



# To Drive Or Not To Drive?

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As you age, you may realize that the manner in which you drive is changing. For instance, you might prefer to avoid driving at night. Our eyesight isn't as sharp as it was when we were in 20s or 30s. Or you might prefer to stay on roads you know and avoid long road trips. These are very personal decisions that we all have to consider at some point in our lives.

There is no set age when "everyone" should stop driving – people age differently. When you should stop driving is completely unique to YOU. It's quite possible that an 80-year-old in perfect health can drive safely without posing a threat, while a 60-year-old with impaired vision or a medical condition affecting their motor skills may indeed need to stop driving.

Many of the residents at Independence Hill Retirement Community are still driving when they make the choice to move in, so AARP Safe Driving Courses are continually hosted to help seniors stay up-to-date on safe driving techniques while sharpening their skills. For many of us, driving is a key aspect of maintaining our independence as we age. By reducing risk factors and incorporating safe driving practices, you may be able to continue driving safely long into your senior years.

When the inevitable comes and you realize your driving ability has changed and it's time to give it up, the prospect of losing some of your independence may feel overwhelming. Try to keep an open mind to alternatives that can help you continue to live an active lifestyle without "your wheels." Perhaps it's time to evaluate your living situation. The last thing you want to happen is to become isolated and forgo your social life. Start investigating life at a retirement community where active seniors (both driving and not driving) are surrounded by people and services that keep them active while getting them where they want to go.

As mentioned earlier, many residents at Independence Hill Retirement Community still drive, but when that moment comes when they no longer should, there is a great Transportation Department just waiting to serve them. It certainly eases the stress and worry and helps answer the question... "Now What?"

Remember, it takes a lot of courage to stop driving in order to put the safety of yourself and others first. However, many residents really enjoy the luxury of transportation services. The convenience of being dropped off "at the door," the choice to have a glass of wine without worrying about having to drive, enjoying social outings and a night life, enjoying the extra cash in your pocket that comes when you no longer have a car, gas or insurance payment, being able to enjoy the sites since you don't have to keep your "eyes on the road," exploring new places you would not normally have driven to yourself, not having to remember where you parked or where you left your car keys...there's definitely a positive side! Shift your mind set and look at the upside of giving up your "hot rod."

If you would like to learn more about Independence Hill's transportation options or to sign up for an AARP Safe Driving Course, call one of Independence Hill's Lifestyle Specialists for all the details.

Independence Hill Retirement Resort Community is located at 20450 Huebner Rd., San Antonio, TX 78258. For more information, call (210) 209-8956 or visit [www.independencehill.com](http://www.independencehill.com).





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