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## Mature Driver Safety

Self-awareness is vital for safe driving at any age, but especially as we get older. Be aware of any changes in eyesight, physical fitness and reflexes, and any medications that impact driving ability. Be willing to compensate by making changes in driving habits or choosing alternative transportation.

Drivers age 75 or older renew their driver's license in person at a DMV customer service center every five years. Find out more at [Shifting Gears: Keeping the Drive at 75](#).

### **Driving and Age**

Drivers may be safe or unsafe at any age. In general, young, inexperienced drivers tend to have the worst driving records, and experienced, middle-age drivers tend to have the best ones. In addition, driving skills can decline as drivers age.

To find out how to evaluate your driving skills and reduce your risk of injury from crashes, refer to *Staying Safe on the Road* or review the information on the [GrandDriver](#) website.

### **GrandDriver**

The [GrandDriver Program](#) helps drivers recognize the signs of declining driving skills and assists caregivers and healthcare providers with how to communicate and assess mature drivers.-

### **Safe Driving Courses**

Online and classroom mature driver safety courses may help refresh driving skills and reveal new traffic laws. A driver may be required to take one of these courses as a result of a traffic infraction, and successful completion may be accepted in lieu of a

conviction. In addition, some insurance companies offer discounts to drivers who successfully complete a mature operator's safety course. However, drivers cannot earn safe driving points by completing a mature operator's safety course.

### **Mature Operator Safety Course Listing**

- [AAA - RoadWise Driver](#)
- [AARP - Driver Safety](#)
- [American Safety Council - Mature Driver Course](#)
- [Aware Driver - Defensive Driving Virginia](#)
- [Traffic School Online - Virginia Mature Driver Improvement Course](#)

### **Driver Fitness and Medical Review**

DMV's Medical Advisory Board reviews an individual's ability to drive safely when necessary. Based on its assessment, the board may restrict or revoke an individual's driver's license.

For more information, refer to:

- [Medical Information for Drivers](#)
- [Medical Fitness for Safe Driving](#)
- [Reporting an Impaired Driver](#)

### **Mature Driver Safety Resources**

- [Related Links](#)
- [Driver Improvement Clinics](#)
- [Virginia Highway Safety Office Contacts](#)

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