

Mayo Clinic Minute

The road to safe driving for older Americans

Video

Audio

	All drivers will eventually face the day when they need to put their driving days in the rearview mirror.
Ericka Tung, M.D. Geriatric Medicine Mayo Clinic	"On average, people will spend about six to 10 years of their life retired from driving. And, so, it's a better thing if we can make that choice on our own terms rather than waiting for a traffic violation or an accident to make that decision for us."
	Dr. Ericka Tung, a Mayo Clinic geriatrician, says physicians are in the unique position to help their older patients determine whether or not it's safe to keep driving.
	"We really have that privilege of getting to know our patients longitudinally. We know their health conditions. We know the challenges they're having. We know their preferences and goals for the future. So we can really look at the entire patient and help them make good decisions."
	Dr. Tung encourages seniors to be open to the discussion and view "driving retirement" as a normal part of aging.
	"As a physician, my only goal is to help my patients stay well and stay healthy. So first thing is just normalize it. It's just one of those topics that has to be covered."
	For the Mayo Clinic News Network, I'm Jason Howland.