



News Release

FOR IMMEDIATE RELEASE:

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Division of Aging and Independence Partners with AARP for Driver Safety

Improving Senior Driving Skills and Safety Awareness

FREDERICK, Md. – Frederick County seniors, families, and caregivers are invited to attend upcoming programs to help enhance driver safety. In partnership with AARP, the Frederick County Division of Aging and Independence is holding a series of “Safe Driver Program” classes and a “We Need to Talk” seminar.

Safe Driver Program

This class will enhance driving skills, teach safe driving strategies, and update participants on current road rules. Attendees will learn about normal age-related physical changes and how to adjust their driving habits accordingly.

“The AARP Smart Driver course is an invaluable resource for drivers aged 50 and older. It equips participants with research-based safe driving strategies, helps them understand the effects of medication on driving, and teaches preventive measures to reduce distractions,” said Nina Uzick, Driver Safety Program Instructor with AARP. “Our goal is to offer strategies that, when implemented, will foster better driving habits and a renewed sense of safety.”

Research has shown that drivers who take the AARP Safe Driver Program classes are generally safer because they are more focused on their driving and are more aware of the changes to their bodies, their cars, the roads, and the laws. Some insurance companies in Maryland will provide a discount on rates for drivers who complete this class.

People interested in attending a class may choose from six dates and locations. Each class will include the same content. The classes will be held on the following days:

- **Wednesday, July 23** from 9:45 a.m. to 3:00 p.m. at the Brunswick Senior Center, 12 E. A. Street, Brunswick, MD 21716. Call 301-834-8115 to register.
- **Thursday, July 24** from 9:45 a.m. to 3:00 p.m. at the Middletown Senior Center, 101 Prospect Street, Middletown, MD 21769. Call 301-600-3613 to register.
- **Friday, July 25** from 9:45 a.m. to 3:00 p.m. at the Frederick Senior Center, 1440 Taney Avenue, Frederick, MD 21702. Call 301-600-3525 to register.

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- **Monday, September 29** from 9:45 a.m. to 3:00 p.m. at the Urbana Senior Center, 9020 Amelung St., Urbana, MD 21704. Call 301-600-7020 to register.
- **Tuesday, September 30** from 9:45 a.m. to 3:00 p.m. at the Emmitsburg Senior Center, 300 South Seton Ave., Emmitsburg, MD 21727. Call 301-600-6350 to register.

Registration Details

- Registration is required. Call the numbers listed above to register.
- The cost is \$20 for AARP members (with card) and \$25 for non-members.
- Payment by check or cash is due on the day of the class.
- Bring lunch and your driver's license.

We Need to Talk Seminar

This free presentation is open to seniors, their families, friends, and caregivers. It is designed to start a conversation about the various options older adult drivers have when it comes to driving. The seminar offers practical advice about the significance of driving, observing driving skills, planning conversations, finding alternatives to driving, and information about Transit Services of Frederick County.

“Having ‘*The Talk*’ with family members who may need to consider retiring from driving is challenging,” said Kitty Devilbiss, Director of Home and Community Connections with the Frederick County Division of Aging and Independence. “This seminar will help older adults recognize changes that may affect their ability to drive safely and assist family and friends in identifying what to look for, how to initiate that conversation, and what resources are available to support independent travel after retiring from driving.”

Seminar Details

- **Thursday, July 24** at the Frederick Senior Center, 1440 Taney Avenue, Frederick, MD 21702.
- Light supper served from 5:15 p.m. to 5:45 p.m.
- The seminar will begin at 6:00 p.m.
- Please RSVP to virtualseniorcenter@frederickcountymd.gov or call 301-600-3525.

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Director of Home and Community Connections
301-600-1234

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