

MATURE DRIVERS BECOMING BETTER DRIVERS

Through the BCAA Traffic Safety Foundation's Mature Drivers Workshops

(Coquitlam, BC) – Mature drivers are often criticized for their driving. While many remain competent behind the wheel, the BCAA Traffic Safety Foundation recognizes that some of the changes that occur as we age can increase our risk on the road. This is why the BCAA TSF has been implementing Mature Drivers Workshops in communities around the province. The next Mature Drivers Workshop in Coquitlam is on June 8 at the Dogwood Pavilion from 9:30 am – 11:30 am.

Coquitlam resident and volunteer Glenn Ralph will lead the June 8th workshop. Mr. Ralph is a retired schoolteacher who brings his experience as a pilot with the Ontario Provincial Police Auxiliary to the workshops.

“The workshop is designed around the notion of change,” explains Ralph. “Everything is constantly changing; traffic patterns in our communities, the cars we drive, and even our health. It’s important for people to continue to feel confident in their abilities and success as drivers, and to be able to successfully adapt to, and accommodate, the changes around them.”

Research shows that age alone is not a good predictor of driving safety or ability. Each of us is unique and the way we age is also unique. Research also shows that seniors are more likely than other drivers (except for the very young) to be involved in a crash. When they are involved in crashes, they are more likely to be seriously injured or die, and often they take longer to recover from their injuries.

A desire and ability to adapt to change can help us continue to drive safely for as long as possible. The good news is that there are things most of us can do to decrease our risk and improve our driving.

“Many people have the mistaken belief that older drivers are bad drivers and that’s just not true,” says David Dunne, Director, Provincial Programs for the BCAA TSF. “We believe that there’s a lot that most older drivers can do to increase their safety on the road - and that’s why we developed this program. We’re here to help older drivers stay safe and mobile for as long as possible.”

MATURE DRIVERS BECOMING BETTER DRIVERS - 2

For many of us, driving is a key to independence. But safe driving is the key to a long driving career. The Mature Driver Workshops can help you assess your own driving behaviours, abilities, knowledge and habits. Drivers will get tips and strategies to help them make changes and improve their driving.

Register for the June 8th BCAA Traffic Safety Foundation Mature Drivers Workshop at the Dogwood Pavilion in Coquitlam by calling 604.933.6098. Cost is \$5.00 per person and space is limited to register early.

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About BCAA Traffic Safety Foundation

The BCAA Traffic Safety Foundation (TSF) is a non-profit registered charity working with families, communities and business partners to reduce the number and severity of traffic crashes and injuries in B.C. For more information contact visit www.tsf-bcaa.com or call the Child Passenger Safety Information Line 1-877-247-5551.

Available for Interview:

Glenn Ralph, Workshop Leader; David Dunne, Director, Provincial Programs

-30-

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