

Resources

Functional Assessment Centres

A Functional Assessment Centre is an Ontario Ministry of Transportation-approved centre that will evaluate your ability to drive safely using written tests, cognitive tests and an in-car road test.

An assessment can cost \$500 or more and is not covered by OHIP. Some private health or accident insurance plans may offer coverage.

For more information go to www.ontario.ca/page/medical-review-ontario-drivers

CBI Physiotherapy and Rehabilitation Centre

450 Appleby Line, Unit 14, Burlington
.....905-631-7059
www.cbi.ca

DriveAgain

5045 Mainway, Unit 101, Burlington
.....905-632-2410
www.driveagain.ca

DriveLab Inc.

180 Trowers Road, Unit 24, Woodbridge, ON L4L 8A6
.....647-499-4620
www.drivelab.ca

Saint Elizabeth Healthcare

1575 Upper Ottawa St., Units 1A-1C, Hamilton, ON L8W 3E2
.....416-398-1035
Email: driverinfo@sehc.com
www.saintelizabeth.com

Skill Builders Physiotherapy and Rehabilitation

370 Bayview Drive, Suite 100, Barrie, ON L4N 7L3
.....705-727-0319
Oakville test location available
www.skillbuildersrehab.com

The Association for Driver Rehabilitation Specialists

www.aded.net

Driving courses

55 Alive Driver Refresher Course sponsored by Canada Safety Council
.....613-739-1535 ext. 230
www.canadasafetycouncil.org

Practice Test Central

YouTube videos with practice Ontario Driver Renewal questions.
www.youtube.com/@PracticeTestCentralYT

Private Driving Schools

These businesses can provide both in class and in car instruction. Search online for more information.

Renewing your license

Aging and Driving: Ontario's License Renewal Program for Drivers' age 80 and above
www.mto.gov.on.ca

Ontario Driver's Handbook: purchase at any Service Ontario location or at <https://www.publications.gov.on.ca/mto-drivers-handbook-series>

Additional OAAC Fast Fact Resources

- (To order a copy, call 311.)
- For Ontario Drivers Age 65 Plus
 - Transportation Choices for Older Adults

For more information, visit www.halton.ca or call 311.



halton.ca 311

Safe Driving for Older Adults



2025

Fast Facts

Older Adult Advisory Committee (OAAC)



Driving is a privilege

For many older adults, driving has been a normal part of everyday life for many decades. The rewards of driving yourself include independence and freedom. Your many years of safe driving should be celebrated.

Since we started driving, the road environment has become more challenging. For example:

- Familiar urban roadways and intersections look different
- Traffic volumes have increased
- Newly introduced bicycle lanes can be confusing
- Long sections of strip malls have increased the number of vehicles entering and leaving the roadway.
- Traffic circles can be confusing

Additionally, age has a part to play. We may be experiencing:

- declining eyesight or hearing;
- reduced reaction times;
- arthritis, pain or stiffness which can make it difficult to check blind spots or apply brakes;
- conditions such as dementia or stroke that may impact judgment and decision making
- medication side effects that impede safe driving.

Ask yourself—how safe is my driving?

It’s always a good practice to evaluate how safely you are driving. Here’s a few things to consider:

- Have I recently been involved in a minor collision?
- Are my family members concerned about my driving ability?
- Am I finding it more difficult judging distances or noticing pedestrians or merging vehicles?
- Do I avoid driving at night because it’s hard to see?
- Am I feeling nervous or stressed or confused while driving?
- Do I take any medications that may impact my driving ability?

If you identified with some of these factors, you might want to:

- Have your hearing or eyesight checked;
- Enroll in a driving refresher course;
- Have an Ontario Ministry of Transportation (MTO) approved Functional Assessment Centre evaluate your driving.



Note: Ontario law requires that regulated medical professionals such as optometrists, physicians and nurse practitioners report to the MTO any medical or visual issues that could impair your ability to drive safely.

Planning for the future

If you are concerned about your ability to drive safely, it may be time to look for other forms of transportation.

Call 311 or visit www.halton.ca to request a copy of “Transportation Choices for Older Adults”

Did you know?

The estimated annual cost of owning/operating an average car is \$1,370.00 per month.

Source: Ratehub.ca – Feb 2025

Safe driving tips

- Get the big picture - Take time to adjust your seat and mirrors so that you can comfortably view all around the vehicle.
- Use all of your vehicle’s safety technology – Adaptive cruise control, blind spot monitoring, parking sensors, etc.
- Install winter tires for winter driving.
- Use familiar roads and drive outside peak traffic times.
- Avoid tailgating; leave extra space between you and other vehicles.
- Scan constantly checking all mirrors.
- Never text or use your phone while driving.
- Confirm traffic signs/signals and the placement of other vehicles & pedestrians when approaching intersections.
- Be alert for pedestrians, cyclists, and vehicles entering or exiting along roadways.
- Avoid driving when you are feeling tired, unwell or taking a medication that can cause drowsiness.
- Check rear view mirror when stopping at intersections.