



Adapting To Change As You Age

Helping Older Adults and Caregivers
Navigate Life Changes

Resource Guide

Proactive Steps Toward Driver Retirement

Consider one vehicle per household and/or walkable community
Have frank conversations with physicians including eye doctors
Set self-restrictions based on YOUR reality
Contract with an objective friend or family member?
Download that Uber or Lyft app and try it out
Set up www.gogograndparent.com as a bookmark on your computer or tablet
Ask your driver-retired friends for resources
Plan to donate vehicle or sell vehicle and use \$ for transportation funding

Who Can Help When Driver Retirement is Necessary?

Local Council on Aging transportation programs
Assisted living facility transportation services
Local groups: FISH (phone), Neighbor Brigade (online)
Uber, Lyft, www.gogograndparent.com

Other Services for Families and Caregivers

Meals on Wheels * Door Dash/ Uber Eats * Grocery delivery * Pharmacy delivery
Community COA's for medical appointments * Aging Life Care Professionals
Alzheimer's Association

The Hartford Guides:

We Need To Talk: Family Conversations With Older Drivers

At the Crossroads: Family Conversations About Alzheimer's Disease, Dementia, and Driving

Your Road Ahead: A Guide to Comprehensive Driving Evaluations



This free program is brought to you by the Corporators and Auxiliary of Emerson Health in collaboration with Emerson's Community Benefits program.



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Having Difficult Conversations - www.theconversationproject.org **For Now Examples**

“It looks like you’re having more periods of weakness. **For now**, let’s grab a walker from the COA and use it while we work to get you stronger.”

“Mom, I know it may be difficult to remember to take your pills every morning...it’s hard for me too! **For now**, how about I get you a pill box reminder like I use and see if you like it.”

“Driving may be getting more difficult/dangerous now that you are on new medications so **for now**, let’s limit your driving to daytime local driving.”

Advance Directives: Legal Documents that Address Your Wishes about Future Medical Care

Health Care Proxy

Names a person you have chosen to make health care decisions on your behalf, if needed. Always, select a back up person.

Living Will

Provides instructions regarding treatment if you become terminally ill or are unable to communicate.

Goes into effect when you are incapacitated and or might be considered for a ventilator, tube feeding, etc.

Can always be revoked at a later date if your situation changes.



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