

Your Drive, Your Journey: Staying in Control as You Age

Mature Drivers Resource Center - <https://maturedriversnj.org/>

Just for the Health of It - <https://www.justforthehealthofit.org/>

Self Assessment:

- National Highway Traffic Safety Administration - <https://www.nhtsa.gov/older-drivers/driving-safely-while-aging-gracefully>
- Health in Aging - <https://www.healthinaging.org/driving-safety>
- AAA - <https://exchange.aaa.com/safety/senior-driver-safety-mobility/evaluate-your-driving-ability/>
- AARP - <https://learn.aarp.org/driver-safety-quick-learnings?intcmp=LNK-ADS-SDTEK-QUICKLEARNING>

Driving Refresher Course:

- AARP - <https://www.aarp.org/membership/benefits/auto/driver-safety/>
- AAA - <https://cluballiance.aaa.com/automotive/driver-training/new-jersey>

CarFit - <https://car-fit.org/find-an-event>

Vehicle Technology Brochure and Videos (AAA) - <https://exchange.aaa.com/safety/senior-driver-safety-mobility/evolving-vehicle-technology/>

Driver Rehabilitation Specialists - <https://www.nj.gov/mvc/drivertopics/driverrehab.htm>

American Occupational Therapy Association Driving Rehabilitation Provider - https://myaota.aota.org/driver_search/?_ga=2.116695174.1806723451.1673365036-1419676425.1673365036

Transportation:

- Senior Transportation Mobility Planner (AAA) - <https://exchange.aaa.com/wp-content/uploads/2021/03/Senior-Transportation-Mobility-Planner.pdf>
- NJ Transit Reduced Fare Program - <https://www.njtransit.com/schedules-and-fares/reduced-fare-program>

- Access Link ADA Paratransit - <https://www.njtransit.com/accessibility/access-link-ada-paratransit>
- Keep Middlesex Moving a.k.a. RIDE - <https://kmm.org/active-adult-transportation/>
- 211 New Jersey (Travel Assistance) - https://nj211.org/search?search_term=resource%20topic%20transportation
- National Aging and Disability Transportation Center (Travel Assistance) - <https://www.nadtc.org>
- New Jersey Travel Independence Program @ Rutgers (NJ TIP) - <https://vtc.rutgers.edu/njt看ip/>

Your Health, Your Way:

For more information/resources, contact:

Quick Survey to Shape Wellness & Health Programs
at EBPL

Lycett Thiel

Consumer Health Librarian

East Brunswick Public Library

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