving

In the table below is a list of some possible changes that may occur as we get older. Some examples are given of how these changes might impact on driving, or how you might have noticed your driving changing as a result.

Change	Description	Possible affect on driving
Cognition	<p>Decreased concentration and attention</p> <p>Easily distracted</p> <p>Decrease in speed of thinking and thought processing.</p> <p>Slower problem solving, slower reaction times</p> <p>Declining Memory</p>	<p>Difficulty dealing with complex driving situations, for example a busy roundabout or junction where a high level of vigilance and attention to external events is required.</p> <p>Less able to concentrate on driving if distractions present, for example trying to have a conversation with a passenger in the car, radio on, and also attend to the external road and traffic conditions.</p> <p>Slower reaction speed and not able to respond to unexpected events as quickly as previously.</p> <p>May become easily flustered during driving especially when negotiating complex driving situations.</p> <p>May be less confident and decisive when driving and when quick decisions are required in response to changing traffic situations.</p> <p>May have difficulty remembering routes and how to get places.</p>

	<p>Increased anxiety when driving, particularly in unfamiliar situations</p>	<p>Tending to get lost more frequently when driving.</p> <p>Hesitant driving behaviour and easily flustered when driving in unfamiliar areas.</p> <p>Overly cautious driving such as driving too slow, sudden braking etc.</p> <p>Preferring to drive in familiar areas only, or allowing others to drive instead.</p> <p>Nervous when driving, uneasy with cars following behind, increased anxiety when traffic volume is increased.</p> <p>Gets fatigued when driving</p>
Physical Function	<p>Stiffness and decreased range of movement</p> <p>Decreased physical strength</p> <p>Decreased endurance</p> <p>Degenerative joint disease such as arthritis, osteoporosis etc</p>	<p>Difficulty getting in and out of the car, especially if the seat is low.</p> <p>Needing to pull on the door frame when getting in/out of the car.</p> <p>Pain in shoulders and neck when driving for longer periods of time.</p> <p>Difficulty doing a full turn on the steering wheel</p> <p>Difficulty looking over shoulder when reversing and when checking the blind spot</p> <p>Slower movements in legs, reaction time is increased and may take longer to do an emergency stop.</p> <p>Gets fatigued easier, finds driving tiring</p>

CHECKLIST – COMFORT FEATURES TO CONSIDER WHEN BUYING A CAR

Feature	Function	Does the car I am buying have this feature Y/N
Easy to read displays	Instrument displays should be easy to read and the controls large enough for the driver to operate easily.	
Automatic transmission	An automatic transmission can also reduce fatigue and allow you to give more attention to other driving tasks including observing the traffic around you.	
Air conditioning	Air conditioning can improve comfort and reduce fatigue on long trips and in hot weather.	
Adjustable seats	Choose a car which allows you to have a seat height which is suitable to you. A seat height which allows you to slide in and out of the vehicle without significant difficulty. Adjustable seats are useful. Seats should adjust forward and backward and up and down.	
Steering wheel adjustment	This complements seat height adjustment and allows you to be more comfortable, reducing fatigue and making good driving easier.	
External mirrors	An external mirror on each side of the car increases the amount you can see when you are driving. For ease of use, look for mirrors that can be adjusted from inside the car using a button or switch.	
Wide doors	Entering and exiting a car may become more difficult as we age. It is important to consider buying a car which has wide door openings and low thresholds.	
Lumbar support	Lumbar support in the seat is also useful and can make journeys more comfortable.	
Large back window and wide angled mirrors	A large back window is important for older drivers and wide angle mirrors as it becomes more difficult to turn and look behind us. When shopping for a car it is important that you test the visibility from the mirrors and also the back window to ensure you are satisfied.	

Parking sensors	Parking sensors alert the driver to unseen objects during the parking manoeuvres and can be useful again when it becomes more difficult to turn and look behind us.	
Steering wheel	A thicker steering wheel is easier to grip for people with arthritic hands.	
Keyless ignition	A keyless ignition will make it easier for a driver with arthritic hands in comparison to turning a key where the driver may experience pain.	
Power mirrors	Power mirrors should be considered as they make it easier for the driver to adjust the mirrors internally rather than having to adjust them outside the car.	
Power steering	Power steering makes it easier to turn sharp corners and to park	
Roomy car	If you are a grandparent and find that you are carrying your grandkids frequently, you should consider buying a car which has a lot of room in it.	

CHECKLIST – SAFETY FEATURES TO CONSIDER WHEN BUYING A CAR

Feature	Function	Does the car I am buying have this feature Y/N
Electronic Stability Control (ESC)	Also known as Electronic Stability Program (ESP), ESC is an active safety system that reduces the risk of a driver losing control of the vehicle. ESP stabilises the vehicle when it deviates from the driver's steered direction.	
ABS – Antilock Braking System	An antilock braking system may not reduce the distance it takes to stop, but it will allow you to control your car better in an emergency that requires strong braking.	
Traction Control	Traction control helps maintain grip on the road in poor conditions reducing the possibility of wheel spin when accelerating from a standstill or while in motion.	
Cruise Control (set to the appropriate speed within the speed limit) and over-speed warning device	Cruise control can reduce fatigue on long trips because it reduces the need to concentrate on staying within the speed limit. Over-speed warning devices reduce the need to concentrate on staying within the speed limit and are useful in urban and other situations where the use of cruise control is not practical. An audible beep and/or a light will warn you that you have exceeded the set speed.	
Daytime running lights	Some vehicles are now manufactured with specifically fitted front lights that are automatically turned on when the car is being used. These lights increase the chance of your car being seen by others. If your car does not have this feature you should use your low-beam lights.	
Vehicle colour	A highly visible car can help other drivers to judge its size, distance and relative speed. Light and bright coloured cars are easier to see than dark, dull colours.	

Good driver visibility	Having good visibility on the road and other vehicles is critical. Drivers should have good visibility through the front, side and rear windows and through mirrors. Window tinting can reduce driver vision especially at dusk or at night and in poor weather conditions.	
Vehicle safety rating - NCAP	Check how well a car is likely to protect you in a crash before you buy it. You should consider an above average rating as the minimum. For new cars this is a four or five star rating. Check out www.euroncap.com	
Airbags	Front airbags for the driver and passenger can significantly reduce life threatening head injuries when used in conjunction with a properly worn safety belt. Side airbags will also prevent serious injuries in a side impact crash. Both drivers and passengers need to be seated correctly and drivers must not be huddled over the steering wheel.	
Side impact protection	Most new cars have side intrusion beams or other protection within the door structure and have padding on the inside door panels. Side airbags, especially those which protect the head are crucial safety features that can provide significant protection from severe injury.	
Safety belts	Safety belts are mandatory and you are always safer with a safety belt on.	
Safety belt reminders	Safety belt reminder systems indicate when the driver or a passenger is not wearing their safety belt. These can be visual or audible warnings. Audible warnings are the most effective because they remain on until safety belt is properly fastened.	

Head restraints	It is important to properly adjust head restraints to help prevent whiplash. Head restraints should be adjustable at least to eye level and be as close to the back of the head as possible.	
Vehicle mass 1300 kg – 1700 kg	When involved in a crash, a vehicle that is significantly lighter than average increases the risk of injury to its occupants. A vehicle mass of between 1300 kg to 1700 kg is generally recommended.	
Cargo barriers for station wagons	In a crash, even light objects can become deadly missiles if they are not properly restrained. Cargo barriers, which are usually constructed using an open metal grill, confine unrestrained objects to the rear compartment of the vehicle.	

MONITOR YOUR MEDICATION AND ITS' EFFECTS ON YOUR DRIVING

Medication	Dosage/frequency	Effects on driving

VOLUNTARY ORGANISATIONS

Organisation	Telephone	Web address
Association of Optometrists Ireland	01 453 8850	www.iscp.ie
The Irish Society of Chartered Physiotherapists	01 402 2148	www.optometrists.ie
MS Ireland	1850 233 233	www.ms-society.ie
Parkinson's Association of Ireland	1800 359 359	www.parkinsons.ie
Irish Heard of Hearing Association	01 817 5700	www.ihha.ie
Alzheimer Society of Ireland	1800 341 341	www.alzheimer.ie
Arthritis Ireland		www.arthritisireland.ie
Brainwave, The Irish Epilepsy Association	01 455 7500	www.epilepsy.ie
Irish Heart Foundation	01 6685 001	www.irishheart.ie
Croí	091 544310	www.croi.ie

Information on transportation entitlements

FREE TRAVEL

Everyone aged 66 and over living permanently in Ireland, is entitled to the free travel scheme. Certain people under that age are also entitled. In some cases, a free companion pass may be available to allow a person to accompany the free travel pass holder. If you qualify for free travel, you will be issued with a pass that you must carry with you when using public transport. Free travel passes are non-transferrable and can only be used by the named person.

COMPANION PASS

In addition, some people who are unable to use the pass because they are unable to travel alone may get a [Companion Free Travel Pass](#). This allows the holder to be accompanied by any person over 16 years of age, free of charge.

SENIOR SMARTPASS FOR TRAVELLING IN NORTHERN IRELAND

The All Ireland Free Travel Scheme allows a Free Travel pass holder (those aged 66 and older) to travel free of charge on all bus and rail services within Northern Ireland using a Smartpass card. Similarly, Northern Ireland Senior Smartpass holders are entitled to travel for free on services in Ireland using their existing Senior Smartpass. If your Free Travel Pass allows you to be accompanied by a spouse/partner or companion they may continue to travel with you for free on cross-border journeys but they cannot accompany you for free on public transport within Northern Ireland.

Free Travel Pass holders wishing to avail of the All Ireland Free Travel scheme within Northern Ireland must first obtain a Senior SmartPass card. To get a Senior SmartPass card you must fill in application form (FTNI1). You must contact your Social Welfare to Local Office to obtain this form).

HOW TO APPLY FOR A FREE PASS

If you are aged 66 or over and are getting a social welfare pension, the free travel pass will issue automatically. If you are under age 66, you will get a Free Travel pass automatically when you are awarded an Invalidity Pension, a Blind Pension, Disability Allowance or Carer's Allowance. In all other circumstances, you must apply for free travel **by completing** a Free Travel **application form FT1**.

You can also obtain this form and other additional information from the Department of Social Protection. The form is also available at **[your local post office](#)**.

Application form for free travel pass and companion pass can be downloaded at www.welfare.ie.

DISABLED DRIVERS AND DISABLED PASSENGERS (TAX CONCESSIONS) REGULATIONS 1994

The Disabled Drivers Passengers (Tax Concessions) Regulations 1994 provide a range of tax reliefs linked to the purchase and use of vehicles by disabled drivers and disabled passengers.

Relief in respect of Vehicle Registration Tax (VRT) and (VAT) may be obtained, subject to specified maximums in respect of a driver, a passenger and a family member.

Further information may be obtained from www.ddai.ie or telephone 094 9364054.

Information on transportation options

Transport options	Further Information
<p>Iarnród Éireann (Irish rail) is responsible for operating rail services in Ireland.</p>	<p>www.irishrail.ie</p>
<p>Bus Éireann</p> <p>Public bus services in Ireland are licensed and regulated by the Department of Transport, Tourism and Sport. There is a range of public bus transport services in Ireland (both private and State-owned) offering services on a range of routes. Coras Iompair Éireann (CIE) is a state company that operates the largest volume of services nationally.</p>	<p>www.buseireann.ie</p>
<p>Luas</p> <p>Luas is a Light Rail Transit (LRT) system (a public transport tram system) that operates in Dublin, Ireland. This tram system connects suburban parts of Dublin city with the city centre on two separate tramlines.</p>	<p>www.luas.ie</p>
<p>Taxi: small public service vehicle (SPSV), for which a taxi license has been granted. Taxis may stand for hire at a taxi rank and are for hire on the street.</p>	<p>www.goldenpages.ie</p>
<p>Hackney: a private hire small public service vehicle (SPSV) for which a hackney license has been granted. Hackney cabs should be pre-booked on a private hire basis and cannot be hailed down in a public place.</p>	<p>www.goldenpages.ie</p>
<p>Rural transport Programme</p> <p>There are 36 community transport projects in total.</p>	<p>www.pobal.ie</p>

<p>Free travel Scheme</p> <p>Available on road, rail and DART services, the Aran Islands ferry service, certain private services that have opted into the scheme on public transport between Ireland and Northern Ireland. The free travel pass can also be used on schemes funded under the rural transport initiative.</p>	<p>Free Travel Section</p> <p>Social Welfare</p> <p>071 9157 100</p>
<p>Transport and travel for people with disabilities</p>	<p>www.citizensinformation.ie</p> <p>Lo-call 1890 777 121</p>

For further information refer to www.citizensinformation.ie or Lo-call 1890 777 121 or call into a Citizen’s information centre near you.

A checklist to identify possible driving problems

BELOW ARE SOME EXAMPLES OF TYPICAL DIFFICULTIES EXPERIENCED BY OLDER DRIVERS, HAVE YOU NOTICED ANY OF THESE DIFFICULTIES RECENTLY?

Answer Yes or No to the questions outlined hereunder and include an appropriate action which you will take.	Yes	No	Action
Do you find it a bit more difficult to get in and out of the car, or does it take more effort?			
Do you suffer from stiffness, aches and pains when you are driving?			
Do you have difficulty turning your head to check traffic and mirrors?			
Do you have difficulty putting on the seat belt or operating the controls?			
Do you have difficulty driving at night, or have you started avoiding driving at night?			
Do you find you are becoming more anxious or nervous if you have to drive in heavy traffic?			
Are you nervous at roundabouts or complicated junctions?			
Do you have any difficulty parking?			
Have you started to avoid driving in bad weather?			
Have you noticed any new scratches or dents on the car, or have you had any recent minor collisions?			

Have any of your family/friends advised you to reduce the amount of driving you do, or are they concerned about your driving?			
Do you feel anxious if you have passengers (for example grandchildren) in the car with you when you are driving?			
Do you have any medical conditions such as diabetes, arthritis, heart conditions, Parkinson's, depression, pain etc?			

WORKSHEET: IDENTIFY TRANSPORTATION ALTERNATIVES THAT ARE AVAILABLE IN THE COMMUNITY

Transportation Options	Times available	Who to call	Cost
Taxi	24 hour service	X Taxi Company	€5.00 to town centre
Bus Service	2.00 p.m. each Wednesday	Tel.	Free

RULES OF THE ROAD: EXERCISE SHEET



- (a) No right
- (b) No left turn
- (c) No U-turn



- (a) Come to a complete stop and look for oncoming traffic
- (b) Wait for one minute
- (c) Decrease speed



- (a) Minimum speed 50km/h
- (b) Maximum speed 50km/h
- (c) Maximum speed 50mph



- (a) Do not yield
- (b) No U-turn
- (c) No right turn



- (a) No overtaking
- (b) No talking to other drivers
- (c) Do not ask for directions



- (a) No U-turn
- (b) Roundabout ahead
- (c) Yield ahead



- (a) One way traffic
- (b) U turn ahead
- (c) Two-way traffic



- (a) Series of dangerous bends ahead
- (b) No left turn
- (c) Dangerous bend ahead



- (a) Slippery road ahead
- (b) Roundabout ahead
- (c) Narrow road ahead



- (a) Children crossing
- (b) School ahead
- (c) Pedestrian crossing ahead



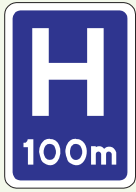
- (a) Animals ahead
- (b) Roadworks ahead
- (c) Flagman ahead



- (a) Three car accident ahead
- (b) Queues likely
- (c) Move to right lane



- (a) Airport symbol
- (b) Toy store ahead
- (c) Low fly zone



- (a) Hospital ahead sign
- (b) Hay 100m ahead
- (c) Hat store nearby



- (a) Stop
- (b) Yield
- (c) No crossing



- (a) Max speed limit 100mph
- (b) Max speed limit 100km/h
- (c) Minimum speed limit 100mph



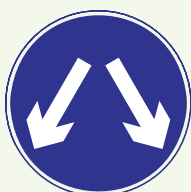
- (a) Y-Turn ahead
- (b) Merging traffic
- (c) No U-turn



- (a) Steep descent ahead
- (b) Sharp dip ahead
- (c) Steep ascent ahead



- (a) Do not reverse
- (b) No entry
- (c) One way traffic



- (a) Reversing allowed
- (b) Pass either side
- (c) Roundabout ahead



SAFETY FEATURES, COMFORT FEATURES AND CAR MAINTENANCE - QUIZ

- 1. What is the meaning of ABS?**
 - Anti Lock Braking System
 - Allows you to control your car better in an emergency
- 2. What is the meaning of ESC?**
 - Electronic Stability Control
 - An active safety system that reduces the risk of a driver losing control of the vehicle
- 3. Dark coloured cars are easier to see in the dark than bright coloured cars.**
True/False
 - False
 - Bright coloured cars are easier to see than dark, dull colours
- 4. Properly adjusted headrests prevent against whip lash in the event of a collision.**
True/False
 - True
- 5. Are safety belts mandatory?**
 - Yes and they are proven life savers
- 6. What feature in a seat can make journeys more comfortable?**
 - Lumbar support
- 7. If one suffers from arthritic hands, what feature will make it easier to start the engine of your car?**
 - Keyless ignition
- 8. Why are parking sensors useful?**
 - Parking sensors alert the driver to unseen objects during the parking manoeuvres and can be useful when it becomes more difficult to turn one's head. Parking sensors should be used in conjunction with mirrors and a walk around check before commencing one's journey.
- 9. What is the benefit of an automatic transmission?**
 - It allows the driver to give more attention to other driving tasks including observing the traffic around them.
- 10. In what instance should you consider buying a roomy car?**
 - If you are a grandparent and find that you are carrying your grand children frequently.

- 11. What is EURO NCAP?**
 - It is a safety assessment of the safest performance of some of the most popular cars sold in Europe.
- 12. On what website can I check the safety rating of my car?**
 - www.euroncap.com
- 13. What does NCT stand for?**
 - National Car Testing Service
- 14. All vehicles 2 years or older must undergo an NCT every 2 years. True/False**
 - False – all vehicles 4 years or older must undergo an NCT every 2 years
- 15. What does DRL stand for?**
 - Day Time Running Lights
- 16. What are the advantages of DRL?**
 - DRL increase the chance of your car being seen by others.
- 17. If your car does not have DRL what should you do?**
 - If your car does not have this feature you should use your low beam lights.
- 18. Why are airbags in cars beneficial?**
 - Front airbags for the driver and passenger can significantly reduce life threatening head injuries when used in conjunction with a properly worn safety belt.
 - Side airbags will prevent serious injuries in a side impact crash.
- 19. Adjustable seats are important so that you have a seat height which is suitable for you. True/false**
 - True
- 20. Why would you consider a car that has wide door openings?**
 - It is important to consider buying a car which has wide door openings to allow you exit and enter a car more easily. This becomes more difficult as we age.



IMPAIRED DRIVING – TRUE OR FALSE QUIZ

Q1. It is ok to drink alcohol and drive while taking prescribed medications

A1. False: Use of alcohol can intensify the actions of many medications.

Q2. If I have just one glass of wine with my meal I will be ok to drive

A2. False: Just one drink impairs your ability to drive. Never ever drink and drive.

Q3. Older adults process alcohol more slowly than a younger person and as a result it stays in their bodies for longer periods

A3. True.

Q4. Drinking alcohol before bed produces poor quality sleep

A4. True: drinking alcohol before bed produces poor quality sleep.

Q5. Older people need less sleep than younger adults

A5. False: older people need just as much sleep as younger people

Q6. Getting up and going to bed at the same time every day really doesn't make a difference to sleep quality

A6. False: developing a cycle of sleep tunes the body to anticipate rest and contributes to better quality sleep.

Q7. Eating a heavy meal before going to bed interferes with sleep quality

A7. True.

Q8. Alcohol involvement is one of the key factors of fatalities on Irish roads.

A7. True. Alcohol is estimated to be a contributory factor in 1 in 3 fatal collisions.

Guidelines for writing a press release

Publicity is vital to raise awareness of your event. A press release seeks to demonstrate to the editor or reporter the newsworthiness of a particular event, service, person or product. A well written press release will increase interest in your road safety programme by divulging facts in relation to the event. When writing a press release, it is important to take the following points into consideration.

- Tailor the message to your audience – Make it clear why the information is relevant to them and why they should continue to read it
- Make sure you wait until you have something with enough substance to issue a press release
- Make sure the first 10 words in your release are effective and will grab the editor or journalist's attention
- Avoid excessive use of adjectives and fancy language. Deal with the facts. Include information on key activities taking place during the week
- Provide as much contact information as possible: Who to contact, their address, phone number, fax number, email address and relevant website addresses
- Make it as easy as possible for media representatives to do their jobs by providing interesting information, relevant to the local area and presented clearly

APPENDIX 2

Sample Press Release

A road safety session on road safety for adults will commence on Monday, 24th February 2011 from 10.30 a.m. – 12.30 p.m. This awareness session is free of charge.

The programme is called “Mobility Matters”. It will be delivered by local community activist xxx with the support of the Road Safety Authority, the Garda National Road Safety Unity, xxxx Emergency Services and xxxx County Council.

The programme is based on the Rules of the Road and aims to enhance the knowledge and safety of older road users to allow them to remain mobile and impendent for as long as possible.

Topics covered include:

- Modes of transport including pedestrian safety, cycle safety, motorcycle safety and car safety
- Rules of the Road and driving maneuvers
- Legal obligations and entitlements
- Safety, comfort features and basic maintenance
- Impairment through alcohol, legal drug use, fatigue and phone use
- Use of safety belts and child restraints
- Driver fitness
- Alternative Transportation Options and entitlements

The session will include a purpose-built DVD, the distribution of leaflet, high visibility material and booklets on road safety and excercises which teach valuable road safety lessons in an interesting and innovative way.

APPENDIX 3

Evaluation

The speaker was well informed about the subject	1	2	3	4
The speaker used easy to understand examples	1	2	3	4
The speaker was interesting	1	2	3	4
The speaker was organised	1	2	3	4
I learned new information	1	2	3	4
I plan to use the information when I return home	1	2	3	4

Other comments

How did you hear about this programme?

What else would you like to know about this topic?

What was most helpful?

What was least helpful?

Would you like to see more programmes of this type in the future?

APPENDIX 4

Contact details of road safety officers by county

Contact your local Road Safety Officer to assist you in promoting road safety locally. A full list of contact details for Road Safety Officers throughout the country is included below.

Local Authority	Road Safety Officer	Contact no.	Email address
Carlow County Council	John McDarby	059-9170300	jmcdarby@carlowcoco.ie
Cavan County Council	David Farrelly	049 4378342	dfarrelly@cavancoco.ie
Clare County Council	Barry Keating	065-6846315	bkeating@clarecoco.ie
Cork City Council**	Niamh O'Brien	021-4924792	niamh_obrien@corkcity.ie
Cork City Council**	Sarah Greene	021-4924769	sarah_danaher@corkcity.ie
Cork County Council	Caroline Casey		caroline.casey@corkcoco.ie
Donegal County Council	Brian O' Donnell	074-9172592	bodonnell@donegalcoco.ie

** For Cork City Council please email both Niamh and Sarah

Local Authority	Road Safety Officer	Contact no.	Email address
Dublin City Council	VACANT	01-2222504	roadsafety@dublincity.ie
Dun Laoighre/ Rathdown County Council	Séamus Storan	01 2054878	sstoran@dlrcoco.ie
Fingal County Council	Silvana Dicioccio	01-8905822	paul.cantwell@fingalcoco.ie
Galway City Council	VACANT	091-536400	roads@galwaycity.ie
Galway County Council	Deirdre Caufield	091-509360	dcaulfd@galwaycoco.ie
Kerry County Council	Michelle Mullane	066-7161832	mmullane@kerrycoco.ie
Kildare County Council	Declan Keogh	045-980388	dkeogh@kildarecoco.ie
Kilkenny County Council	Hugh Hunter	056-7794185	hugh.hunter@kilkennycoco.ie
Laois County Council	Yvonne O'Reilly	057-8664022	yoreilly@laoscoco.ie
Leitrim County Council	Johanna Daly	071-9620005	roadsafety@leitrimcoco.ie
Limerick City Council	Rory McDermott	061-407381	rmcdermott@limerickcity.ie
Limerick County Council	Karen Butler	069-64047	kbutler@limerickcoco.ie
Longford County Council	Ann-Marie McKeon	043-3343305	amckeon@longfordcoco.ie
Louth County Council	Mary Capplis	042-9324262	mary.capplis@louthcoco.ie
Mayo County Council	Noel Gibbons	094-9047115	roadsafety@mayococo.ie

Local Authority	Road Safety Officer	Contact no.	Email address
Meath County Council	Michael Finnegan	046-9097150	mfinnegan@meathcoco.ie
Monaghan County Council	VACANT	047-30575	emcshane@monaghancoco.ie
Tipperary County Council	Donal Purcell	067-44894	Donal.purcell@tipperarycoco.ie
Offaly County Council	Phyllis Hughes	057-9346893	Phughes@offalycoco.ie
Roscommon County Council	Kevin Boyle	090-6637121	kboyle@roscommoncoco.ie
Sligo Local Authorities	VACANT	071-9111974	
South Dublin County Council	Gary Walsh	01-4149000	garywalsh@sdblincoco.ie
Waterford City & County Council	Jemma Jacob	051-849708	jjacob@waterfordcouncil.ie
Westmeath County Council	Vincent Mulry	044-9332000	vincent.mulry@westmeathcoco.ie
Wexford County Council	David Codd	053-9196352	david.codd@wexfordcoco.ie
Wicklow County Council	Linda McDonald	0404-20127	lmcdonald@wicklowcoco.ie

APPENDIX 5

Garda contact details

To have an effective road safety presentation delivered, the contact person in An Garda Síochána is the Regional Traffic Superintendent or the Regional Traffic Inspector. They will in turn nominate a representative to visit your event and present at your request.

Superintendent	Office	Counties covered
David Taylor	01-6669888	DMR (Dublin)
Tom Mullarkey	044-9384034	Westmeath, Kildare, Laois, Offaly, Wicklow, Meath
Paschal Connolly	056-7775007	Kilkenny, Carlow, Waterford, Wexford, Tipperary
Ray McMahon	071-9858539	Donegal, Sligo, Leitrim, Cavan, Monaghan, Louth
Pat Lehane	021-4522034	Cork, Limerick, Kerry
Pat Murray	091-388034	Galway, Clare, Mayo, Roscommon, Longford



Road Safety Authority Interactive Shuttle

The main aim of the shuttle is to provide the general public and other target audiences with the chance to interact with various road safety campaigns and to spread the message about the importance of road safety.

What can you do on the shuttle?

- practice your driving skills on our simulators (car, motorbike)
- enjoy a fully interactive road safety educational experience
- test your hazard perception skills
- bike along the coast through ancient jungles and many other exotic places (even outer space !) on our bicycle simulator
- test your brake reaction time
- practice the driver theory test on board

The shuttle is designed to include:

- interactive, educational road safety experience
- presentation area, with lectern, projector, screen and seating for an audience of 25 people

Who can take part?

Some of the key audiences:

- members of the community as a whole
- local businesses, including those in out of town locations such as business parks
- local road safety organisations
- learner drivers
- vulnerable road-user groups, including pedestrians, motorcyclists and cyclists
- students – primary and secondary and third level (Universities and ITs)
- medical communities

If your area is hosting an event and if you are interested in having the Road Safety Interactive Shuttle attend please fill in the booking form and return it to the Road Safety Authority for review.



RSA'S ROAD SAFETY INTERACTIVE SHUTTLE

The road safety interactive shuttle dimensions (opened out) are 16.3 metres long x 8.5 metres wide. The trailer unit measures 3.88 metres in height. Space should be allowed for the accompanying tractor unit (dimensions: 6 metres long x 3.54 metres high x 2.55 metres wide) which will need to be located next to the exhibition trailer throughout the duration of the event. Space should also be allocated for a support vehicle which will travel with the trailer. The 'Shuttle' operates off 'green diesel'.

Name of Event:

Please identify the primary contact:

Contact name:

Job title:

Phone number:

Mobile:

Email address:

Name and contact details for security on call in case access is required if there is any obstruction:

Short description of the event (maximum of 100 words):

Date of event: (Please give adequate notice prior to your event – minimum of six weeks):

How many children do you anticipate will be at this event?

Duration of event:

Expected Audience 5-12

Teenagers

Young people (17-24)

Older people 65+

Parents and children

Other

Please identify the exact location and give a description of where the Road Safety Interactive Shuttle will be located at your event e.g. a public road, car park etc:

Please confirm that the location is secure i.e. that there is security on call and that there are security cameras.

Please confirm that there is sufficient space for the Shuttle at this location. This includes space to maneuver the Shuttle in and out of the event and that there are no vehicles obstructing access to this location.

Please confirm that the proposed location is on flat, solid ground and specify the type of ground e.g. concrete, tarmac etc.

Please confirm that power can be accessed from this location. The exhibition trailer operates off three phase electricity - 32 amp & 62 amp. The lead has a five pin plug. (63 amp lead measures 17 metres long while the 32 amp lead measures 20 metres long). Please specify which lead you will require.

NOTE: If no power is available, the Shuttle can operate off a generator but this is not advised due to noise. You would be expected to supply 'green diesel' to operate the generator. The generator would need to be filled each morning before the Shuttle is opened to the public.

Please confirm that a Health and Safety Officer would review the Road Safety Interactive Shuttle when assembled.

Please confirm that this location is easily assessable to members of the public attending your event.

SIGNED:

EVENT ORGANISER

Please return this questionnaire to shanebourke@rsa.ie or to the following address:
Shuttle Co-ordinator, C/o Road Safety Authority, Road Safety, Driver Education & Research Department, Moy Valley Business Park, Primrose Hill, Ballina, Co. Mayo.

Phone: 1890 50 60 80

Reference material

- Look Out Stand Out (Pedestrian) – Leaflet
- Cycle Safety – Booklet
- This is your bike (Motorbike) – Booklet
- The Faster the Speed the Bigger the Mess (Speeding) –Leaflet
- Motorway Driving – Booklet
- Tyre Tread Depth Gauge – Booklet
- Correct use of Lights on Cars – Leaflet
- Bright way to save lives (Lights) – Leaflet
- The correct use of Roundabouts – Leaflet
- Sharing the Road with Emergency Service Vehicles – Booklet
- Going to School – Leaflet
- Charitable Events on Public Roads – Booklet
- Rules of the Road Book (available from all good bookshops or www.rulesoftheroad.ie)
- Get it On (Seatbelts) – Leaflet
- No Child Car Seat No Excuse –Leaflet
- Child Safety in Cars – Booklet
- Child Safety in Cars –DVD
- Driving under the influence of Alcohol – Leaflet
- Driving Under the Influence of Drugs –Leaflet
- Medicines and Driving – Leaflet
- Driver Tiredness – Booklet
- Mobile Phones and Driving – Leaflet

Working to Save Lives

Údarás Um Shábháilteacht Ar Bhóithre Road Safety Authority

Páirc Ghnó Ghleann na Muaidhe, Cnoc an tSabhaircín,
Bóthar BÁC, Béal an Átha, Co. Mhaigh Eo.

Moy Valley Business Park, Primrose Hill, Dublin Road,
Ballina, Co. Mayo.

Locall: 1890 50 60 80 Tel: (096) 25000 Fax: (096) 25252
E-mail: info@rsa.ie Website: www.rsa.ie

