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*Always planning for
your peace of mind.*

Glenn A. Deig is a Certified Elder Law Attorney by the National Elder Law Foundation specializing in:

- Medicaid Planning
- Wills
- Trusts
- Guardianships
- Elder Law
- Personal Injury
- Estate Administration and Probate

**Call Glenn today at
(812) 423-1500
for a free consultation.**

Upcoming Speaking Engagements

- Glenn will speak at the 17th Annual Case Management Conference at the University of Southern Indiana on May 12, 2011. The topic will be on wills, trusts and other estate planning options.
- Are you interested in having Glenn speak with your organization or church group about wills, trusts, wealth preservation and Medicaid issues? Call 423-1500 today to schedule a free seminar.

Older Adult Drivers: Get the Facts

In 2009, there were 33 million licensed drivers ages 65 and older in the United States according to the Centers for Disease Control. Driving helps older adults stay mobile and independent. But the risk of being injured or killed in a motor vehicle crash increases as you age. An average of 500 older adults are injured every day in crashes. Thankfully, there are steps that older adults can take to stay safer on the roads.

How big is the problem?

- In 2008, more than 5,500 older adults were killed and more than 183,000 were injured in motor vehicle crashes. This amounts to 15 older adults killed and 500 injured in crashes on average every day.
- There were 33 million licensed older drivers in 2009, which is a 23 percent increase from 1999.

Who is most at risk?

- Per mile traveled, fatal crash rates increase starting at age 75 and increase notably after age 80. This is largely due to increased susceptibility to injury and medical complications among older drivers rather than an increased tendency to get into crashes.
- Age-related declines in vision and cognitive functioning (ability to reason and remember), as well as physical changes, may affect some older adults' driving abilities. *(Continued on next page...)*

Glenn A. Deig specializes in crisis Medicaid planning, wills, trusts, guardianships as well as estate and probate administration. Always planning for your peace of mind.

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How can older driver deaths and injuries be prevented?

Existing protective factors that may help improve older drivers' safety include:

- **High incidence of seat belt use:** More than three in every four (77%) older motor vehicle occupants (drivers and passengers) involved in fatal crashes were wearing seat belts at the time of the crash, compared to 63% for other adult occupants (18 to 64 years of age).
- **Tendency to drive when conditions are the safest:** Older drivers tend to limit their driving during bad weather and at night and drive fewer miles than younger drivers.
- **Lower incidence of impaired driving:** Older adult drivers are less likely to drink and drive than other adult drivers. Only 5% of older drivers involved in fatal crashes had a blood alcohol concentration (BAC) of 0.08 grams per deciliter (g/dL) or higher, compared to 25% of drivers between the ages of 21 and 64 years.

Older adults can take several steps to stay safe on the road, including:

- Exercising regularly to increase strength and flexibility.
- Asking your doctor or pharmacist to review medicines—both prescription and over-the-counter—to reduce side effects and interactions.
- Having eyes checked by an eye doctor at least once a year. Wear glasses and corrective lenses as required.
- Driving during daylight and in good weather.
- Finding the safest route with well-lit streets, intersections with left turn arrows, and easy parking.
- Planning your route before you drive.
- Leaving a large following distance behind the car in front of you.
- Avoiding distractions in your car, such as listening to a loud radio, talking on your cell phone, texting, and eating.
- Considering potential alternatives to driving, such as riding with a friend or using public transit, that you can use to get around.

6 Safe Driving Tips

1. Asking your doctor or pharmacist to review your medicines (both prescription and over-the-counter) to reduce possible side effects and drug interactions.
2. Having your eyes checked by an eye doctor at least once a year, and wearing your glasses and contact lenses as required.
3. Planning your route before you drive.
4. Leaving a large following distance behind the car in front of you.
5. Avoiding distractions in your car, such as listening to a loud radio, talking on your cell phone, texting, and eating.
6. Considering potential alternatives to driving, such as riding with a friend or using public transit, that you could use to get around.



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