



Information and tips for senior drivers

It's important that all B.C. drivers are physically, medically, and cognitively fit to drive. Here is some information about what to expect about driving in B.C. as you get older, and tips for living while driving less.

Driver Fitness Assessment

Medical conditions that affect driving are common in drivers aged 80 and older.

That's why your physician will need to complete a Driver's Medical Examination Report (DMER) for you at age 80. Near your 80th birthday, RoadSafetyBC will send you instructions for completing a DMER form.

You'll need a new DMER completed every two years, as required by the provincial Superintendent of Motor Vehicles. The Superintendent may also refer you for an Enhanced Road Assessment to help make a driver fitness decision.

Plan to retire from driving

Consider these lifestyle changes as you reduce your driving:

- Walk, or take public transit, use taxis, or ride with friends and family
- See if your grocery store and pharmacy offer delivery
- Drive mainly during the daytime, outside of rush hour, when it's safer

- Look into helpful vehicle equipment like GPS, rear back-up cameras, oversized rearview mirrors, or lane-departure or forward-collision warning systems

In the meantime, continue to get regular medical checkups and eye exams, and wear corrective lenses while driving, if needed.

Some benefits of retiring from driving include:

- Avoiding the stress of traffic by relaxing as a passenger
- Feeling good about reducing your environmental impact
- Getting more exercise by walking
- Saving money on insurance, fuel, and vehicle maintenance

When it's time to stop driving, exchange your driver's licence for a free BCID at any driver licensing office so you'll still have picture identification.

Learn more about the driving fitness assessment, and find tips to keep your driving skills up-to-date, on [icbc.com](https://www.icbc.com).