

DRIVING TIPS

For Florida Snowbirds



While driving can be more challenging for senior Americans, it isn't impossible and it doesn't have to be unsafe. If you are a winter visitor who will soon be driving through Florida, there are some tips to follow that can help make your driving experience a better and safer one. Reduce your risk of injury by following these suggestions.

1

70 mil.

People over the age of 70 will live in the United States by 2030.



2

90%

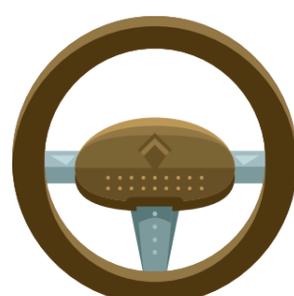
Of that population (63 million people) will hold a valid driver's license.



3

80%

of people over 70 suffer from arthritis, which can make driving difficult.



Driving Tips for Florida Winter Visitors

1. Stay Fit



The more physically active you are, the better your strength and flexibility. Try to include physical activity into your daily routine. If you can get up and get moving, you'll be doing your body and health a favor.

2. Have Vision and Hearing Tested



Our vision begins to change in our early to mid 40s. Speak with your doctor about how often you should have your vision and hearing tested. The typical schedule for many people is once a year.

3. Know Your Limits



Make the adjustments needed to drive comfortably. You should speak to your doctor if you are finding it difficult to drive as comfortably as you once did, and ask about solutions to the difficulties you are having.

4. Pay Attention to Road Conditions – and Your Own



You can make your driving safer by paying attention to the weather, the condition of the roads and how you are feeling. Consider using Miami's excellent public transportation system.

5. Know Your Routes



If you are in a new part of Florida or this is your first year as a snowbird, learn the routes for the places you are most likely to travel. Don't always rely on a navigation system to tell you where to go.

6. Update Your Skills



Consider taking a refresher driving course before you hit the Florida roads. A refresher course not only gives you a renewed sense for safe driving, but can help reduce your auto insurance premiums.

Learn more at:
InjuryLawyers.com

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