

## Transcript

### Physical and mental changes

[Pleasant music plays throughout]

00:00:00 - 00:00:03

[Graphic: CAA logo]

[Text on screen: *How aging affects driving.*]

00:00:03 - 00:00:23

Narrator >> As we age, our physical and mental abilities change, and some of those changes, including our vision, hearing, and ability to react quickly can affect our driving. As we age, there are two major changes that gradually happen to our eyes that may affect our driving.

[Text on screen: *As we age... physical, mental changes ▯ vision, hearing, ability to react quickly.*]

[Animation: *An older animated character is shown wearing glasses, hard of hearing and reacting slower.*]

[Text on screen: *As we age, there are two major changes that gradually happen to our eyes that may affect our driving.*]

00:00:23 - 00:01:05

Narrator >> One, by age 60 we need three times as much light to see as we do at age 20. So, it's much more difficult to see objects in the dark, and that's because over the years our pupils get smaller and don't dilate as much in the dark, making it harder to see. So, our vision may test well in the doctor's office, but still be reduced on the road at night where lighting is poor.

[Animation: *a closeup of animated eyes are shown dilating and then constricting.*]

Narrator >> This may affect our ability to see such things as people walking along the side of the road and reflective road signs and markings. It also affects our ability to manage glare. Drivers might consider reducing the amount of driving they do at night. Those who find their night vision declining may also consider ceasing all driving at night.

[Animation: *A car is shown driving at night with its lights on as a person walks by. It then transitions to showing a bunch of cars driving on the road at night.*]

00:01:06 - 00:01:27

Narrator >> Two, age also affects our field of view. By the age of 75, our field of view shrinks to a third of its size. This means you might not be able to see everything around your vehicle that might be a safety risk. Always do a full shoulder check to view everything in your blind spots. Don't rely on peripheral vision.

[Animation: *A pie chart covered in 75% red and 25% green.*]

00:01:27 - 00:02:00

[Text on screen: *The Canadian hearing society*]

Narrator >> The Canadian Hearing Society estimates that 60% of seniors have age-related hearing loss. When we're driving, hearing loss can affect our ability to respond to emergency vehicles' sirens, and other traffic information. It is important to take steps to treat hearing loss as our ears age to continue to drive safely. There are numerous effective treatments for age-related hearing loss, including surgery, or simply being fitted for a hearing aid, and many of today's hearing aids are virtually invisible to others.

00:02:00 - 00:02:24

Narrator >> Common age-related illnesses such as arthritis diminish our flexibility and dexterity. This can impede our ability to check blind spots, maintain control of the steering wheel, and may slow our braking response times.

[Animation: *A knee joint showing redness and irritation around the joint.*]

[Text on screen: *This can impede our ability to: check blind spots, keep control of the steering wheel, maintain good brake response times.*]

Narrator >> It's important that we do everything we can to manage dangerous situations on the road. As a first step, don't drive while distracted and remain focused on the road at all times.

[Text on screen: *It's important that we do everything we can to manage dangerous situations on the road.*]

[Animation: *A no-phone sign animation.*]

00:02:24 - 00:02:35

Narrator >> Visit CAA's Senior Driving Portal to learn more about common age-related changes and how they may affect driving.

[Graphic: *CAA logo*]

[Text on screen: *Seniordriving.caa.ca*]

[Pleasant music]

[Animation: *Rear view mirror of car showing reflection of flashing police sirens.*]