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Knowing Your Limits Conversation Guide

First, set the stage for a constructive, non-confrontational conversation. Don't surprise the senior with the conversation – let them know in advance that you think it's a discussion you should have. *Reassure them that the discussion is not going to be about stopping driving, but about finding ways to ensure they are driving safely.*

And make it a one-on-one private conversation: including more people can more easily lead to confrontation and defensiveness.

- Talk openly about the effects of [aging on driving](#), and why it is important to discuss this topic regularly to ensure that the senior driver is continuing to drive safely.
- Discuss whether the senior has any concerns with their driving ability. Whether they answer yes or no, suggest that you take the time (perhaps at a future date) to [assess their driving skills](#), so that you can pinpoint areas that they can try to improve in order to drive more safely.
- If you have concerns based on observation – it's important that this is fact-based and that you provide specific examples – let them know, while reassuring them that you can help them to find solutions for many driving skills issues. This should be as non-confrontational as possible.
- Suggest that the senior driver take [steps to maintain their driving skills](#). Offer to partner with them in ensuring that their car fits them properly, and in reviewing driving skills information.
- If warranted, talk about the fact that the senior should consider self-restricting their driving, by not driving at night, not driving long distances, or not driving on busy highways.



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- Agree on a course of action for the future: annual conversations, regular assessment of skills, and annual eye exams are just some of the things you can agree to do.
- Assure the senior driver that you will work together to maintain their independence as long as possible, and that once driving must be restricted, you'll help them find alternative transportation.
- If you feel they are driving unsafely – address it. The consequences of not taking preventative steps are simply too great.
- Ensure that you discuss the fact that there are responsibilities for both of you: the senior driver has to be realistic about their driving skills, and take whatever steps are necessary to continue driving safely; you have a responsibility to support them in maintaining their independence.

Before you end the discussion, set a date to talk about this subject again. If you are having difficulty having this conversation at all, consider talking to a physician for advice and support.