PAVING the ROAD for Safer Senior Drivers

Delaware Division of Motor Vehicles

Letter From the Governor

Fellow Delawarean,

We want you safely driving as long as possible. That's why our Senior Driving Task Force, a great group of partners of state and private agencies, worked together and designed this guide. As the number of older drivers across the United States increases, Delaware boasts the fastest growing older population in the country.

Studies tell us that experienced older drivers are less likely to speed or drink-and-drive and more likely to wear safety belts, but also are more likely to be hurt in a crash.

This guide provides helpful information and some steps you can take to ensure you are comfortable and in control behind the wheel. We want to keep you safe and mobile for as long as possible on Delaware's roads – and all roads.

Delaware does more for senior drivers and this is one part of our effort to pave the road for you.

Safe journeys,

Jack Markell

Jack A. Markell
Governor of Delaware

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DELAWARE DOES MORE FOR SENIOR DRIVERS

Dear Senior Driver,

Delaware wants to do everything possible to ensure senior drivers in The First State have the necessary tools and information to operate their vehicles safely on Delaware's roadways.

Delaware has already taken steps to improve the driving environment not just for seniors, but for all Delaware drivers. Some of these steps include:

- Improving street signage with larger overhead signs where possible, particularly at critical signalized intersections.
- Significantly increasing the size of critical signs such as STOP, YIELD, and ONE-WAY, as part of all DelDOT projects.
- Installing roundabouts, which statistics show reduce fatal accidents by 70-90%. There are currently 13 roundabouts on state-maintained roadways.
- Replacing red and green incandescent traffic signals with LED modules, which greatly increase visibility. 99% of traffic signals are now LED.
- Installing countdown pedestrian traffic signals. Over 350 have been installed at intersections statewide, and are being included in all new and retrofit signal designs.
- Installing audible pedestrian signals by request, as funds allow.

The Division of Motor Vehicles and our partners have created this informational handbook to show our commitment to you, Delaware's senior drivers. Whether you are still driving regularly, or just drive occasionally, we hope you will find the following information helpful in making your driving experience easier, safer and more enjoyable.

If you have any questions regarding the information in this handbook, please visit the Delaware Senior Driver website at *www.seniordriver.dmv.de.gov*.

Sincerely,

Scott Vien, Director
Division of Motor Vehicles

INTRODUCTION

Currently, Delaware has more than 250,000 drivers over the age of 60. With the fastest growing aging population in the United States, Delaware cannot afford to ignore the needs of seniors. That is why Delaware is doing more for senior drivers, striving to keep you on the road safely for as long as possible.

While seniors may have the most experience on the road, they are also the ones most likely to be hurt in a crash. The most common factors in crashes involving senior drivers are:

- Failure to yield right-of-way
- Improper left turns
- Confusion in heavy traffic
- Inattention
- Backing up into a vehicle
- Failure to maintain proper speed
- Hesitation in responding to new traffic signs, signals, road markings, traffic patterns and roadway designs

Whether you are a senior, family member, or concerned friend, by reading this handbook you are taking advantage of an important opportunity to make the roads of Delaware a safer place to drive. Please browse through it for helpful tips, self-assessments, and other great resources. You can also check out our website *www.dmv.de.gov* and go to our special "senior drivers" section.

This handbook provides general information on safe driving rules and practices to help you become a safer driver. It will also provide you with basic information on fees, registration, and titling. It does not, however, provide all the information for passing DMV written or driving tests to obtain a driver license. For more information, you can pick up a Delaware Driver Manual at a DMV location or read it on our website.

From the DMV and our partners, we wish you many years of safe driving!

DRIVING IN DELAWARE

DRIVER LICENSE INFORMATION

If you live in Delaware and drive on the roadways, you must have a valid Delaware driver license. To get your license, you need to apply in person at any of the offices of the Division of Motor Vehicles (DMV). Addresses for these offices are listed on the back cover.

On July 1, 2010, the Delaware Division of Motor Vehicles (DMV) began issuing new secure driver licenses and identification cards to our customers. New rules and changes affect what you need to bring to the DMV when applying for or renewing your driver license or identification card. Please take a moment to visit our website *www.secureid.dmv.de.gov* and read about the new procedures to find out what documents you will need to collect and bring with you so you can secure your new driver license or identification card.

When it comes time to renew your driver license, you can do so at any DMV facility. Renewal reminders are mailed to you approximately 60 days before the expiration date (your birthday). You may renew at any time during the six months prior to the expiration date.

Transfer of Licenses from Other Jurisdictions

Drivers from other states – If you move into Delaware from another state, you must apply for a Delaware driver license within 60 days after becoming a resident. You must turn in your previously issued out-of-state driver license or have a current certified copy of your driving record, provide proof of legal presence, proof of Social Security number, and two proofs of Delaware residency. Applicants will be required to fill out an application and pass an eye screening test. Written and road tests may be given, but they are normally waived if your license is valid. Suspended and revoked licenses cannot be transferred until the withdrawal action is cleared. Please go to *www.secureid.dmv.de.gov* and click “document guide” for an interactive tool to help in determining what documentation you will need.

Drivers from other countries – Nonresident drivers over the age of 16 years who have a valid driver license issued by their home country may operate motor vehicles on the highways of this State when their license is in their immediate possession. Sixty days after the nonresident driver becomes a Delaware resident, he/she must apply for a Delaware driver license. Drivers from other countries may retain their foreign licenses. All drivers licensed in other countries must pass both the written and road tests. Delaware has reciprocity agreements with Germany and France which exempt these drivers from the written and road tests. In addition to testing, applicants must provide proof of legal presence in the U.S., proof of Social Security number, and two proofs of Delaware residency. Please go to *www.secureid.dmv.de.gov* and click "document guide" for an interactive tool to help in determining what documentation you will need.

Restricted License

If you have a disability which interferes with driving a motor vehicle safely, it may be possible to compensate for your disability through use of special equipment. Examinations are required by the DMV in such cases, and a license with restrictions may be issued to you allowing you to drive only when you, your vehicle, or both are fitted with the specified equipment.

A common example of a restricted license is one which requires you to wear glasses when driving or restricts you to daylight driving only.

Identification Card

If you do not drive but need an identification card (ID), you can get one at any DMV location. You must be a Delaware resident and bring the required documents with you. To find out what you will need, go to *www.secureid.dmv.de.gov* and click "document guide" for an interactive tool to help in determining what documentation you will need.

TITLING/REGISTERING YOUR VEHICLE

New residents must title/register their vehicles within 60 days after becoming a Delaware resident. State law requires changes of address to be reported to the Division of Motor Vehicles within 30 days. You can find more detailed information on titling/registering a vehicle at *www.dmv.de.gov*, then click on "vehicle services."

For registration renewals, the DMV emails or sends notices to each vehicle owner that has supplied us with an email address or phone number. Notices are sent 90, 60, and 30 days before your vehicle's registration expiration date. We no longer send registration renewal notifications by mail. You may register for the email/phone reminder program on our website.

Vehicle Inspection

Before your vehicle can be titled/registered in Delaware, you need to have it inspected at one of the DMV office locations. You will need to bring a certificate of title and proof of insurance. There is no charge for an inspection for Delaware residents. You will need to have your vehicle inspected each time you renew your registration.

During the inspection, a technician will examine the key components of a safe vehicle and will not require you to do anything that you would not normally do while driving. You should check the list on the next page before taking your vehicle to get it inspected. It may save you a return trip for re-inspection. This list does not include all the items inspected, but those which commonly fail inspection.

Vehicles in unsafe condition, lacking required equipment or not in proper repair or adjustment will fail. Before a title, registration card or license plate is issued, the failed items must be corrected and the vehicle re-inspected and passed. Vehicle owners whose registration is about to expire may be eligible for a temporary tag if the failure item is not safety-related.

Items that Commonly Fail Inspection

- All lights must be clean, in working order and properly aimed. This includes stop lights, turn signals, license plate light, parking lights and headlights.
- Brakes must stop the vehicle within required distances. A performance brake test is given to all vehicles presented for inspection.
- Mirrors must be clean and unbroken.
- Windshield wipers must be fully operational (the rubber blades must be in good condition).
- Hood and trunk latches must work and keep hood and trunk fully closed.
- Tires must have no bulges, no fabric showing, no bald areas and no cuts. Tread depth must be at least 2/32 inch measured in two adjacent treads.
- Door handles or equivalent must be present and in working condition.
- There must be no damaged or dislocated parts projecting from the vehicle that could present a safety hazard.
- Horn must be in operating condition.
- Muffler must effectively reduce sound of engine exhaust. No leaks in exhaust system. Catalytic converter must be installed if originally equipped from manufacturer.
- There must be no visible gasoline, oil, or coolant leaks.
- Seat belts must be worn.
- No tinting or sun-screening device may be applied to the front windshield or to the front side windows.
- Passenger cars, 1968 and newer, and trucks 1970 and newer, will be tested for exhaust emissions. Most vehicles 1975 and newer will be tested for fuel vapor leakage. 1996 and newer vehicles will be tested using the Onboard Diagnostic Test (DBDII).
- Windshield must have no cracks which interfere with vision (within wiper range); holes, breaks or cracks over 5 inches on any window are mandatory failure items; minimum height of visibility in windshield is 10 inches.
- A new vehicle may be registered for five years without an inspection. Vehicles four years old can receive one year of registration without inspection; all others receive a 2, 3, or 4 years of registration based on model year. Vehicles that have never been titled in Delaware must go through inspection. The vehicle may receive a VIN verification or a full inspection depending on model year.
- A late fee ($20) is assessed for renewal after vehicle registration expiration.

HANDICAP PLATES AND PLACARDS

If you are a handicapped driver, you can apply for either a license plate or a placard that will allow you to park closer to buildings. Disabled plates/placards are valid for three years. To obtain a handicap plate/placard for the first time, you must meet one of the following requirements:

- Cannot walk 200 feet without stopping to rest
- Cannot walk safely without using a brace, cane, crutch, another person, prosthetic device, wheelchair or other assistive device
- Are restricted by lung disease
- Use portable oxygen
- Have a cardiac condition classified as Class III or Class IV according to the standards set by the American Heart Association
- Are severely limited in your ability to walk due to an arthritic, neurological or orthopedic condition

To apply for a handicap plate/placard, you must fill out an application form and have it signed by your physician. To renew a handicap plate/placard, complete and submit a self-certification form stating that you continue to need a handicap plate/placard because of the disability for which they were previously issued. Your physician's signature is not needed for a renewal. All forms are available on-line and at each DMV location.

ON-LINE SERVICES

The DMV provides a variety of information and on-line services on our website at *www.dmv.de.gov*, such as issues relating to driver services, vehicle services and transportation services. You can scroll through the hot topics section for up-to-date issues and current events. You can access our forms, manuals, and fee schedules for easy downloading or printing. We also have a teen driver website *www.teendriving.dmv.de.gov* and a senior driver website *www.seniordriver.dmv.de.gov*. For information on obtaining a federally-compliant driver license/ID card, go to *www.secureid.dmv.de.gov*. Some of the online services offered are vehicle registration renewal notifications, administrative hearing requests, DMV fee calculator, organ donor requests, vanity tag reservation service, and handicap placard issuance and renewals.

NEXT OF KIN REGISTRY

DMV's Next of Kin Registry is the latest tool that emergency officials use in emergency situations to contact a victim's loved ones when every minute counts. The program is aimed at providing another level of customer service to residents, while also giving them and their loved ones peace of mind. Participation in the program is voluntary and free of charge to anyone with a state-issued ID or driver's license. The information that is given during registration is only available to law enforcement officials, unless it is deemed necessary to be shared with other emergency personnel.

The registry is designed to allow those who sign up to provide two different emergency contacts, a primary and a secondary. Signing up for the program is fast, easy, and convenient with three different ways that will fit anyone's schedule:

- **Online** – Go to *dmv.de.gov* where you will be prompted to create a MyDMV online account, which will enable you to manage your information in the database and take advantage of the other online services that will be offered in the future.
- **In-person** – Sign up at any of our four DMV branch offices.
- **By mail** – Download a form from our website or pick one up at any of our four DMV branch offices, and mail it to the address on the form.

MOTOR VEHICLE FEES

Registration	Fees
Cars	
Renewals (yearly)	40.00
Late Renewals	20.00
Temporary Tag	20.00
Courtesy Inspection	4.00
Vanity Plate	40.00
Handicap Placard	No Charge
Motorcycle	15.00
Environmental Specialty Plate (one-time)	35.00
Animal Welfare Plate (one-time)	50.00
Farmland Preservation Plate (one-time)	50.00
Recreational Vehicles (yearly)	
5,000 pounds or less	40.00
Greater than 5,000 pounds	6.40[1]

[1]Price for each 1,000 pounds over 5,000

MOTOR VEHICLE FEES (CONT.)

Driver License	Fees
Class D (5yr) -effective December 11, 2011 (8yr)	$ 25.00 40.00
Renewal Class D (5yr) -effective December 11, 2011 (8yr)	25.00 40.00
Renewal Permanent Class D* (5yr) -effective December 11, 2011 (8yr)	15.00 24.00
CDL (5yr) -effective December 11, 2011 (8yr**)	30.00 48.00
CDL Each Additional Endorsement	5.00
Non-CDL Class A/B (5yr) -effective December 11, 2011 (8yr)	25.00 40.00
Motorcycle Endorsement (5yr) -effective December 11, 2011 (8yr)	8.00 12.00
Taxi Endorsement	3.45
Late Renewal Fee	10.00
Duplicate Driver License	20.00
Change of Address	No Charge
Change of Name	1.15
Photo Identification Card	20.00
Duplicate Photo ID Card	5.00
Driver License (DL) Record	25.00
Certified DL Record Affidavit	30.00
DL Suspension Reinstatement	50.00
DL Revocation Reinstatement	200.00

*Effective August 1, 2007, no more new permanent driver licenses shall be issued.

**HazMat not eligible for 8 yrs.

Notes: Additional vehicles and classes can be found in the Delaware Driver Manual.
Fees are subject to change. Please visit *www.dmv.de.gov* for current fees.

Duplicates	
License Plate with Sticker	$ 10.00
License Plate without Sticker	5.00
Validation Sticker	5.00
Dealer License Plate	10.00
Registration Card	10.00
Sample License Plate	6.00
Environmental/Animal Welfare License Plate	10.00
Farmland Preservation Plate	10.00

Driver License fees also include the cost of learner's permits (Motorcycle, Class D, and CDL), that precede the issuance of the licenses.

Titles	
Title (with lien)	$ 55.00
Title (without lien)	35.00
Title (duplicate)	50.00
Vehicle Record	25.00
Certified Vehicle Affidavit	30.00
Retain Tag Fee[a]	20.00
Change Tag Service Fee[a]	35.00
Document Fee (minimum)[b]	8.00

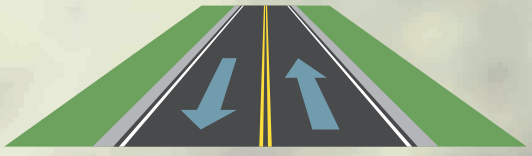
[a] Excludes Title Fee

[b] Calculated as 4.25% of the purchase price or NADA book value, whichever is greater.

DMV accepts cash, check, and credit card payments (Visa, MasterCard) with proper identification.

READING THE ROAD

Signs, signals, and pavement markings are the language of the road. They communicate with color, shape and placement to keep you safe. You may already know the basic language, but here are some tips you may not know.



Two Lane Highway

Divided Highway

PAVEMENT MARKINGS

The two colors used for pavement markings are yellow and white. White lines separate traffic traveling in the same direction and mark the right edge of freeways and ramps. Yellow lines generally separate traffic traveling in opposite directions. They mark the left edge of divided highways and ramps.

ROADWAY SIGNS

Most highway and interstate signs follow national standards for color, size, type styles, etc. The color of a sign can tell you a lot about what it is saying.

RED/WHITE
Regulatory Signs

RED, WHITE, BLUE
Interstate Signs

BLUE
Attractions and Motorist Services Signs

YELLOW OR FLUORESCENT YELLOW-GREEN
Warning Signs

ORANGE
Construction Signs

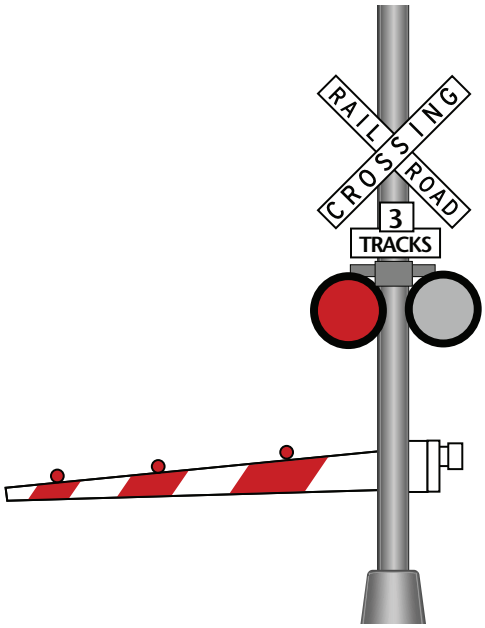
BROWN
Recreational and Historical Signs

BLACK/WHITE
Route and Direction Signs

GREEN
Destination and Mileage Signs

RAILROAD SIGNS AND SIGNALS

You should always use caution when crossing railroad tracks. Some of the more common railroad crossing warning signs and signals are shown below:



- A round yellow warning sign with an "X" symbol and black "RR" letters is placed along the road before you get to a railroad crossing.

- A white, X-shaped sign or "crossbuck" with Railroad Crossing on it is located at the railroad crossing. This sign has the same meaning as a Yield sign. You must yield to crossing trains.

- At some crossings, along with the crossbuck sign, there will be side-by-side lights that will flash when a train is approaching. When the lights are flashing, you must stop.

- At some crossings, there is also a crossing gate that will lower when a train is coming. Do not drive around the gate.

- Crossings with more than one train track often will post a sign that shows the number of tracks. These signs warn you that there is more than one track and there may be more than one train crossing.

OPERATION LIFESAVER®
Delaware

Operation Lifesaver is Delaware's railroad crossing and right-of-way safety awareness program. For more information, call 302-576-6013.

TIPS FOR DRIVING ON AN INTERSTATE

Here are a few tips to help you become better at navigating the road, especially when you are away from home. Signs can communicate with you to let you know where you are at all times.

Interstate Numbering

Interstate numbers can provide you with valuable clues to your location and direction, if you know how to read them.

- One- or two-digit even-numbered interstates are always east-west routes. The numbers increase from south (I-10) to north (I-94).
- One- or two-digit odd-numbered interstates are always north-south routes. Numbers increase from the west coast (I-5) to the east coast (I-95).
- Three-digit interstate numbers connect to other major interstates
  - If the first of the three digits is an even number, it usually connects to another interstate at both ends (a beltway or loop)
  - If the first of the three digits is an odd number, it is usually a spur route that connects with an Interstate at only one end, sometimes going into a city center

Mile Markers

Mile markers are located at the side of the road on interstates and some other roads. They show the number of miles from where the interstate entered the state in which you are traveling. Mile markers start at "0" at the state line in the south (for north-south routes) and in the west (for east-west routes). Mile marker numbers always get larger as you travel east or north. Knowing how to read mile markers can help you know exactly where you are, determine how far it is to your destination, and help you give an exact location if you have to call for roadside assistance.

Left Exits

Most of the time, a left exit on the interstate is marked by a special yellow LEFT EXIT panel at the bottom of an exit sign. But there is another clue. Look at the exit number panel at the top of the sign. If the exit number is on the right, then the exit will be on the right. If it is on the left, then the exit will be on the left.

Interchange Numbers

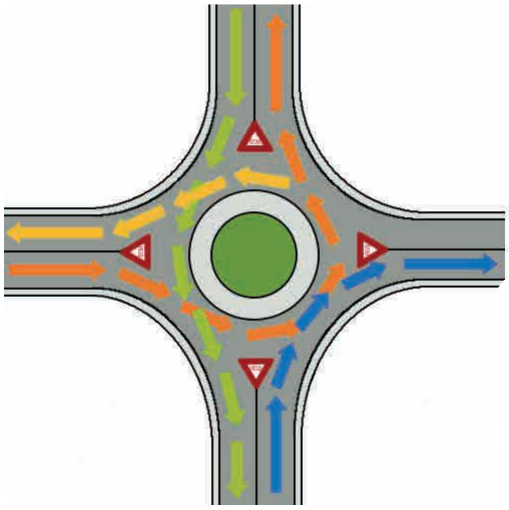
There are two systems for numbering interchanges. Look at a map to figure out which system is being used. Also watch the exit and mile marker numbers to see if they match.

- Some states link interstate interchange numbers to mile markers, so that the number on the mile marker is the same as the number of the exit or interchange. Exit 40 will be at or very close to Mile 40. This can be very helpful in navigation and trip planning. For example, if your destination is Exit 50, you know it's only 10 miles away.
- Some states number their exits consecutively, without linking them to mile markers. Exit 20 may be at Mile 70, and Exit 30 at Mile 120 – so don't make the mistake of thinking the next exit is only 10 miles away.

TIPS FOR NAVIGATING ROUNDABOUTS

A roundabout is a circular intersection that moves traffic counterclockwise around a central island without the aid of traffic signals. They help decrease vehicle emissions and fuel use, manage traffic congestion, reduce vehicle speeds, and improve safety. When driving in a roundabout you should:

- Slow down and prepare to yield as you approach the roundabout
- On the approach, you must be in the right lane (if it has more than one lane)
- Yield to the traffic already in the roundabout and coming from your left
- Stay to the right as you approach your turn
- Place your right turn signal on until you have exited the roundabout



Thru Traffic
Yield to traffic in the roundabout. Stay to the right and continue through.

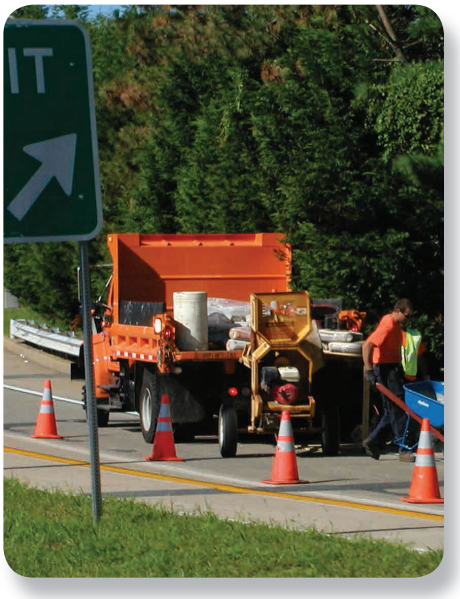
U-Turn
Yield to traffic in the roundabout. Stay to the right and continue around the roundabout and exit on the same road you entered from.

Left Turn
Yield to traffic in the roundabout. Go 3/4 around the roundabout and complete your turn.

Right Turn
Yield to traffic in the roundabout. Stay to the right and complete your turn.

EXPECT THE UNEXPECTED

DRIVING THROUGH A WORK ZONE



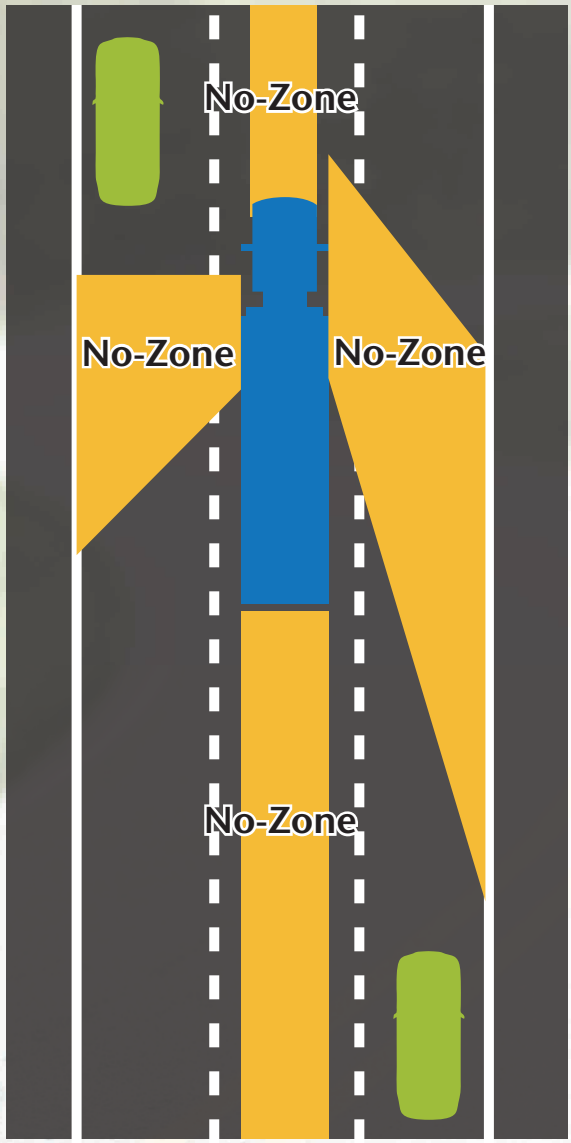
A work zone is an area along a highway where construction, maintenance or utility work is occurring. Because work zones often are unexpected and sometimes hinder the smooth flow of traffic, they can be a challenge to even the most skilled drivers. It is important for your safety and the safety of pedestrians and workers that you use great care when approaching and passing these sites.

Stay alert for changing traffic patterns and slowing or stopped traffic. Stopped traffic may be hidden around a curve or over a hill. Pay close attention to traffic signs and other devices, such as cones, that will safely guide you through the work zone. Obey the directions of the police and flaggers.

- When you see signs indicating lane closures ahead, prepare to move from the closed lane.
- Watch for slower speed limits. Fines for exceeding the speed limit in a work zone are doubled.
- Observe what other drivers are doing and avoid sudden moves.
- Do not weave from lane to lane. Brake gradually to give drivers behind you ample time to slow down. Keep up with the flow of traffic.
- Be alert for unusual pavement surface conditions, such as rough surfaces, metal plates, uneven pavement between lanes, and dropoffs at the pavement edge. They can make it more difficult for you to control your vehicle. Gradual, controlled movements are best under these circumstances.
- Maintain a reasonable speed and spacing between vehicles. You may have nowhere to go if you are traveling too fast or following too closely and the vehicle in front of you suddenly slows or stops.
- Be patient and considerate to workers and other road users.

DRIVING IN THE *NO-ZONE*

In general, trucks take slightly longer than cars to stop because of their size. If you're near a truck, try to stay out of its "blind spot" also called the "*No-Zone*" as depicted below:



THE KEY TO SAFER HIGHWAYS

Know the *No-Zone*

The *No-Zone* represents danger areas around trucks where crashes are more likely to occur.

LAWS YOU NEED TO KNOW

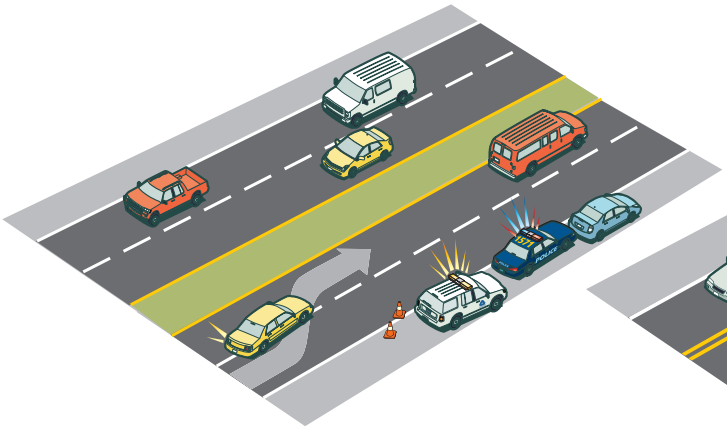
NO HAND-HELD CELL PHONES WHILE DRIVING

It is against the law to text or use a hand-held cell phone when driving in Delaware. If you need to talk on your phone while driving, you must use a hands-free device. You also cannot use a pager, PDA, BlackBerry, laptop, game or portable computer, two-way communication devices, or any other hand-held electronic communication devices while driving.

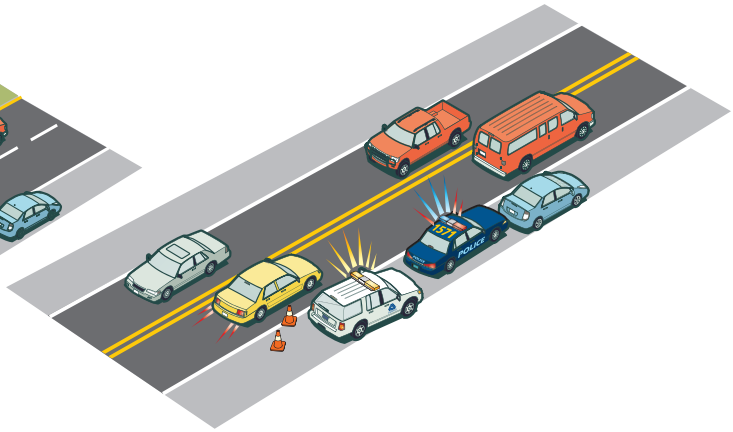
MOVE OVER – IT'S THE LAW

Whenever you see an emergency vehicle approaching (flashing lights or siren), you must immediately drive to the right-hand edge or curb of the roadway clear of any intersections until the authorized emergency vehicle has passed, except when otherwise directed by a police officer. This law extends to DelDOT vehicle operators (who are requested to provide support to fire and police at the incident scene).

Upon approaching a stationary authorized emergency vehicle (for example, a police car on the side of the road), DelDOT vehicle, or tow truck with flashing lights, you should proceed with caution and "move over" so the lane next to the stopped vehicle is clear. If it isn't possible to switch lanes, you should proceed with caution and reduce to a safe speed. Move over laws help reduce risk of serious injuries and death to all public servants who are working in harm's way.



MULTI-LANE ROADWAY
Move over a lane from the stopped vehicle(s) until you are safely past.



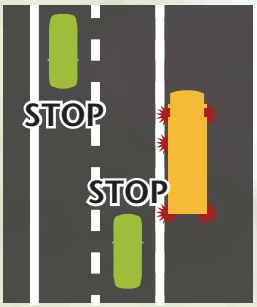
TWO-LANE ROADWAY
Slow down below the posted speed limit until you have completely passed the stopped vehicle(s).

STOP FOR SCHOOL BUSES

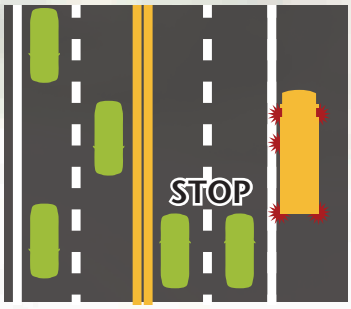
You must always stop when approaching any school bus from either direction when it is stopped to load or unload school children, except for when you are on the opposite side of a highway having four or more lanes.

School buses have two overhead flashing yellow lights in the front and back. They will be activated about 10 seconds before the overhead flashing red lights to warn drivers that a stop is about to be made. Approach a bus with flashing yellow lights with caution and anticipate a stop. Children may be waiting for the bus or may be running to board it.

The overhead flashing red lights and stop arm will be activated when the bus is stopped to pick up and discharge pupils. You must not proceed until the red lights have stopped flashing, and the stop arm has been retracted, then proceed cautiously.



LESS THAN 4 ROADWAY LANES
BOTH directions must STOP



4 OR MORE ROADWAY LANES
Only traffic following must STOP

YIELDING TO PEDESTRIANS

Pedestrians have the right-of-way when:

- Crossing a highway at an intersection and the green light or walk signal is in their favor
- Crossing within a marked or unmarked crosswalk
- On a sidewalk as it crosses an alley, entrance, or driveway
- They are blind and crossing with white canes or guide dogs

Pedestrians must yield the right-of-way when:

- Crossing a highway other than within a marked crosswalk or an unmarked crosswalk at an intersection
- Crossing the roadway where a pedestrian tunnel or overhead crossing is provided

DRIVING SKILLS AND SAFETY TIPS

DISTRACTED DRIVING

Driving is a risky activity. Each year more than 30,000 people are killed in motor vehicle crashes and nearly 3 million are injured. Driving instructors estimate that a driver makes 200 decisions for every mile of driving. If you are doing anything else while driving, you are adding to the total workload in your brain. If you take your eyes off the road while traveling 55 mph for 3-4 seconds, your vehicle travels more than the length of a football field.

If you are doing any of the following while driving, you are doing more things than you can manage safely:

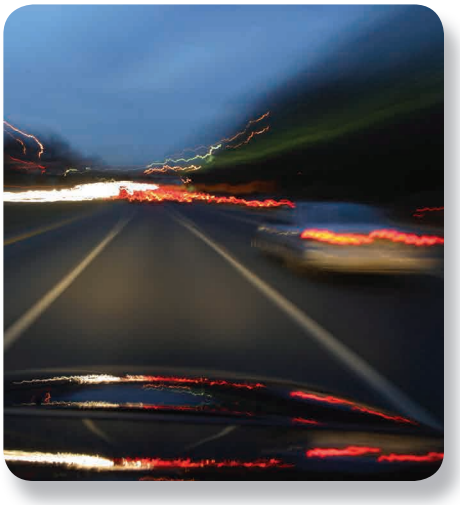
- Eating, drinking, or smoking
- Changing the radio or CD
- Shaving, putting on make-up or other personal grooming tasks
- Engaging in intense, complicated emotional conversations on cell phone or with passengers
- Reading a road map, newspaper or taking notes
- Focusing attention on children or pets
- Retrieving unsecured cargo or objects
- Driving an unfamiliar vehicle without first adjusting the mirrors and seat, selecting entertainment options, and locating the lights, turn signals and windshield wipers
- Talking or texting using a cell phone
- Reading or responding to email or other communications via laptop, blackberry or other PDA devices

DROWSY DRIVING

Driving for long distances may make you drowsy or unaware of what is happening. "Highway Hypnosis" commonly refers to the state of being unaware of surroundings. It is caused by monotony – the sound of the wind, the tires and the steady hum of the engine.

If you are tired while driving, it is best to rest or change drivers. Being tired dulls your mind and slows down your reactions, making driving hazardous. Keep in mind that lives are at stake. Here are some signs of drowsy drivers:

- Eyes close or go out of focus by themselves
- Trouble keeping your head up
- Can't stop yawning
- Wandering, disconnected thoughts
- Don't remember driving the last few miles
- Missed your exit
- Repeatedly driving out of your lane
- Speed becomes variable

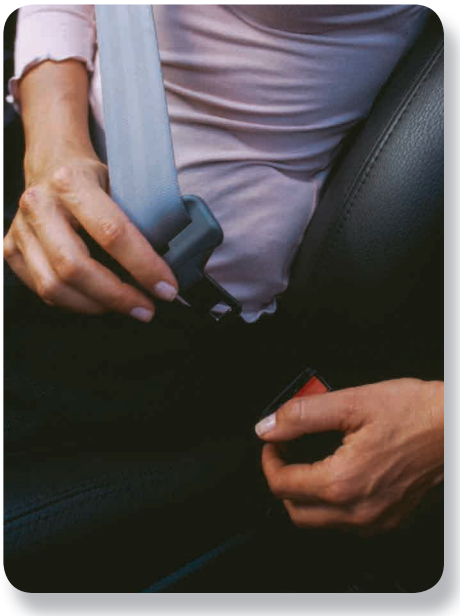


USING HEADLIGHTS

Delaware law requires you to have your headlights (not parking lights) on:

- When driving after sunset or before sunrise
- Any other time you cannot see beyond 1000 feet
- Any time you use your windshield wipers
- Switched to low beams 500 feet before meeting another vehicle or when within 200 feet of the vehicle you are following

SAFETY BELTS AND CHILD RESTRAINTS



Delaware law requires everyone in a vehicle to be in a seatbelt or child safety seat. You may be pulled over if officers see unbuckled occupants inside. Information on the use of safety belts and child restraints can be found in the Driving Skills and Safety Tips Section of the Delaware Driver Manual.

SAFETY TIPS

The safest time to drive is during the day and in good weather. You should find the safest route with well-lit streets, intersections with left turn arrows, and easy parking. You should also plan your route before you drive and share your plan with others. The following are tips for being a safer driver, both on and off the road.

In the Car

- Limit conversation while keeping the radio volume low
- Do not talk on your cell phone or text
- Avoid eating while driving
- Discourage smoking – smoke in the vehicle aggravates breathing problems and leaves a film on your windshield that may interfere with your visibility
- Put on your headlights and seat belt, even for quick trips
- If your car does not have an automatic reminder to fasten seat belts, leave yourself a note on the dashboard or sun visor
- If your seat belt is extremely uncomfortable or cannot be fastened properly, take it to a competent mechanic for alterations; many cars have adjustable shoulder belt mounts or you can buy devices that improve the fit
- Adjust your mirrors and seats for a comfortable fit

Out of the Car

- Clean your headlights, taillights, windshield and rear window inside and outside
- Clean your wiper blades with a paper towel dipped in windshield washer fluid to remove grime and oxidized rubber from the edge of the blade (helps prevent streaking)
- Check your tire pressure at least once a month and always before a long trip
- Ask that your oil, transmission and coolant levels, as well as fluids and all engine belts, be checked when you have your oil changed
- Exercise regularly to increase strength and flexibility
- Consider a defensive driving or driver improvement course
- Map out a safe route to grocery stores, malls, doctors' offices, and other common destinations, and practice driving it with a friend or family member
- Plan a route that only uses right turns if left-handed turns are too difficult to maneuver
- Think about potential alternatives to driving, such as riding with a friend or using public transit
- Be honest with yourself – if you are a danger on the road, take responsibility and either improve your skills or stop driving

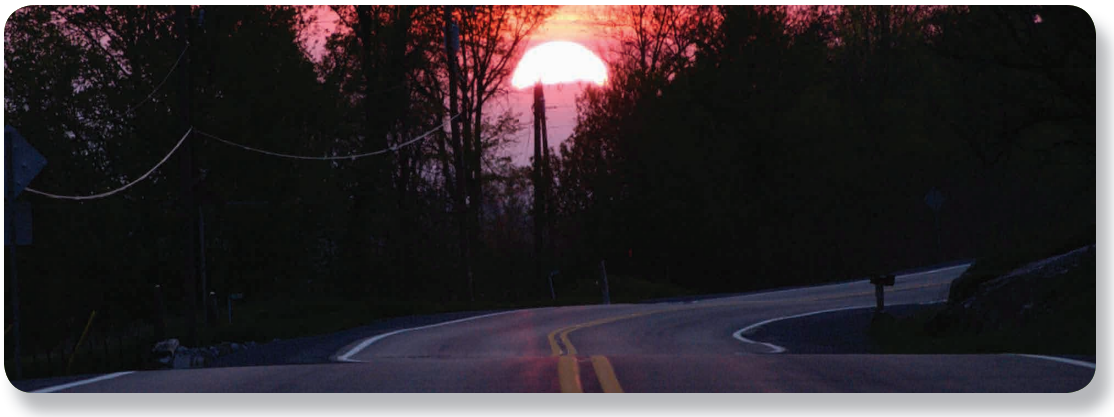
On the Road

- Move into an intersection only when you have checked the area for pedestrians, cyclists, vehicles, and any other hazards
- Don't allow other drivers to pressure you into sudden moves
- Leave a large following distance behind the car in front of you
- Drive at the posted speed limit; if you must drive more slowly, stay in the right lane
- Always signal before turning; cancel your turn signal if it does not shut off automatically after a turn
- Keep eyes moving to scan the roadway from shoulder to shoulder to avoid highway hypnosis
- Drive with low beams during the day, especially on two-lane roads

At Night

At night, drivers lose the advantage of color and contrast that is available during the day. Depth perception and peripheral vision are also diminished. Studies have shown that 90% of a driver's reaction depends on vision, while some drivers over 50 years old may need twice as much light as someone in their 30s. To assure maximum visibility while driving at night:

- Align your headlights
  - Ask the service technician at inspection to check the aim of your headlights
  - Take your vehicle to a dealer or repair shop for a headlight checkup
- Consider anti-reflective (AR) eyeglasses
  - Ultra-thin film reduces internal reflections in the lenses; AR-coated glasses transmit more light than regular lenses, which improves vision at night and helps distinguish fine details during the day
- Turn your headlights on one hour before sunset, and keep them on at least one hour after sunrise
- In fog, use only low beam headlights
- Avoid glare – instead of looking at oncoming headlights, look toward the right side of the road and watch the white line marking the outside edge of the traffic lane
- Diminish your dashboard lights and use your sun visor to reduce glare
- Avoid using any other lights inside your vehicle
- Clean the inside and outside of your windshield, as well as your headlights
- Use the mirror's day/night setting to reduce glare from cars directly behind you – you can usually change the mirror by flipping the small lever at the bottom of the mirror
- Prevent fatigue – make sure there is good ventilation inside your vehicle and take frequent refreshment breaks to give your eyes a chance to recover



When to Avoid Driving

- When you are tired, depressed, or angry
- If you frequently become angry in heavy traffic, try to avoid the kind of traffic that would generate such feelings
- At dawn and dusk when fog may be present
- More than one hour past bedtime
- When taking medication that could cause drowsiness, impair your driving, or have other adverse side effects
- When you have been drinking
- When severe weather conditions are predicted

Trip Planning

- Let your family and friends know where you are headed
- Check your car to ensure it has a spare tire, jumper cables, water, a flashlight, and an alerting device such as reflective triangles, flares, or light sticks
- Plan the time of day you will be driving, avoiding night driving and rush hour traffic
- Plan the stops you will make along the way
- Check the road, weather and traffic conditions before you leave
- Check your side and rearview mirrors
- Adjust your head restraint – the center of the headrest should coincide directly with the back of your head
- Estimate your toll expense and ensure you have money on hand
- Take a break every 90 minutes of driving – have a beverage or a snack, walk around and move your arms. This helps keep you alert, improves circulation and helps prevent stiffness and fatigue.
- Stretch before and after long drives
- Note landmarks and exits that will help you navigate and remember your route

VEHICLE EMERGENCIES

All drivers sooner or later will find themselves in an emergency situation. As careful as you are, there are situations that could cause a problem for you. If you are prepared, you may be able to prevent any serious outcomes.

Steering Wheel Locking Device

Never turn your vehicle's ignition to the "lock" position while it is still in motion. This will cause the steering to lock if you try to turn the steering wheel, and you will lose control of your vehicle.

Brake Failure

If your brakes stop working:

- Pump the brake pedal several times. This will often build up enough brake pressure to allow you to stop.
- If that does not work, use the parking brake. Pull on the parking brake handle slowly so you will not lock the rear wheels and cause a skid. Be ready to release the brake if the vehicle does start to skid.
- If that does not work, start shifting to lower gears and look for a safe place to slow to a stop. Make sure the vehicle is off the roadway. Do not drive the vehicle without brakes.

If your brakes are wet:

- After driving through deep water you should test your brakes. They may pull to one side or not at all.
- To dry brakes, put your car in low gear, drive slowly, and tap/apply brakes lightly.
- Test every 200 feet, continuing until braking action returns to normal.

CHOOSING A CAR THAT FITS

Choosing a vehicle that is "the right fit" is a part of safe driving. The right vehicle will help you feel comfortable and in control, ultimately making you a more confident driver. With a growing senior population and advancing technology, automakers are designing vehicles geared towards the needs of senior drivers. These new models have enhanced features, including:

- Clearer dashboard displays
- Wider doors
- Easier seat controls
- More precise seating adjustments
- Night vision technology
- Adjustable pedals

When searching for a new vehicle, look for one that adds to your comfort and control and offsets any loss you have experienced in strength or visibility.

- Automatic transmission
- Power windows and door locks
- Low door threshold makes vehicle entry and exit easier
- Four doors require less strength to open and close than two-door models, which have longer, heavier doors
- Power steering
- Dynamic stability control helps prevent loss of control in a turn, enabling you to compensate for slower reaction times and make quick corrections
- Power anti-lock brakes prevent wheels from locking during emergency breaking
- 6-position adjustable seats make it easier to enter and exit vehicles and adjust seats for leg room, and they allow you to obtain a line of sight above the steering wheel
- Heated seats with lumbar support can assist with back pain
- Telescoping or tilting steering wheel ensures that you can position yourself at least 10 inches from the front airbag, and helps to alleviate neck and shoulder pain

- Thick steering wheels require less hand and wrist strength to grip and handle
- Steering wheel covers improve your grip to compensate for arthritis in your upper body
- Automatic day/night rearview mirror
- Rear window defroster
- Power-adjust side mirrors are easier to adjust for drivers with limited strength and arthritis
- Large, wide-angle mirrors help you compensate for limited range of motion or difficulty turning to check blind spots
- Keyless entry and keyless ignition mounted on the dashboard help avoid difficulty that can occur by turning a key in the lock or ignition
- Dual front air bags
- Daytime running lights make it easier for others to see you
- Amber turn signals
- Untinted windshield
- Easy-to-reach controls
- Large and well-lit dashboard controls and buttons are easier to use than knobs
- Visors and extendable sun visors help you adjust to, and prevent, glare
- Tire pressure monitoring system alerts you when tire pressure is low

The visibility of your vehicle on the road is also important. Studies show that the most visible vehicles on the road have light, single-tone paint. Industry analysts report the safest colors to be greenish yellow, cream, yellow or white. The least safe colors are red and black.

Larger vehicles tend to be easier for senior drivers to get in and out of, thanks to more head room, leg room, and higher seats. There are also many auto aids available to help you drive more comfortably and safely, such as straps to get in and out, gas cap tools, and key turners. More information can be found at *www.seniordriver.dmv.de.gov*.

But only you can determine how comfortable you feel in a car. So take a test drive!

- As you get in and out of the vehicle, notice whether you have to bend uncomfortably or have trouble lifting your legs
- Behind the wheel, check thoroughly for any blind spots:
  - The rearview mirror should show as much of the rear window as possible
  - Look over your shoulder on both sides to confirm that you can see clearly
- Adjust the seat to assure that you can easily adjust the height and tilt
- Make sure the top of the steering wheel is no higher than the top of your shoulders:
  - Check that you can steer freely, grasping the steering wheel so your hands lay at 8 o'clock and 4 o'clock, with your upper arms resting on your ribcage; turn the steering wheel to the left and right
  - Assure that you can comfortably reach the pedals while steering, as well as the radio and temperature controls
- Confirm that there is at least 10-12 inches between your chest and the front airbag and steering wheel
- Try out the seat belt to make sure it fits properly – you will be wearing it every time you get in your car:
  - An improperly adjusted shoulder harness that puts pressure on your neck can cause dizziness and a drop in blood pressure
  - The lap belt should go across your hips, and the shoulder belt should go across your rib cage and not under your arm
- If you use a wheel chair or walker, be sure it can fit comfortably in your car and easily be taken in and out

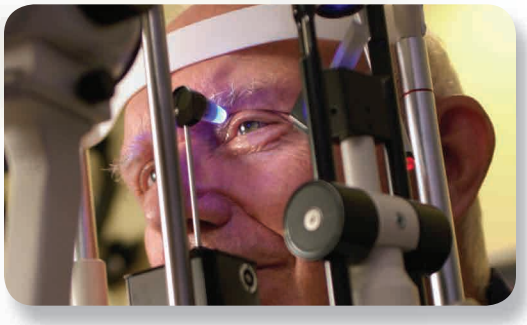
DRIVING AND YOUR HEALTH

There are many changes we experience with age that may affect driving.

- At age 40, mental sharpness begins to diminish, thought processing slows, multitasking is more challenging, night vision worsens, and recovery from glare is reduced
- At age 50, 9 in 10 people require glasses, and reaction time slows
- At age 60, muscle strength and range of motion decrease by as much as 25%
- At age 70, arthritic joints make movement painful and restrict mobility, and conditions such as stroke, Parkinson's disease, hypertension, dementia, Alzheimer's Disease, and diabetes may affect perception and behavior

DMV MEDICAL PROGRAM

Every person applying for or renewing a Delaware license is required to answer the following question: "Do you have any physical or mental conditions, or physical or mental disabilities that interfere with your ability to safely operate a motor vehicle?" If you answer "yes," you will be asked to explain your circumstance to determine if a license may be issued or if medical clearance is required.



Everyone is required to pass an eye test before a license is issued. A license with full privileges is issued if your vision is 20/40, with or without correction. A "daylight only" license is issued if your vision is 20/50, with or without correction.

You may also need to pass a written test before your license will be issued. Difficulty passing this test may indicate that you need to study Delaware traffic laws or that you face a cognitive decline such as dementia.

Special Examination

State law allows DMV to conduct a re-examination of your driving ability if the DMV receives a written request from law enforcement, family, physicians or others acceptable to the DMV. To keep your driving privileges, you will need to submit a medical form verifying you are safe to drive. Then you will need to successfully complete the vision test, written test, and road skills test.

Based on a physician's recommendation, you may be required to have an evaluation and/or training from a certified rehabilitation center and provide the DMV with a release from the center.

MEDICATIONS THAT AFFECT DRIVING

We all know that drinking and driving is both against the law and an unwise decision. Unfortunately, alcohol is not the only drug that impairs drivers. Senior drivers are the most likely to drive while taking multiple medications, putting them at risk for medication-related crashes.

Both prescription and over-the-counter medications can:

- Slow reaction time
- Blur vision
- Diminish concentration
- Impair mobility
- Cause drowsiness or dizziness

Cough syrups, pain relievers, and even herbal remedies may have unexpected side effects or interact with other drugs or food. If you are taking medication, ask your doctors and pharmacists about the effects they may have on your driving. Be sure you understand how drug interactions can affect you. Common drugs that affect driving:

- Medications for anxiety or insomnia
- Insulin for diabetes
- Ulcer medications
- Prescription pain relievers
- High blood pressure medication
- Antibiotics
- Allergy medications
- Medications for congestive heart failure
- Medications for depression

YOUR VISION AND DRIVING

Studies show that 85-90% of all sensing clues in driving come through the eyes. While aging takes its toll on eyesight, seniors can learn to cope with changing vision to keep everyone safer on the road. Seniors with diminished eyesight may face a decline in the ability to:

- Judge the speed of oncoming vehicles
- Notice objects at the outer edges of your field of view
- Shift focus to objects and identify them
- Perceive detail and differences in color and contrast
- Accurately judge the distance of an object
- Detect motor vehicles, cyclists, and approaching pedestrians
- Recognize objects in low-light condition such as dawn, dusk, rain, fog, haze and snow
- See signs at the roadside because of narrow side vision

At the same time, seniors become more sensitive to glare as they age. Their eyes' lenses can become thicker and yellowed, resulting in a fogging of vision and sensitivity to glare. A 55-year-old takes eight times as long to recover from glare as a 16-year-old.

Colors also become harder to see with age. Red colors do not appear as bright and it may take some senior drivers twice as long as it took in earlier years to detect the flash of brake lights.

While you can't turn back the clock, you can get frequent eye exams, wear corrective lenses, and select vehicles with the best visibility.

YOUR HEARING AND DRIVING

A driver with hearing loss may miss crucial alerts on the road, such as honking horns, engine sounds, and emergency vehicles. Loud sound, music, and conversation in the car may further prevent hearing and take attention away from the task of driving.

If you feel you may have some degree of hearing loss, talk to your doctor or a licensed audiologist (hearing specialist) about how to drive safely with your hearing deficiency. You may also apply at the DMV to receive a Visor Communication Card that fits under your sun visor to alert law enforcement of your hearing loss.

MEDICAL CONDITIONS THAT MAY IMPACT DRIVING

Diabetes

If you have diabetes and take insulin, you should not drive when there is any chance of an insulin reaction, blackout, convulsion, or shock. This could happen as a result of skipping a meal or snack, or from taking the wrong amount of insulin. You should also consider having someone else drive for you during times when your doctor is adjusting your insulin dosage.

If you have diabetes, you should have your eyes checked regularly for possible night blindness or other vision problems.

Epilepsy

While it is under medical control, epilepsy generally is not dangerous. In Delaware if you are subject to loss of consciousness due to disease of the central nervous system, you must be certified that the infirmity is under sufficient control to drive safely.

Heart Conditions

People with heart diseases, high blood pressure, or circulation problems or those in danger of a blackout, fainting, or a heart attack should not get behind the wheel. If you are being treated by a doctor for a heart condition, ask if it could affect your ability to drive safely.

MAINTAIN A HEALTHY BRAIN

Keeping your brain in good shape will help you as you age, especially when it comes to driving. There are programs that exist to exercise your brain with fun, interactive games and tests. Visit the DMV website *www.dmv.de.gov* or *www.positscience.com* to find fun games and exercises.

SELF-ASSESSMENT

The purpose of this self-assessment is to promote safer driving by comparing your current driving abilities with general requirements for safe driving. Take a minute to answer the following questions; and then review the "rationale" tips following the questions.

1. Do you wear your seat belt? ☐ Always ☐ Sometimes ☐ Never
2. Do you signal and look over your shoulder when changing lanes? ☐ Always ☐ Sometimes ☐ Never
3. Do you think you are slower than you need to be in reacting to dangerous driving situations? ☐ Always ☐ Sometimes ☐ Never
4. When you get really upset, does it show in your driving? ☐ Always ☐ Sometimes ☐ Never
5. Do your thoughts wander while you are driving? ☐ Always ☐ Sometimes ☐ Never
6. Do traffic situations make you angry? ☐ Always ☐ Sometimes ☐ Never
7. Do you get regular vision exams to keep your vision at its sharpest? ☐ Always ☐ Sometimes ☐ Never
8. Do you check with your physician about the effects of your medications on your driving ability? (If you do not take medications, skip this question) ☐ Always ☐ Sometimes ☐ Never
9. Do you try to stay informed of current information on health practices and habits? ☐ Always ☐ Sometimes ☐ Never
10. Are your children, other family members or friends concerned about your driving ability? ☐ Always ☐ Sometimes ☐ Never
11. Do you frequently get in accidents, receive traffic violations, or have 'discussions' with officers? ☐ Always ☐ Sometimes ☐ Never
12. Do you frequently get lost while driving on routes that were once familiar? ☐ Always ☐ Sometimes ☐ Never
13. Do other cars appear out of nowhere? ☐ Always ☐ Sometimes ☐ Never

14. Do you have trouble seeing signs in time to respond to them? ☐ Always ☐ Sometimes ☐ Never

15. Do other drivers drive too fast? ☐ Always ☐ Sometimes ☐ Never

16. Do other drivers honk at you? ☐ Always ☐ Sometimes ☐ Never

17. Does driving cause stress? ☐ Always ☐ Sometimes ☐ Never

18. After driving, do you feel tired? ☐ Always ☐ Sometimes ☐ Never

19. When making a right turn at an intersection, do you strike the curb or run over it? ☐ Always ☐ Sometimes ☐ Never

20. Do you have trouble turning the steering wheel? ☐ Always ☐ Sometimes ☐ Never

21. Do you have trouble pressing down on the gas or brake pedals? ☐ Always ☐ Sometimes ☐ Never

22. Do you attempt turns from the wrong lane? ☐ Always ☐ Sometimes ☐ Never

23. Do people accept rides from you? ☐ Always ☐ Sometimes ☐ Never

24. Do you feel overwhelmed by all of the signs, signals, markings, pedestrians, and other vehicles that you must pay attention to at intersections? ☐ Always ☐ Sometimes ☐ Never

25. Do you have trouble realizing that a car has slowed or stopped ahead of you? ☐ Always ☐ Sometimes ☐ Never

26. Do you have trouble judging how fast you are approaching a stopped vehicle? ☐ Always ☐ Sometimes ☐ Never

27. Do you confuse the gas and the brake pedals? ☐ Always ☐ Sometimes ☐ Never

28. Do you notice scrapes and dents on your vehicle, garage or mailbox? ☐ Always ☐ Sometimes ☐ Never

SELF-ASSESSMENT "RATIONALE" TIPS

1. Buckle up every time. It's the law.
2. Stiffness in your neck or back may make it difficult to look over your shoulder to check your blind spots. Try some simple stretching techniques and adjust your mirrors to ensure visibility, and always remember to signal to other drivers before making a move.
3. Most senior drivers have excellent judgment when driving, but have slower reaction times when dealing with emergency situations. The best way to keep yourself safe is to keep yourself physically and mentally fit, and avoid driving when you may be tired, ill, or taking any drug that slows your responses.
4. When you feel emotional, delay driving until you have calmed down. Go for a walk or talk to someone about how you are feeling before you get behind the wheel.
5. Treat driving as a complicated task that requires your full attention. Try to remove or reduce distractions in your mind and in your vehicle.
6. Take a few slow, deep breaths when you feel angry, and try to avoid traffic situations that would cause you to feel angry.
7. While your vision changes as you age, you can ensure safety on the road by getting eye annual exams.
8. Make a list of all of your medications and take them to your doctor or pharmacist to make sure that you are safe to drive while taking your medications.
9. Learn more about the relationships between good health practices and how they can help you safely drive longer. Take control of your health habits through good nutrition, exercise, and annual medical check-ups.
10. Carefully listen to your loved ones and their concerns regarding your driving. While it may be difficult to accept this criticism, your loved ones can provide a valuable opportunity to learn how your driving can be improved.
11. Examine why you had the accident or received the traffic violation and think of ways you can avoid the same occurrence in the future.
12. This could be a sign of dementia or other mental health issues that may be addressed by talking to your doctor.
13. This is a dangerous situation that could result in an accident. Be alert and constantly check your surroundings while driving.

14. Even through your reaction times slow with age, you want to make sure that you still have time to respond to signs without putting yourself or others in danger.

15. While this may be true, keep yourself safe by avoiding busy roads and staying in the right lane.

16. Think carefully about the times that other drivers have honked at you and what might have caused them to do so.

17. While some stress is natural, too much stress while driving may be unhealthy and put you at risk for accidents.

18. Stop to take a break after every 90 minutes of driving, or sooner if needed.

19. Carefully inspect turns before you make them, and adjust your seat and mirrors to ensure maximum visibility when turning.

20. Inability to turn the wheel may be a result of diminished strength. Make sure your steering wheel is adjusted to a comfortable position and keep yourself in good physical shape for driving.

21. Diminished strength may make it harder to push down on the gas and brake pedals. Exercise regularly to keep yourself in the best shape for driving.

22. This is a very dangerous action which could result in a severe accident.

23. While it may be hard to accept, your friends and family are the best judges of your driving skills. Talk to them about their concerns to find ways to improve your driving skills to make others feel safe in your vehicle.

24. Driving is a complex task that requires many decisions in short periods of time. If you answered 'Always', consider avoiding busy roads and intersections.

25. You may feel this is true as a result of diminished perception.

26. This could result in a rear-end collision, putting yourself and other drivers in danger.

27. This confusion can make you a very dangerous driver. Familiarize yourself with both pedals and practice using them while moving slowly down a long driveway or in an empty parking lot.

28. This may mean that you are hitting things without realizing it. Document when you find scrapes or dents and try to figure out what you may have hit and when. Also, adjust your seats and mirrors to find your maximum visibility and decrease your risk for collisions with other objects.

STAYING SAFE AND MOBILE

As experienced drivers grow older, changes in their vision, attention, and physical abilities may cause them to drive less safely than they used to. Sometimes these changes happen so slowly that drivers are not even aware that their driving safety is at risk.

If you are concerned about a loved one's driving, take time to talk to them outside of the car (not while they are driving). Let them know you are concerned and why (give specific reasons: e.g., recent scratches and fender benders, getting lost on familiar routes, running stop signs or traffic lights, drives too slow or too fast and gets honked at, drifts into another lane often, or starts receiving tickets for moving violations). Be prepared for an angry or defensive response. Remember, driving is important for independence and self-esteem. It may take more than one conversation. Be supportive and show continued concern. Most importantly, be a good listener and help transition your loved one for a possible physician checkup (review the effects of medicines being taken) and/or discuss what other alternative transportation options are available. More helpful information is available on Delaware's senior driving website *www.seniordriver.dmv.de.gov*.

ALTERNATIVE TRANSPORTATION OPTIONS

At some point, your loved one will need to stop driving for his or her own safety and the safety of others on the road. When this happens, provide alternative transportation option information and consider creating a 'transportation plan' that includes:

- Names and phone numbers of friends and relatives who are willing to give rides (with days/times available)
- Local cab company phone number
- Bus route information
- Shuttle service information (door-to-door)
- Research local volunteer driver programs (e.g., community centers, church, civic organizations, etc.)

To help with the transition of not driving, ride with them the first time or two on the bus, shuttle, or in the cab. Print out train, bus, and shuttle schedules and fares (update the information every few months). Remember, you can even order prescriptions and lots of other items on-line for your loved one. Some of Delaware's Senior Driver Task Force partners (e.g., DART, RideShare, Sussex County Mobility Consortium) also offer alternative transportation options – see back of this guide for contact information).

USEFUL CONTACT INFORMATION

AAA Mid-Atlantic

AAA is able to help you around the clock with all your cars & driving, travel, insurance, banking and loan needs.
www.midatlantic.aaa.com

Member Services 866-MEMBERS (866-636-2377)

AARP Delaware

AARP is a nonprofit, nonpartisan organization that helps people 50 and over improve the quality of their lives.
www.aarp.org/states/de

Phone: 866-227-7441 8:00 a.m.–5:00 p.m. Monday through Friday

Beebe Medical Center

Beebe Medical Center is a non-profit community medical center in Lewes, Delaware. Their mission is to encourage healthy living, prevent illness, and restore optimal health to the people they serve. Beebe offers special community programs related to senior driving safety, a CAR Fit program in conjunction with AARP, and driving evaluation programs thru their Occupational Therapy Department. For more information on any of these programs or any services related to Rehabilitation, please contact Alice Workman OTR/L at *aworkman@bbmc.org*

Phone: 302-645-2437

Delaware Aging Network (DAN)

DAN is a state-wide collaborative of senior serving agencies that strive together to maximize efforts to meet increasing service demands and address public policy issues; gain a better understanding of the field of Aging through regular dissemination of information and networking; provide assistance and increase capacity of existing senior centers and other senior serving agencies; and provide advocacy.
www.delawareagingnetwork.org

Phone: 302-651-3460

Delaware Department of Transportation

The Mission of the State of Delaware's Department of Transportation is to provide a safe, efficient, and environmentally sensitive transportation network that offers a variety of convenient and cost-effective choices for the movement of people and goods.
www.deldot.gov

General Information: 800-652-5600 or 302-760-2080

Delaware Safety Council

Established in 1919, the Delaware Safety Council is a non-profit organization which provides defensive driving courses and occupational safety training.
www.delawaresafetycouncil.org

Phone: 800-342-2287

Delaware State Police

The Delaware State Police strives to enhance the quality of life for all Delaware citizens and visitors by providing professional, competent and compassionate law enforcement services.
www.dsp.delaware.gov

See Troop Locations for troop phone numbers and addresses

Delaware Transit Corporation (DART)

DART First State and the Delaware Transit Corporation's mission is to design and provide the highest quality public transportation services that satisfy the needs of the customer and the community.
www.dartfirststate.com

Information Center 302-652-3278 (New Castle) or 800-652-DART (3278)

Department of Health & Social Services

The Department of Health & Social Services strives to improve the quality of life for Delaware's citizens by promoting health and well-being, fostering self-sufficiency and protecting vulnerable populations.
www.dhss.delaware.gov

See Contact Information for the different Divisions within this agency

Department of Insurance

The Department of Insurance strives to ensure reliable insurance coverage at reasonable rates for Delaware consumers. The Department of Insurance quarterly electronic newsletter is available at
http://delawareinsurance.gov/signup.shtml

www.delawareinsurance.gov

Main Office 302-674-7300 or Wilmington Office 302-577-5280

Division of Services for Aging & Adults with Physical Disabilities

The Division of Services for Aging and Adults with Physical Disabilities mission is to improve or maintain the quality of life for Delawareans who are at least 18 years of age with physical disabilities or who are elderly.
www.dhss.delaware.gov/dsaapd/

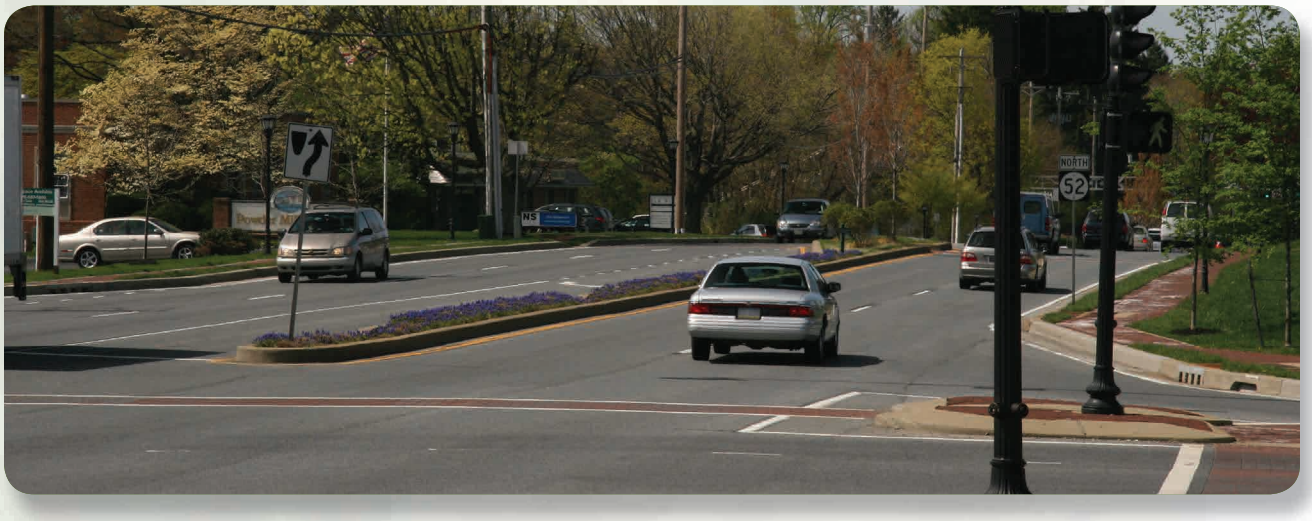
Phone: 800-223-9074

Telecommunications Device for the Deaf (TDD) only: 302-391-3505 or 302-424-7141

Dover/Kent County MPO

The Dover/Kent County MPO is a federally-designated agency responsible for coordinating transportation planning and programming in Kent County, Delaware, including all of the cities of Milford and Smyrna.
www.doverkentmpo.org

Phone: 302-387-6030



Institute for Public Administration/University of Delaware

The University of Delaware's Institute for Public Administration addresses the policy, planning, and management needs of its partners through the integration of applied research, professional development, and the education of tomorrow's leaders.
www.ipa.udel.edu

Phone: 302-831-8971

Medical Society of Delaware

The Medical Society of Delaware's principle is to further the ideals of the medical profession, thereby enhancing the health and well-being of the citizens of Delaware.
www.medicalsocietyofdelaware.org

Phone: 302-366-1400

For Kent & Sussex Counties
800-348-6800

Office of Highway Safety

The Office of Highway Safety (OHS) is committed to developing and implementing a comprehensive strategy aimed at saving lives and preventing injuries on our highways.
www.ohs.delaware.gov

Phone: 302-744-2740

Sussex County Mobility Consortium

The Sussex County Mobility Consortium provides transportation via bus or other vehicles to seniors for almost any type of trip. For further information please call:

Thomas McClain 302-856-5187

Delaware Division of Motor Vehicles

www.seniordriver.dmv.de.gov

DMV LOCATIONS

Greater Wilmington
2230 Hessler Boulevard
New Castle, DE 19720
302-434-3200

Delaware City
2101 Mid County Drive
New Castle, DE 19720
302-326-5000

Dover
303 Transportation Circle
Dover, DE 19901
302-744-2500

Georgetown
23737 DuPont Boulevard
Georgetown, Delaware 19947
302-853-1000

Delaware Department of Transportation

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