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# Navigating Driving in Later Years: Staying Safe and Independent

Driving allows many older adults to maintain independence, run errands, and stay socially active. However, aging can bring physical, cognitive, and sensory changes that may affect driving ability. Conditions such as arthritis, vision impairment, or cognitive decline can make tasks like turning, braking or assessing traffic more challenging.

Thankfully, adaptive technologies like backup cameras, panoramic mirrors, and pedal extenders can help seniors drive safely for longer. If driving becomes unsafe despite these aids, discussing alternatives such as public transit, rideshares, or senior transportation services can help maintain independence and connection to the community.

For more tips on driving safely while aging, visit [fellerwendt.com/driving-safely-while-aging](https://fellerwendt.com/driving-safely-while-aging).

← Empty Nesters Should Use This Guide To Plan A Move Closer To Family  
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