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SENIORS
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FREE PRINTABLE GUIDE

Older-Driver Conversation Guide

A guide for the conversation families often postpone

Introduction. Driving conversations go better when they begin before a crisis and respect what driving represents: independence, routine, and connection. The aim is a safer plan, not a family verdict.

How to use this guide. Prepare one or two specific observations, then listen. Use the final section to agree on a small next step rather than trying to settle the entire future in one talk.

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Prepare before talking

A few practical points to keep in mind.

- ☐ Choose a calm time, never immediately after a scare.
- ☐ Bring one or two specific observations rather than a list of accusations.
- ☐ Look up local transportation alternatives before the conversation.
- ☐ Decide who should participate so the discussion does not feel like an ambush.

Have the conversation

A few practical points to keep in mind.

- ☐ Begin by asking how driving feels to the older driver.
- ☐ Listen for routes, times, weather, or situations that feel difficult.
- ☐ Talk about a professional driving evaluation as an option, not a verdict.
- ☐ Discuss how independence could be maintained if driving changes.

Agree on one next step

A few practical points to keep in mind.

- ☐ Schedule a driving evaluation or medical conversation if appropriate.
- ☐ Try a transportation alternative on one familiar trip.
- ☐ Agree on a date to revisit the discussion.
- ☐ Write down what would make the plan feel safer and more workable.

What to do next

Choose one next step you can complete this week. A small action is more useful than a perfect plan that never starts. Keep this guide with the notes or contact information needed for the next conversation.

Important note: *This guide is general information, not a medical or driving assessment and not legal advice. Discuss health or medication concerns with a clinician, consider a qualified driving evaluation, and check the relevant state DMV process before making decisions.*

This is general information for preparing a conversation or next step, not individualized professional advice.

Notes and what to buy
