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NEW MEXICO'S SENIOR RESOURCE GUIDE

23 Vacation Ideas

for Seniors with
Limited Mobility

OLDER DRIVERS

*Resources
& Safety
Tips*



In This Issue

Local Events | Senior Resources | Helpful Articles

JUL-AUG 2022

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PUBLISHER'S NOTE



(L-R) Kimberly Cummins, CMO,
Evan Thompson, Founder & CEO,
and Andrea Denson, COO.

Dear Readers,

Our mission is to empower seniors and their caregivers by facilitating direct connections to senior living communities and senior focused services. We provide customers with a better understanding of all available options while allowing the freedom to navigate the next best step for themselves or their aging loved one.

In our July/August 2022 issue, we strive to provide resources that will keep the adventure going, regardless of age or mobility. We hope you enjoy the content and would love to hear more about what you hope to see in future issues!

Questions? Comments? Feedback?

We'd love to hear from you!

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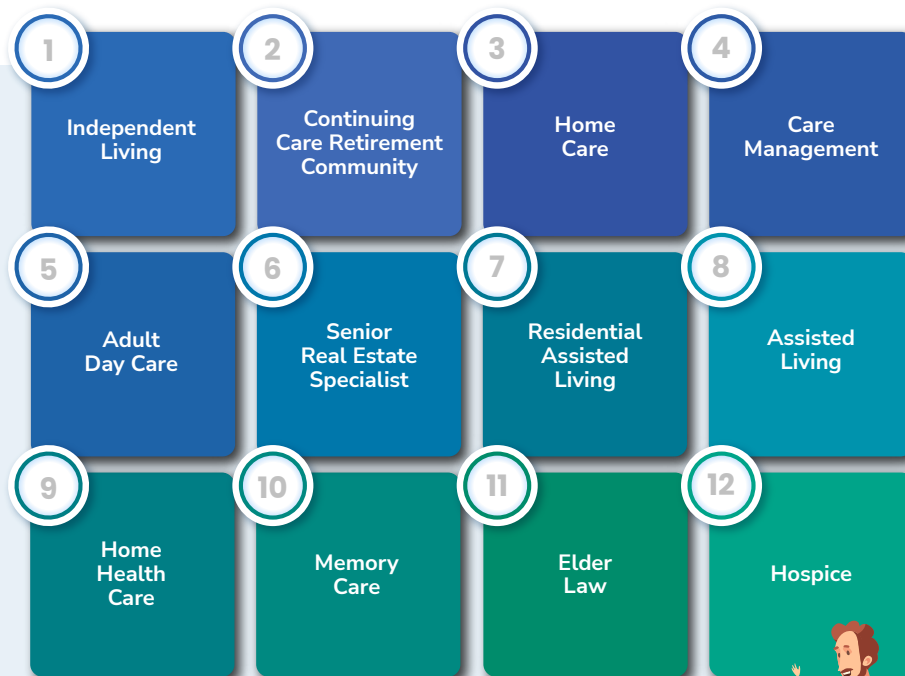
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Calling All SENIOR WRITERS!

The Senior.One Resource Guide is looking for local senior writers to feature in future publications!

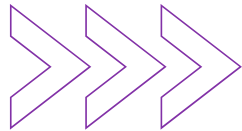
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ABQ RESOURCE CENTER

RESOURCES

NUMBERS TO KEEP IN MIND:

City of ABQ Dept. of Senior Affairs	(505) 764-6400
Santa Fe Senior Services	(505) 955-4721
Rio Rancho Senior Services	(505) 891-5018
Aging & Long Term Services	(505) 476-4799
AARP Information Center	(505) 830-3096
Adult Protective Services	(505) 841-4500
Alzheimer's Association NM Chapter	(505) 266-4473
Bernalillo County Assessor	(505) 222-3700
Senior Citizens Law Office	(505) 265-2300

TRANSPORTATION SERVICES:

Dept. of Senior Affairs Transportation	(505) 764-6464
Sun Van Transportation	(505) 724-3100
Triple D Medical Transportation	(505) 871-7433
Sandia Transportation	(505) 369-1448

VETERAN SERVICES:



Raymond G. Murphy VA Medical Center	(505) 265-1711
Albuquerque Vet Center	(505) 346-6562
Homeless Veteran Services Coordinator	(505) 265-1711 Ext. 2580
Veterans Crisis Line	(800) 273-8255

GRIEF & SUPPORTIVE SERVICES:

French Grief Resource Center	(505) 842-7166
Enhancement Center	(505) 891-1583
Sage Neuroscience Center	(505) 884-1114

COVID-19



NM Vaccine Hotline	(505) 600-3453
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23 Vacation Ideas For Seniors With Limited Mobility

By Esther Kane, SeniorSafetyAdvice.com



For many older adults who are wheelchair users or need a cane or walker, the idea of taking a vacation can be daunting. Even if it's with family members.

But the good news is that accessible travel is doable – it just takes a little bit more planning. For example, you always want to check ahead to ask about wheelchair accessibility, access to elevators, etc.

Believe me, vacations for seniors with limited mobility are doable!

You can also consider contacting any of these tour companies who specialize in accessible tours for seniors. Or contact a travel agent to help you plan your trip.

Vacations are important parts of life; they provide the opportunity to

recharge and spend time with family and sometimes friends. Vacations can also be great opportunities for exploring new places, trying out new hobbies, or even getting some exercise.

The key to some of the best vacations for elderly adults is finding an activity and destination that fits your fitness level and mobility limitations. Also using the right products to help make the trip a bit easier.

Many websites with senior citizen trips and ideas tell you about places to go but the truth is, a great many cities and towns are accessible to most anyone with limited mobility so I thought that in this article I will research some accessible vacation themes and ideas that you can do almost anywhere.

You deserve a break and we have some unique ideas of perfect spots for you! So take advantage and make this the best time of your life!

23 Senior Citizens Vacation Ideas

Here are some great ideas for vacations for handicapped seniors to help inspire your next vacation!

1. Ocean and River Cruises

Cruises are, in my opinion, the easiest way to take a vacation without too much physical exertion which makes them an obvious choice and perfect for many senior citizens. The cruise line can usually attend to most any special needs you may have.

cruises for seniors with limited mobility

Cruise ships offer an opportunity for you and your family to explore new popular places while also enjoying the all-inclusive amenities of the ship itself.

I took many cruises with my elderly in-laws and I can tell you from personal experience that the ships were very accommodating for seniors who use canes, walkers and wheelchairs.

No matter what your activity level is, you can enjoy a great vacation on a cruise ship.

According to GuideForSeniors.com, the 5 best cruises for seniors are...

- Azamara Club Cruises (a subsidiary of Royal Caribbean Cruises, Ltd.)
- Holland America Line – I personally love this cruise line.
- Royal Caribbean International

– Another one of my favorites! Some of the most amazing ships I've been on have been with Royal Caribbean.

- Oceania Cruises – Seems to be a more upscale cruise line
- Silversea Cruises – A family owned line with smaller ships that offer ultra-luxury accommodations.

Of course, you can also look at cruises via the port cities they can take you to. Some very popular ones are...

- An Alaskan cruise
- Caribbean cruises
- European cruises

Get more details about each of these lines at GuideForSeniors.com

river cruise vacations

If ocean cruises are not your style, consider taking a river cruise. These smaller boats are one of the best ways to visit beautiful parts of many countries.

There are many different river cruises in the USA, in Canada, Europe, South America and other countries.

Just like their ocean counterparts, the river cruises are a wonderful and easy way to travel if you are using a walker, a cane or a wheelchair to get about.

Some of the most popular river cruises are...

- AmaWaterways – they offer river cruises throughout the rivers of Europe leaving from cities such as Paris, Budapest and Amsterdam.
- CroisiEurope Cruises – another European river cruise line to consider leaving cities

like Strasbourg, France and Engelhartszell, Austria.

- Scenic Cruises – Yes, Europe has many river cruises and this is yet another. Leaving from Budapest, Zurich and Nuremberg.
- American Cruise Lines – The USA also has a few river cruises as well leaving in locations such as New Orleans, Maine and Portland, Oregon.

As far as vacations for senior citizens go – I would rate cruising at the very top!

2. Museums and Art Galleries

Indoor and handicap accessible places like museums and art galleries can be one of the best things to do in some cities and towns. They can also be great vacation options for history and art lovers who have limited mobility.

An idea would be to visit a city or town that has multiple indoor museums and galleries to visit. Some of the cities that could be on your list are...

- New York City
- Chicago, Illinois
- London, England
- Washington, DC
- Paris, France
- Philadelphia, Pennsylvania
- Florence, Italy
- Athens, Greece
- New Orleans, Louisiana
- Denver, Colorado
- Rome, Italy

If larger cities are not your idea of a vacation, consider these 100 small

“Art” towns that you can visit and enjoy.

Smaller towns may not have the number of museums that the larger cities do but they usually have the most interesting ones. Here are some examples...

- The Hammer Museum in Haines, Alaska
- Johnson Victrola Museum in Dover, Delaware
- The Bread Museum in Ulm, Germany
- The Mustard Museum in Middleton, Wisconsin
- Idaho Potato Museum in Blackfoot, Idaho
- The Chocolate Museum in Cologne, Germany
- The Lucky Cat Museum in Cincinnati, Ohio
- Laurel and Hardy Museum in Harlem, Georgia
- Matchstick Marvels Museum in Gladbrook, Iowa
- Museum of Bad Art in Somerville, Massachusetts
- The Kazoo Museum in Beaufort, South Carolina
- The Neon Museum in Las Vegas, Nevada
- The Dog Collar Museum Kent, England
- The Spam Museum in Austin, Minnesota
- The Apron Museum in Luka, Mississippi

3. Beaches

Travel for seniors with limited mobility

can certainly include beaches. It's a great destination for many older adults who love warm weather!

You don't have to rule out beaches just because you find it too hard to walk on the sand. There are many beaches with boardwalks and sidewalks that you can visit.

If you're planning family vacations with your grandchildren – a beach destination may be a wonderful option.

You can find some accessible beaches here in the USA – see this list.

There are many wonderful handicap accessible beaches in Europe too. See this list.

Read our recommendations on the Best Beach Chairs For Elderly Adults

4. National Parks

Another type of popular tourist attractions are national parks. Many are wheelchair accessible, and you can still enjoy all the natural beauty that these parks have to offer.

According to OutsideOnline.com the best places for those with limited mobility are...

- Acadia National Park in Maine
- Great Sand Dunes National Park and Preserve in Colorado
- Grand Canyon National Park in Arizona
- Glacier National Park in Montana
- Yellowstone National Park that spans Idaho, Montana and Wyoming

5. Botanical Gardens

A botanical garden can be a great

place to visit for some vacation time. Many adults love to visit Botanical Gardens and why not? They are filled with beautiful and unique flowers and plants and offer a wonderful, serene setting.

Here are just a few botanical gardens that are perfect for seniors who use a cane, a walker or a wheelchair.

- United States Botanical Gardens in Washington, DC
- Montreal Botanical Garden in Montreal, Canada
- Adelaide Botanic Garden in Adelaide, Australia
- Brooklyn Botanic Garden in Brooklyn, New York
- Bok Tower Gardens in Lake Wales, Florida
- Waimea Valley and Falls Arboretum in Honolulu, Hawaii
- Singapore Botanic Gardens in Singapore
- Atlanta Botanical Garden in Atlanta, Georgia
- Kirstenbosch National Botanical Garden in Cape Town, South Africa

6. Bus Tours

When I was younger I took a few bus trips with my classmates and what I remember is a lot of talking, laughing and singing!

I imagine that after a few days, the members of a traveling bus tour could be in a very similar situation.

Bus tours are a streamlined "cruise on land" that can take you to many popular destinations in a comfortable and relaxed manner. It's perfect for many senior travelers who are

looking for limited mobility vacations.

The tour guide can offer entertainment and history all wrapped up in an organized trip. Leaving you to just sit back and enjoy.

Many are accessible for seniors with limited mobility and oftentimes the tours are filled with older adults so you should be in great company.

You can find some bus tours here at Travelstride.com

7. Local Boat Tours

Local boat tours to beautiful locations like Niagara Falls, NY / Canada can make for a wonderful vacation for seniors. Other types of tours like this can be found in...

- Wendella Boats in Chicago, Illinois
- Lake Powell, Utah
- St Johns River Taxi in Jacksonville, Florida
- Niagara Falls in New York and Canada
- Island Princess Cruises in Stuart, Florida
- Portland Boat Tours in Portland, Oregon

8. Music Themed Vacations

If music is your jam then consider a vacation in places like Nashville, TN or Branson, MI where many of the shows are handicap accessible.

- Country Music Hall of Fame
- Grand Ole Opry
- Historic Ryman Auditorium

... continued on page 15



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9. City Walking Tours

For those who can do a bit of walking with a cane or walker consider a walking tour. Just make sure to ask the tour operators how long is the walk and are there spots in between to sit and rest.

Also know that many major cities like Chicago and New York offer wheelchair accessible walking tours where you can explore your favorite landmarks in comfort.

You can also indulge in walking tours provided by museums such as the one offered by The Walnut Creek Historical Society. This is often a small group tour giving you a history of this beautiful northern California town.

Some other walking tours you can investigate are...

- Historic Savannah Walking Tours
- Wilderness on Wheels in Grant, Colorado
- Wheelchair friendly trails in Austin, Texas

10. All Inclusive Resorts

Some other senior citizen trip ideas includes resorts!

All inclusive resorts are another "cruise on land" idea where you travel to one place and get to relax and do as much as you like or nothing at all.

I would recommend to search for all inclusive resorts and then contact them to find out if they can accommodate your mobility issues.

Some places to consider are...

- The Caribbeans

- Cancun, Mexico
- Turtle Bay, Hawaii
- Little Valley Mountain Resort in Sevierville, TN

11. Resort Like Hotels

Many destination hotels have wheelchair accessible rooms where it is possible for a person with limited mobility to still enjoy themselves.

I love staying in a hotel room with a great view. I often take weekend vacation trips to these types of hotels. I can sit back, take in the view and do what vacations are meant to do for me, relax!

According to Smartertravel.com some of the best resort hotels for seniors with limited mobility are...

- Noelle in Nashville, Tennessee
- Resort at Squaw Creek in Olympic Valley, California
- Novotel Melbourne on Collins in Melbourne, Australia
- Halekulani in Honolulu, Hawaii
- Grand Velas Riviera Maya in Playa Del Carmen, Mexico
- Mirror Lake Inn Resort and Spa in Lake Placid, New York
- Intercontinental David in Tel Aviv, Israel

12. Movie Themed Trips

If you're into movies, maybe a trip to Los Angeles where all the great older movies were made. Make it a point to see at least one movie a day.

There are multiple movie themed tours available. I would recommend to contact the one(s) that you are interested in to get information on

how accessible they are for your limited mobility issues.

- Viator.com
- Travel.usnews.com
- Onlocationtours.com
- Los Angeles Viator List

13. Theater Themed Trips

Or maybe theater is your passion. Well, then a trip to Broadway is on the list!

But don't think that New York is the only place to go for a theater themed vacation. I would recommend Ashland, Oregon which is famous for the Oregon Shakespeare Festival.

14. Activity Themed Trips

Cooking is something several of my friends love and they enjoy taking a culinary class wherever they travel. Making a trip to a great city and taking a few culinary classes could be a great vacation trip for you.

Outdoor activities are certainly not off limits to seniors with physical limitations.

Golf is another activity that you can still take advantage of! So why not make that a vacation destination for yourself if you love to play golf! You can find more information from the U.S. Adaptive Golf Alliance.

Fishing tours for adults with disabilities can get you back on the water to do the thing that you love – fishing!

If you're an adventurous type and looking for a unique experience then consider the wheelchair accessible tours by National Geographic. They include things like Hot Air Ballooning

and Riding a Camel in Morocco!

15. Book Themed Trips

If you're a book lover like my friend Judy then you may consider visiting any of these wonderful book stores as an absolute treat during your vacation.

- Powell's Book Store in Portland, Oregon
- Cărturești Carusel in Bucharest, Romania
- Livraria Lello in Porto, Portugal
- Alabama Booksmith in Birmingham, Alabama
- Ler Devagar in Lisbon, Portugal
- Literati Bookstore in Ann Arbor, Michigan

16. Keeping It Local

Senior vacation destinations don't have to be in a faraway place. Who says that you have to travel long distances to take a vacation? I personally love sleeping in my own bed at night so taking a road trip to local places is a great way for me to take some time off.

Some perfect destination ideas could include things like...

- Wine tasting events
- Live shows in local parks
- Visiting historic buildings in your area
- Taking in the history at historical landmarks in your area

For many older adults, day trips every so often are a much better alternative than longer vacations.

Take a little time to check your local

area for events that are wheelchair accessible. These places would also be accessible to seniors who use canes or walkers. Click here to do a Google search.

17. Rent A Private Residence

If you prefer to spend your vacation time in your own space instead of a hotel then take a look at Handiscover – an Airbnb for people with limited mobility.

18. Games, Theater and Relaxation

For vacations with everything, you may want to consider places like Las Vegas, NV. There's a little bit of everything there. It's easy to get around and you can spend your time enjoying the theater, gambling, people watching or just relaxing.

19. Golf Cart Tours

I bet you never heard of golf cart tours! What a great way to get around an city or area.

These are tours where the guests drive their own golf cart throughout the tour.

Here's one in Rome, Italy and another in Iowa, USA and what looks like a fun golf cart tour in Nashville, TN.

Check out other golf tours here.

20. Amusement Parks

I believe that all amusement parks comply with the Americans Disabilities Act (ADA) and provide accessibility for disabled and of course, seniors that use adaptive equipment for mobility.

I would recommend that you contact any amusement park you may be considering to visit. This would be

a wonderful vacation to spend with your family, especially the grandkids!

Here are some links to the information about accessibility for some popular amusement parks.

- Disneyland
- Disneyworld
- Sea World in Orlando, Florida
- Universal Studios
- Busch Gardens

21. Riding The Rails

Trains are another great way to sightsee and get around for a relaxing and enjoyable vacation if you are limited in your mobility.

Amtrak is the most popular train service here in the USA and with it's senior discounts, it can be an affordable way to travel for your next vacation.

The wonderful thing about train trips for elderly adults is that you can take longer, all-inclusive trips and even day trips locally. It's really nice to have so many options available.

Of course, they are not the only train service – here are some great train vacation ideas to consider for your next get away!

- Grand Canyon getaway
- National Park vacations
- Railway Adventures through Australia
- VIA Rail through Canada
- and many more scenic train trips to take throughout the world

22. Mobility Scooter Vacations

If you have your own mobility scooter then there are certainly many places you can go from national parks to cities and even beaches.

But if you prefer to leave your scooter at home (or you don't own one) there are plenty of scooter rental places that you can rent one to use to enjoy your vacation.

- Orlando, Florida
- London, England
- Seattle, Washington

Know that there are weight and measurement limitations on most lifts (for trains and buses) for mobility scooters so you will need to check with these types of transportation before you book your trip.

For example the shuttle buses in Yosemite National Park can accommodate mobility scooters and wheelchairs up to 24 inches wide and 46 inches long, with a top weight limit (scooter and person) of 750 pounds. I would say that limitation is pretty common, but of course you should check in advance about any lift limitations, especially if you use a bariatric scooter.

23. Virtual Vacations

Finally, if your mobility issues are limiting you to the extent that you simply find it too difficult to take any type of travel, then you may want to consider virtually traveling to places from the comfort of your home and your easy chair!

Using a virtual reality headset – you can take a trip almost anywhere and see some of the most beautiful places on earth.

Take a museum tour, a trip to the Antarctic, scuba dive the barrier reef and travel through many of the major cities throughout the world!

Make Your Trip Easier With These Products

Here's a list of 7 products that can help to make your trip just a bit easier (and more fun!)

- Pill Boxes
- Travel Back Packs
- Lightweight Luggage
- Travel Organizer
- Anti-Theft Bags
- Compression Socks
- Folding Cane

I hope that these ideas and products help you to enjoy your next vacation!

Vacations for people with limited mobility just takes a little more planning. They can be great fun. If you love traveling, but are not as mobile as you used to be – these travel ideas for seniors should help!

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<https://seniorsafetyadvice.com/20-vacation-ideas-for-seniors-with-limited-mobility/>*



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NE Regional Walk in Santa Fe 10/1
act.alz.org/walksantafe Location TBD



SW Regional Walk in Las Cruces 10/8
act.alz.org/walklascruces Young Park



Central NM Walk in Albuquerque 10/15
act.alz.org/walkabq Mariposa Basin Park



NW Regional Walk in Gallup 10/22
act.alz.org/walkgallup Location TBD



SE Regional Walk in Roswell 10/22
act.alz.org/walkroswell Location TBD

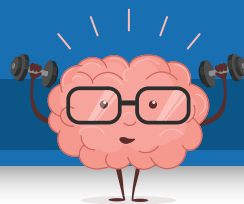


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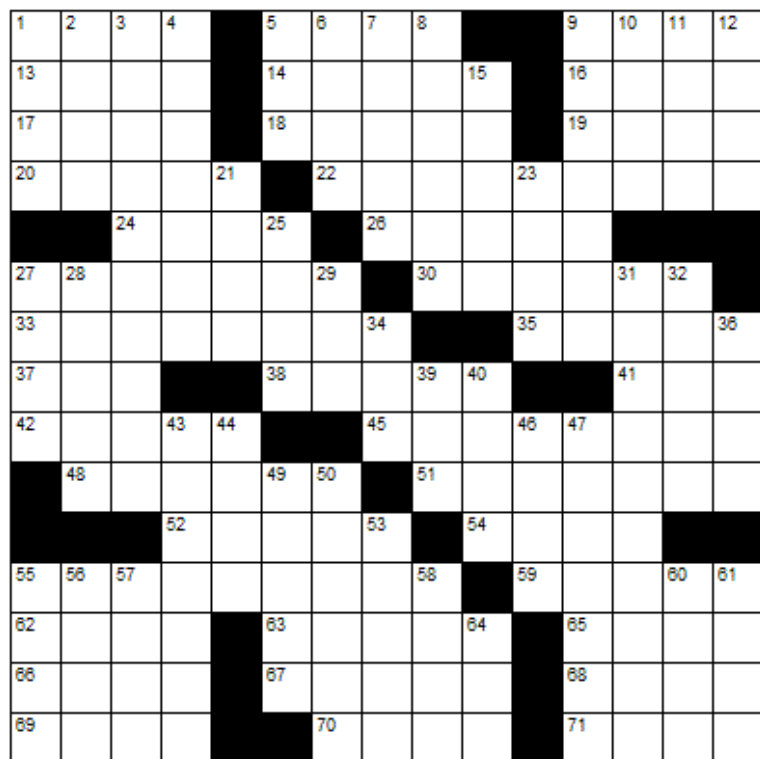


Register at the above sites or call (505) 266-4473 for more info!





Crossword Puzzles are an excellent way to exercise the mind!

**ACROSS**

1. Cheat
5. Thick slice
9. Be necessary
13. Whale
14. Undersides
16. Ticks off
17. Documents
18. Complete
19. Onion relative
20. Spectacles
22. Longitude lines
24. Rules and regulations
26. Send, as payment
27. Green gem
30. Quit
33. A woman's lover
35. Christmas song
37. Estimated time of arrival
38. Hollow out

41. Climbing vine
42. Outward
45. Nurseryman
48. A narcotic
51. Patterned fur
52. Reef material
54. Adjusts
55. Mechanism
59. Moon of Saturn
62. Burden

63. Melodies
 65. Cypher
 66. Musical phrase
 67. Muse of poetry
 68. Stops
 69. Minerals
 70. Ages
 71. Repose
- DOWN**
1. Mats of grass
 2. Harvest
 3. Increase speed
 4. Eye makeup
 5. Supersonic transport
 6. Weaving machine
 7. Change
 8. Holder

9. Territorial reserve
10. Component used as fertilizer
11. Observed
12. Sounds of disapproval
15. Gunk
21. Propelled through the water
23. Platter
25. Trudge
27. Type of sword
28. Be similar
29. Twosome
31. Sharpening wheel
32. Unique
34. Carpet
36. Stringed instrument

39. Gossip
40. Makes a mistake
43. Colonnades
44. A swinging barrier
46. Eat sparingly
47. Siren
49. Angered
50. Natural physical world
53. Associated with the moon
55. Countertenor
56. Decant
57. Glazier's unit
58. Bristle
60. Combines
61. Bird home
64. Mayday

Solutions

are in! See how you did solving our brain boosters in the last issue for May / June 2022!

**Riddles**

1. What has six faces, but does not wear makeup, has twenty-one eyes, but cannot see? What is it? **Answer: A die.**
2. Two fathers and two sons went fishing one day. They were there the whole day and only caught 3 fish. One father said, that is enough for all of us, we will have one each. **How can this be possible? Answer: Three generations making two of the three fathers and two of them sons.**
3. Only one color, but not one size, Stuck at the bottom, yet easily flies. Present in sun, but not in rain, Doing no harm, and feeling no pain. **What is it? Answer: A shadow.**

Sudoku


2	4	1	8	6	3	9	7	5
9	5	3	7	1	4	8	2	6
6	7	8	2	9	5	1	3	4
5	9	2	6	7	1	4	8	3
4	8	7	5	3	2	6	9	1
3	1	6	4	8	9	2	5	7
7	2	5	9	4	6	3	1	8
1	6	9	3	5	8	7	4	2
8	3	4	1	2	7	5	6	9

Sudoku #887 (Easy)

5	7	6	1	9	3	8	2	4
1	3	8	2	4	7	5	6	9
9	4	2	8	5	6	1	7	3
4	5	9	6	7	1	3	8	2
6	8	7	3	2	9	4	1	5
2	1	3	4	8	5	6	9	7
7	9	4	5	6	8	2	3	1
8	2	1	7	3	4	9	5	6
3	6	5	9	1	2	7	4	8

Sudoku #887 (Medium)

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QR Codes: What Are They and How to Use Them

Greetings Senior.One readers! As our publication continues to evolve, we will be including QR codes for quick easy access to online resources.

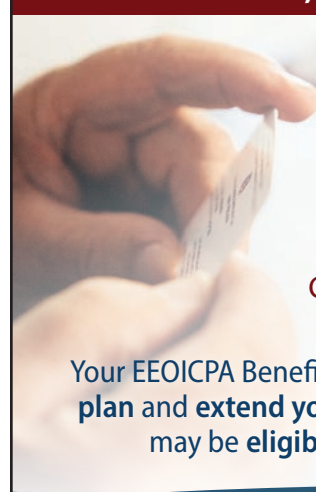
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QR codes are a form of bar code that can be easily read with a digital device such as a smartphone or tablet. These "bar codes" can direct you quickly to things like websites, coupons, and so much more. Most devices today come with a QR code reader already installed, however, if yours does not, you can easily download one to your device through the app store.

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Older Drivers

By National Institute on Aging (NIA)



Sheila's Story

At age 78, Sheila thinks she's a good driver, but, this year, she's had a minor accident and several near misses. She's noticed a few new dents on her car and doesn't know how they got there. Sheila wonders how she can stay safe behind the wheel.

Have you been worried about your driving? Have your family or friends expressed concern? Changes in your health may affect your driving skills over time. Don't risk hurting yourself or others. Talk with your doctor about any concerns you have about your health and driving.

Stiff Joints and Muscles

As you age, your joints may get stiff, and your muscles may weaken. Arthritis, which is common among older adults, might affect your ability to drive. These changes can make it

harder to turn your head to look back, turn the steering wheel quickly, or brake safely.

Safe driving tips:

- See your doctor if pain, stiffness, or arthritis seem to get in the way of your driving.
- If possible, drive a car with automatic transmission, power steering, power brakes, and large mirrors.
- Be physically active or exercise to keep and even improve your

strength and flexibility.

- Think about getting hand controls for both the gas and brake pedals if you have leg problems.

Trouble Seeing

Your eyesight can change as you get older. It might be harder to see people, things, and movement outside your direct line of sight. It may take longer to read street or traffic signs or even recognize familiar places. At night, you may have trouble seeing things clearly. Glare from oncoming headlights or street lights can be a problem. Depending on the time of the day, the sun might be blinding.

Eye diseases, such as glaucoma, cataracts, and macular degeneration, as well as some medicines, can also cause vision problems.

Safe driving tips:

- If you are 65 or older, see your eye doctor every year. Ask if there are ways to improve your eyesight.
- If you need glasses or contact lenses to see far away while driving, make sure your prescription is up-to-date and correct. Always wear them when you are driving.
- Cut back on or stop driving at night if you have trouble seeing in the dark. Try to avoid driving during sunrise and sunset, when the sun can be directly in your line of vision.

Trouble Hearing

As you get older, your hearing can change, making it harder to notice horns, sirens, or even noises coming from your own car. Hearing loss can

be a problem because these sounds warn you when you may need to pull over or get out of the way.

Safe driving tips:

- Have your hearing checked at least every 3 years after age 50.
- Discuss concerns you have about hearing with your doctor. There may be things that can help.
- Try to keep the inside of the car as quiet as possible while driving.

Dementia and Driving

In the very early stages of Alzheimer's disease or other types of dementia, some people are able to keep driving. But, as memory and decision-making skills get worse, they need to stop.

People with dementia often do not know they are having driving problems. Family and friends need to monitor the person's driving ability and take action as soon as they observe a potential problem, such as forgetting how to find familiar places like the grocery store or even their home. Work with the doctor to let the person know it's no longer safe to keep driving.

[Learn more about driving safety and Alzheimer's disease.](#)

Slower Reaction Time and Reflexes

As you get older, your reflexes might get slower, and you might not react as quickly as you could in the past. You might find that you have a shorter attention span, making it harder to do two things at once. Stiff joints or

... continued on page 31

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weak muscles also can make it harder to move quickly. Loss of feeling or tingling in your fingers and feet can make it difficult to steer or use the foot pedals. Parkinson's disease or limitations following a stroke can make it no longer safe to drive.

Safe driving tips:

- Leave more space between you and the car in front of you.
- Start braking early when you need to stop.
- Avoid heavy traffic areas or rush-hour driving when you can.
- If you must drive on a fast-moving highway, drive in the right-hand lane. Traffic moves more slowly there, giving you more time to make safe driving decisions.

Medications Can Affect Driving

Do you take any medicines that make you feel drowsy, lightheaded, or less alert than usual? Do medicines you take have a warning about driving? Many medications have side effects that can make driving unsafe. Pay attention to how these drugs may affect your driving.

Safe driving tips:

- Read medicine labels carefully. Look for any warnings.
- Make a list of all of your medicines, and talk with your doctor or pharmacist about how they can affect your driving.
- Don't drive if you feel lightheaded or drowsy.

Be a Safe Driver

Maybe you already know that driving at night, on the highway, or in bad weather is a problem for you. Some older drivers also have problems when yielding the right of way, turning (especially making left turns), changing lanes, passing, and using expressway ramps.

Safe driving tips:

- Have your driving skills checked by a driving rehabilitation specialist, occupational therapist, or other trained professional.
- Take a defensive driving course. Some car insurance companies may lower your bill when you pass this type of class. Organizations like AARP, American Automobile Association (AAA), or your car insurance company can help you find a class near you.
- When in doubt, don't go out. Bad weather like rain, ice, or snow can make it hard for anyone to drive. Try to wait until the weather is better, or use buses, taxis, or other transportation services.
- Avoid areas where driving can be a problem. For example, choose a route that avoids highways or other high-speed roadways. Or, find a way to go that requires few or no left turns.
- Ask your doctor if any of your health problems or medications might make it unsafe for you to drive. Together, you can make a plan to help you keep driving and decide when it is no longer safe to drive.

Do You Have Concerns About an Older Driver?



Are you worried about an older family member or friend driving? Sometimes, it can be hard for an older person to realize that he or she is no longer a safe driver. You might want to observe the person's driving skills.

If it's not possible to observe the older person driving, look out for these signs:

- Multiple vehicle crashes, "near misses," and/or new dents in the car
- Two or more traffic tickets or warnings within the last 2 years; increases in car insurance premiums because of driving issues
- Comments from neighbors or friends about driving
- Anxiety about driving at night
- Health issues that might affect driving ability, including problems with vision, hearing, and/or movement
- Complaints about the speed, sudden lane changes, or actions of other drivers
- Recommendations from a doctor to modify driving habits or quit driving entirely

Having "The Talk" About Driving

Talking with an older person about his or her driving is often difficult. Here are some things that might help when having the talk.

- **Be prepared.** Learn about local services to help someone who can no longer drive. Identify the person's transportation needs.
- **Avoid confrontation.** Use "I" messages rather than "You" messages. For example, say, "I am concerned about your safety when you are driving," rather than, "You're no longer a safe driver."
- **Stick to the issue.** Discuss the driver's skills, not his or her age.
- **Focus on safety and maintaining independence.** Be clear that the goal is for the older driver to continue the activities he or she currently enjoys while staying safe. Offer to help the person stay independent. For example, you might say, "I'll help you figure out how to get where you want to go if driving isn't possible."
- **Be positive and supportive.** Recognize the importance of a driver's license to the older person. Understand that he or she may become defensive, angry, hurt, or withdrawn. You might say, "I understand that this may be upsetting" or "We'll work together to find a solution."

Is It Time to Give Up Driving?

We all age differently. For this reason, there is no way to set one age when everyone should stop driving. So,

how do you know if you should stop? To help decide, ask yourself:

- Do other drivers often honk at me?
- Have I had some accidents, even if they were only "fender benders"?
- Do I get lost, even on roads I know?
- Do cars or people walking seem to appear out of nowhere?
- Do I get distracted while driving?
- Have family, friends, or my doctor said they're worried about my driving?
- Am I driving less these days because I'm not as sure about my driving as I used to be?
- Do I have trouble staying in my lane?
- Do I have trouble moving my foot between the gas and the brake pedals, or do I sometimes confuse the two?
- Have I been pulled over by a police officer about my driving?

If you answered "yes" to any of these questions, it may be time to talk with your doctor about driving or have a driving assessment.

How Will You Get Around?

Are you worried you won't be able to do the things you want and need to do if you stop driving? Many people have this concern, but there may be more ways to get around than you think. For example, some areas provide free or low-cost bus or taxi services for older people. Some communities offer a carpool service or scheduled trips to the grocery store, mall, or

doctor's office. Religious and civic groups sometimes have volunteers who will drive you where you want to go.

Your local Area Agency on Aging can help you find services in your area. Call **1-800-677-1116**, or go to <https://eldercare.acl.gov> to find your nearest Area Agency on Aging.

You can also think about using a car or ride-sharing service. Sound pricey? Don't forget—it costs a lot to own a car. If you don't have to make car payments or pay for insurance, maintenance, gas, oil, or other car expenses, then you may be able to afford to take taxis or other transportation. You can also buy gas for friends or family members who give you rides.

More Safe Driving Tips

Before you leave home:

- Plan to drive on streets you know.
- Only drive to places that are easy to get to and close to home.
- Avoid risky spots like ramps and left turns.
- Add extra time for travel if you must drive when conditions are poor.
- Limit how much you drive at night.
- Don't drive when you are stressed or tired.

While you are driving:

- Always wear your seat belt and make sure your passengers wear their seat belts, too.
- Wear your glasses and/or hearing aid, if you use them.

- Stay off your cell phone.
- Avoid distractions such as eating, listening to the radio, or chatting.
- Use your window defrosters to keep both the front and back windows clear.

For More Information About Driving

National Highway Traffic Safety Administration

888-327-4236
800-424-9153 (TTY)
nhtsa.webmaster@dot.gov
www.nhtsa.gov/road-safety/older-drivers

AAA Foundation for Traffic Safety

202-638-5944
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Santa Fe, NM
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**Wed, July 6 -
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Los Alamos Sciencefest

@ Ashley Pond Park,
Los Alamos, NM
Tue-Fri 9:00 am - 9:00 pm
Fri 10:00 am - 3:00 pm
Sun 9:00 am - 9:00 pm
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**Fri, July 15 -
Sun, July 17**

Art Santa Fe

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Santa Fe, NM
Fri 12:00 pm - 7:00pm,
Sat 11:00 am - 6:00 pm,
Sun 11:00 am - 6:00 pm
Admission - \$10 - \$50

**Sat, July 16 -
Sun, July 17**

**Cathedral Park Northern NM
Fine Arts & Crafts Guild**

@ Cathedral Park,
Santa Fe, NM
10:00 am - 5:00 pm
Admission - FREE

Thu, July 21

Medicare 101 Workshop

@ Virtual Event
9:30 am - 11:00 am
Admission - FREE

Sat, July 23

The Mac & Cheese Fest

@ New Mexico Veterans Memorial,
Albuquerque, NM
1:00 pm - 5:00 pm
Admission - \$30

**Sat, August 6 -
Sun, August 7**

Santa Fe Beer & Food Festival

@ El Rancho de las Golondrinas,
Santa Fe, NM
12:00 am - 6:00 pm
Admission - \$6 - \$8

**Sat, August 20 -
Sun, August 21**

Santa Fe Indian Market

@ TBD,
Santa Fe, NM
Sat 9:00 am - 5:00 pm
Sun 10:00 am - 3:00 pm
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Wed, August 24

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nm_classes](http://www.alz.org/newmexico/helping_you/nm_classes)

**New Mexico Aging & Long-Term
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[https://nmaging.state.nm.us/news-
events/events](https://nmaging.state.nm.us/news-events/events)

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to speak with a local care advisor today!

Adult Day Care:

Mayberry Senior Services

Care Management:

Decisions in Care

Downsizing / Relocation Services:

Kristina & Company Realtors
Loving Transitions

Elder Law:

ABQ Elder Law
Senior Citizens Law Office

Home Care:

Ambercare
A Place at Home
By Your Side Home Care
Home Care for the 21st Century
Home Instead
Nuclear Care Partners
Right at Home
Visiting Angels

Hospice:

Del Corazon



Senior Living:

Adelante Assisted Living
American San Pablo
BeeHive Assisted Living
Casita Assisted Living
Fountain Hills Assisted Living
La Vida Llena Life Plan Community
Manzano Del Sol Village
Preferred Assisted Living
Ravenna Assisted Living
The Montecito Santa Fe
The Neighborhood in Rio Rancho
Life Plan Community
The Retreat Senior Living
The Watermark at Cherry Hills
The Woodmark at Uptown

Whether you're comparing senior living options, considering adult day care, coordinating extra help in the home, or getting ready to relocate, we've got you covered!



Right at Home of Albuquerque Honored Among Top Home Care Agencies in the Nation

Named "Caring Super Star of 2022" for Senior Care Service Excellence

Call today to schedule a free in-home consultation and see what our "Caring Super Stars" can do for you.

(505) 266-5888

www.rahabq.com
3520 Pan American FWY Suite A2 | Albuquerque NM 87107



Right at Home is a global network where most offices are independently owned and operated under a franchise agreement with Right at Home, LLC.

We are pleased to announce we have been selected as a "Caring Super Star of 2022" for in-home care service excellence. In ratings and reviews from family caregivers and clients, we earned a 5-star consumer rating (the highest possible score) in 2019, 2020 and 2021, while also having a high volume of positive reviews and meeting other qualifying criteria for this national honor.

Some of the positive feedback that led to our being named a Caring Super Star of 2022 includes the following:

"I am not sure if my sisters and I could have handled that 24/7 care without Right at Home. My mother had three different leg surgeries and a stroke in a short amount of time. They were very quick to respond when we needed help. We are approaching 20 months with them even when she was in the hospital, rehab, retirement home, and now in her assisted living home. They allow you to customize what you need. I also like the quality of care. We've never had anyone we didn't trust and I've never felt like we have been left in a lurch"

-Russ M.

