

### What is it?

SAGE (Safer Driving with Age) is a unique programme designed to provide older drivers with the support, guidance and coaching necessary to continue driving for as long as it is safe to do so.

We know that we gain wisdom and experience as we mature, but we can also be unaware of some of the bad habits we pick up during many years of driving.

Growing older involves many (perhaps unwelcome) physical changes, and some people do not have the good health and mobility that they had when they were young.

These facts can make driving more stressful and less enjoyable. If you have a partner and you can both drive, you may wish to share the driving. This will keep you both in practice and, if one of you has to give up driving, the other will still be confident enough to drive.

The SAGE process looks at these changes in a positive light, by helping older drivers adapt their driving to overcome them.

### Who is it for?

The course is aimed at improving the safety of older drivers, but it can be adapted to suit drivers of any age, or for those returning to driving after a period of illness.

### How does it work?

**Health & Medication** - A medication review is undertaken to determine if any medicines being taken currently are likely to affect your driving. A health review is also needed, to ensure that any medical problems that may reduce your ability to drive safely have been considered. Your own practice nurse or GP can do both these reviews, and a simple form is provided to confirm that there are no medications being taken or medical conditions known to exist that may make driving dangerous or illegal.

**Vision** is vital to safe driving, and regular eye examinations are important for all drivers. You should have had an eye examination less than a year before a SAGE assessment and, if you have a medical condition that has affected your field of view, you should ask your doctor to arrange a 'field test'. Your ability to read a number plate at 67 feet (a legal requirement for all drivers) will be checked at the start of the assessed drive.

**The driving assessment** is definitely not a test: it is a drive in your own car, with an experienced driving assessor, from your own home on roads you are familiar with. You will be able to talk about your performance as the drive progresses, and you will be given a confidential written report at the end of the drive.

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### How much does it cost?

The current fee is £25.00 per hour.

### Where do I attend?

Arrangements can be made to suit you.

### Success!

Our assessors are all experienced and qualified professional Approved Driving Instructors (ADI).

For more information about the scheme, contact us.

