



Health Care

Keep Your Keys

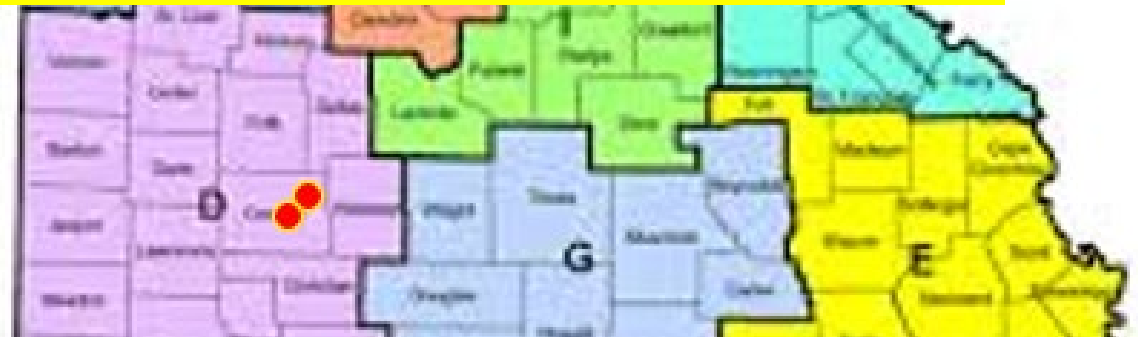
Injury Prevention Presentation 2024

PRESENTED BY
Outreach and Injury Prevention Program

What is a Level 1 Trauma Center?



If you are being transported by ambulance, it cannot pass a trauma center, so you may be brought into a Trauma II or Trauma III Center instead of being treated at a Trauma I facility.



A trauma center is not the same as a hospital
24 hour immediate coverage including:

*trauma surgeons, orthopedic, neurosurgery, anesthesiology,
and radiology

There are 9 Level 1 Trauma Centers in Missouri

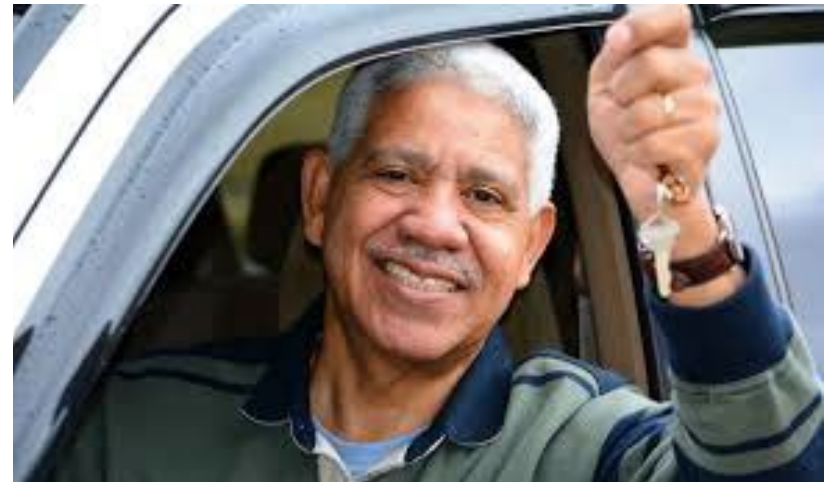
Keep Your Keys Program

MU Healthcare Outreach & Injury Prevention developed a statewide program called Keep Your Keys!

A program designed for the older driver aged 55+

The objectives of this course is to:

- ✓ Keep drivers safe
- ✓ Keep drivers on the road for as long as safely possible



Did **YOU** Know?

Older drivers are often some of the safest drivers

- They are more likely to wear a seatbelt
- They are less likely to speed, text, or drink and drive
- They have more hours of practice behind the wheel

However...

- Older drivers are more likely to be seriously injured or killed in a crash
- Their bodies are more fragile due to aging
- They may unintentionally be driving impaired due to interactions of medications

Renewing Your Driver's License

In Missouri, your drivers license expires on your birthday and is valid for:

- 6 years if you're 21- 69 years old
- 3 years if you're 70 years old or older

You may be required to drive to renew your license – this is not based solely on age

To renew your drivers license you must:

- Pass a vision exam
- Pass a road signs test
- Pay a renewal fee

**NEW
DOCUMENTS
NEEDED AS OF
2023**

Effective 2023

OPTION 1: CURRENT CARD/DOCUMENT	
Simply renew your current driver license, nondriver license or permit. Current driver licenses, nondriver licenses, and permits will continue to be acceptable for driving and identification purposes, other than for REAL ID purposes.	
Verification of: Identity (full legal name and date of birth) Lawful Status (U.S.)	Commonly Used Documents: <ul style="list-style-type: none">• U.S. Birth Certificate• U.S. Passport
Social Security Number	<ul style="list-style-type: none">• Social Security Card <div>*Cannot be laminated*</div>
Missouri Residency (Must provide at least ONE document with address)	<ul style="list-style-type: none">• Driver License Renewal Postcard• Utility Bill• Pay Check
Name Change (if applicable)	<ul style="list-style-type: none">• Certified Marriage Certificate• Certified Court Order

REAL ID driver license will be necessary to ...

- Board domestic flights
- Access certain federal facilities

www.dhs.gov/real-id-public-faqs

Or “search” real ID requirements Missouri

Self Assess Your Driving on a Regular Basis...

- Do you find yourself getting lost?
- Do you have difficulty parking?
- Have you found dents or scrapes on your car, mailboxes, garage doors, etc.?
- Do you have difficulty keeping up with the flow of traffic?
- Do you find yourself feeling angry while driving?



PLAN AHEAD!

There is ***no set age*** for when a driver needs to retire from driving — it is important to **plan** for the **unexpected** (*i.e. broken leg, concussion*)

Preparing for your driving retirement can help make the transition easier.

You can start by...

- Having **groceries, medications, and meals delivered**
- Locating **transportation resources** in your area
- Check out **stores or parks** that are within **walking distance**
- Think about **where you want to live** if you can no longer drive
- Create a **TRANSPORTATION PLAN**

Create a **Transportation Plan**

Where do I want to go?	# of miles from home	How often do I go?	Can I ride with family or friends?	Can I walk?	OATS Other retirement options?	Other transportation services? (bus, taxi, Uber, grocery or prescription delivery)
Grocery store						
Place of worship						
Doctor's office						
Pharmacy						
Entertainment						
Visit family and friends						
Shopping						

Are You **Aware?**

Make sure you can see

- Have your vision checked annually
- If you have trouble driving at night, limit yourself to daylight hours or use a booster for your driver's seat – this will lessen the glare from on-coming traffic
- Keep your windshield, headlights, and mirrors clean
- Replace your windshield wipers when necessary
- Adjust your side-view mirrors to minimize your “blind spot”

Adjusting your mirrors...



Are You **Aware?**

Check your hearing

- Have your hearing checked annually
- Keep the inside of your car quiet.
- Watch and listen for children & emergency vehicles



Are You Aware?

Check your cognition

- Maintain mental fitness by reading and problem solving.
- Stay social and converse with others.
- Eat a well-balanced diet.



Are You **Aware?**

Take caution if you are experiencing problems with reflexes or stiff joints and muscles

Add daily stretches to your morning routine – you will find some in your **Fit to Drive booklet**

- *Being able to do things like look back over your shoulder or brake quickly are important when driving*

Are You **Aware?**

Check your medications

- 



ANY QUESTIONS??



Four women were standing in the median on Highway 63 after their Ford collided with a deer. Another vehicle collided with the Ford, which forced the Ford into the median and hit the pedestrians. All five women were transported to University Hospital.

SERIOUS CRASH

KOMU.COM

5 women hurt in pedestrian crash in Randolph County



New Car Technologies



- Adjustable brake and accelerator pedals
- Tilt & Telescoping steering wheel
- Mirror Warning for vehicle in blindspot
- Keyless entry
- Heated side mirrors
- Rear back-up camera
- Parking Assist
- Front / Rear Warning Sensors
- Extendable sun visors

Checking to see if you “fit”



- Your chest should be 11+ inches from the steering wheel
- Steering wheel tilted towards chest
- The seat belt should cross collar bone and fit snug on the pelvis
- Easily reach both the gas and brake pedals
- Look over the top of steering wheel approximately 3" to view the road

Hand Position on the Steering Wheel

Air bags have the potential to become projectiles and can explode at high speeds. To minimize the risk of injury, it is recommended to keep your hands on the steering wheel from 10 & 2 to 9 & 3.

BE SURE THE HUB
OF THE STEERING
WHEEL (AIR BAG)
IS POINTED
TOWARD YOUR
CHEST AND NOT
YOUR HEAD



explore at
get in the way
our head



hands on the “hub” of the
steering wheel while driving.

Do You Know These Road Signs?



New Intersections

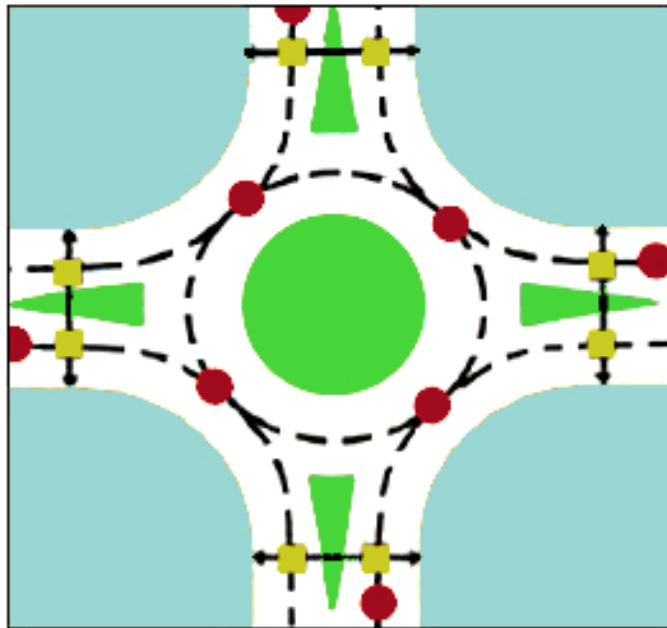
Roundabouts
J-Turns
Diverging Diamonds

These can be overwhelming when you first see them and try to drive through them. Tips for handling these new roadways:

- ✓ Ride WITH someone who feels comfortable maneuvering these roadways – encourage them to talk to you about what's coming up and how they are handling the intersection
- ✓ Watch videos to see the flow of traffic from a “birds eye view”
- ✓ Drive these roadways (with the same person who first drove you through the intersection) at a low traffic time

WHY are they building so many Roundabouts??

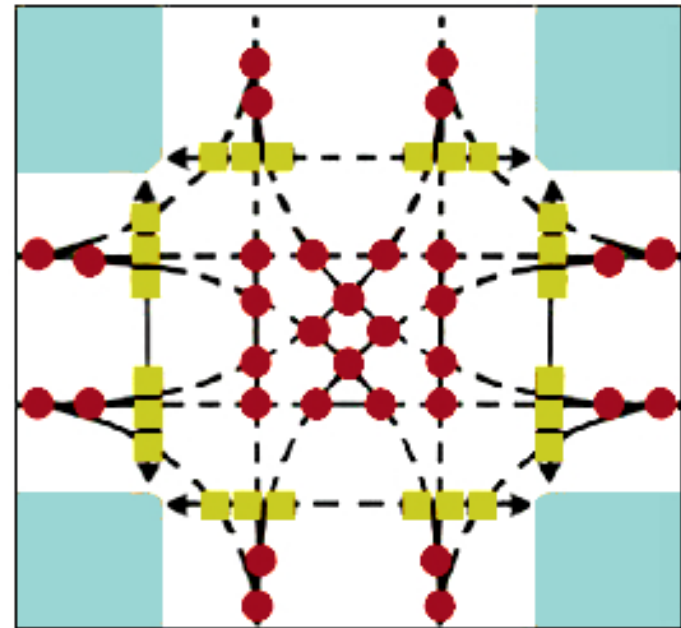
Roundabout



● 8 Vehicle conflicts

■ 8 Pedestrian conflicts

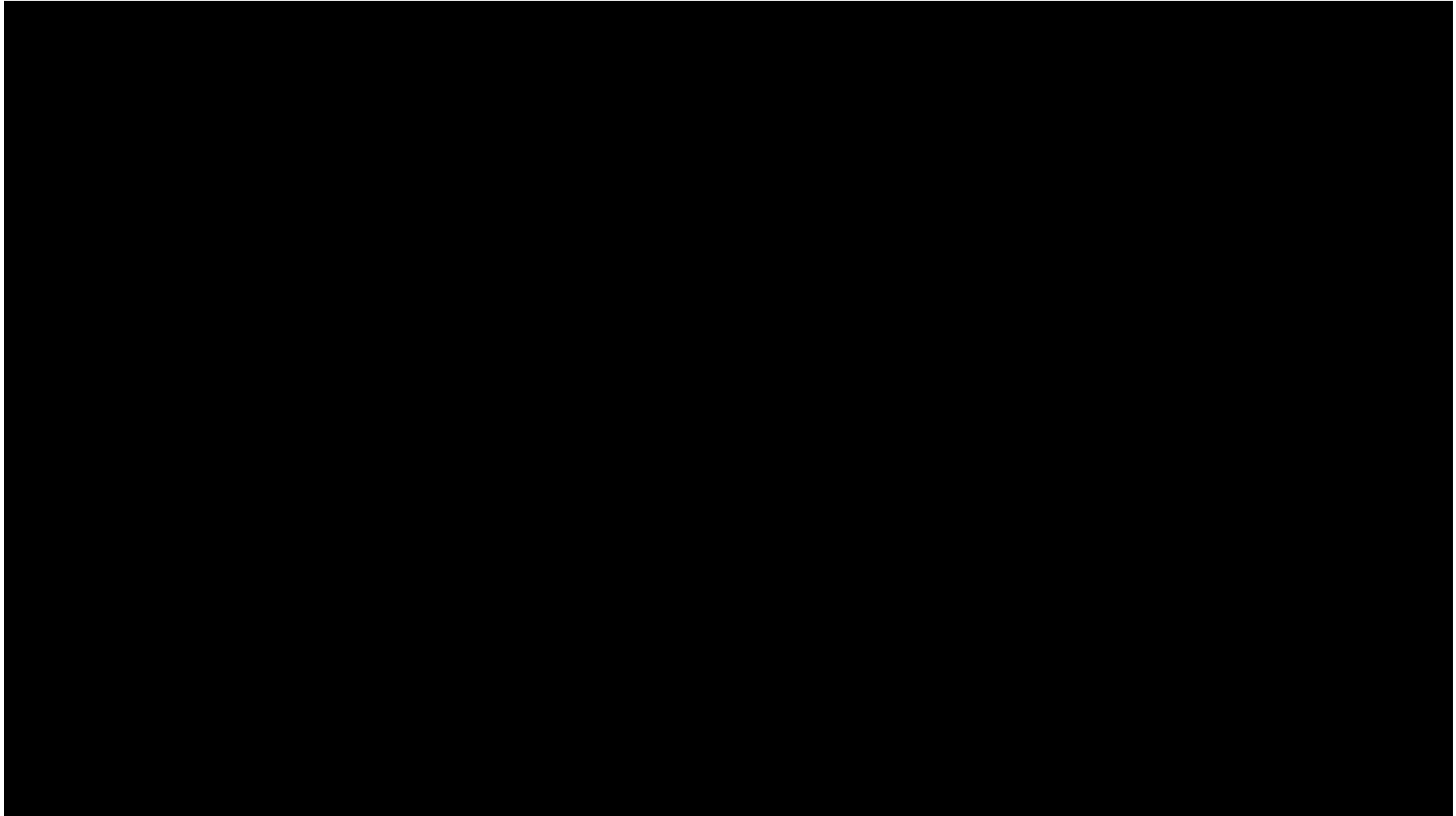
Intersection



● 32 Vehicle conflicts

■ 24 Pedestrian conflicts

J-Turn Intersections



Diverging Diamond



Sharing the Roadway



In Summary...

- Retirement from driving may happen unexpectedly, so the key is to **PLAN** ahead. Create a Transportation Plan
- Take charge of your health – vision, hearing, cognition, and medications
- Be aware of new car technologies and how to navigate new roadway constructions
- Assess your driving regularly – stay active and safe

ANY LAST QUESTIONS??





References

- Older Driver Safety and Community Mobility (Missouri Department of Transportation)
<http://www.modot.org/safety/olderDriver.htm>
- Older Population (U.S. Department of Transportation)
<http://www-nrd.nhtsa.dot.gov/Pubs/812005.pdf>
- Older Drivers (Insurance Institute for Highway Safety Highway Loss Data Institute)
<http://www.iihs.org/iihs/topics/t/older-drivers/qanda>
- Program Goals and Outcomes (CarFit)
<http://www.car-fit.org/>
- Age and Driving (HelpGuide)
<http://www.helpguide.org/articles/aging-well/age-and-driving-safety-tips.htm>
- Driving Safety for Older Adults by Susan Cohen