

SAGE (Safer Driving with Age) ASSESSMENT

Is SAGE for you?

We all know that as we grow older changes happen. Our eyesight is not as good as it was when we were 20 years old, and we are not so physically mobile. Our reactions slow down a bit and we may not be as good at judging things like speed and distance. Obviously things like this may have an affect on our driving. But as older drivers we have lots of experience, and we can probably spot a danger on the road sooner than we could when we were 20. But it isn't only us that have changed. The roads have changed too. They get busier by the day, new traffic systems have been introduced, and there are many more road markings now. Cars have changed also. They can travel much faster, accelerate quicker and are so much more comfortable!

Our driving changes too. Are we as good as we were? Are we as safe? Do we avoid driving at night? Do we avoid new places when it is likely to be busy? It is very likely we may need to have our skills honed.

There are other ways to travel rather than driving, but most people like the freedom of their own car. So if you want to continue to drive, it is very important to keep your driving standards up.

SAGE is designed to help people keep on driving for as long as it is safe to do so.

SAGE is running very successfully in other parts of the Country and hundreds of older drivers are gaining huge benefits by attending a SAGE Driving Assessment.

SAGE is now being run in County Durham and Darlington, Is SAGE for you?

The SAGE Assessment

The SAGE assessment has three stages:

- 1) confirmation that there is no medical condition that would prevent you from driving
- 2) an eyesight check
- 3) an assessed drive with a friendly driving assessor

Medical Conditions: please check the reverse side of this form.

Your driving assessor will contact you to arrange a convenient time to carry out the driving assessment.

When you meet your assessor, he or she will check that you can read a number plate at 20.5 meters (that's 22 yards). This is a legal requirement for all drivers, young and old. You will have a drive in your own car on roads you know well and use regularly. The drive will last about 40 minutes and your assessor will talk through with you any points about your driving that are necessary. Your assessor will explain everything about the assessment to you and you will see all the comments and markings the assessor makes. A copy of the comments will be left with you.

Later, you will receive a full written assessment and a SAGE certificate.

How much does it cost?

The full SAGE assessment costs only £16.30 A small price to pay to ensure your future safety.

Please read the list of medical conditions below. If any of the conditions apply to you then you MUST consult with your GP regarding your suitability to continue to drive. You should also consult with your GP regarding any medication you are prescribed, or have purchased over-the-counter, to ensure your driving will not be affected.

Epilepsy, fits or blackouts, severe and recurrent disabling giddiness.

Diabetes controlled by insulin or tablets.

Any heart condition.

Persistent alcohol misuse/dependency.

Persistent drug misuse/dependency.

Parkinson's.

Narcolepsy or sleep apnoea.

Stroke.

Brain surgery, brain tumour.

Any chronic neurological condition.

Serious memory loss or confusion.

Serious psychiatric illness.

If you have any serious doubts about your fitness to drive, you MUST consult with your GP.