

# 55 Alive Mature Driver Refresher Course



**McQUAY TANNERY SENIORS' CENTRE**  
1852 3<sup>RD</sup> Avenue East, Owen Sound (next to Bayshore Community Centre)

**Friday, April 20, 2012**

**8:30 a.m. – 2:30 p.m. (bag lunch)**

*55 Alive Instructor Andy Burgess*  
*Assisted by Sarah Milne, Health Promoter, Grey Bruce Health Unit*

**Preregistration and Payment is required by April 15, 2012**

**The Cost for this course is a donation of \$25.00 (includes 55 Alive Manual valued at \$15.00)**

55 Alive is an innovative classroom driver retraining program designed specifically by Canada Safety Council for individuals 55+. This course takes into consideration the physical changes of the maturing driver and identifies ways in which individuals can compensate for these changes. As we age, our driving skills can be affected by changes in vision and reaction times. Medical conditions such as arthritis, stroke, heart attack, and dementia can also affect our ability to drive. By understanding changes in the aging process and learning how to compensate for them, we can drive more safely.

The Ministry of Transport requires all seniors 80 + to write a written examination in order to maintain their driving license. This course will help to update the skills needed to pass this test.

**55 Alive Driver Refresher Course Topics Include:**

- The effects of aging and medication on driving/ How vision and hearing effects driving
- Rules of the Road / Traffic hazards and how to cope with them
- Adverse driving conditions / Collision prevention techniques
- Passing left and right turn, entering and exiting the flow of traffic
- Intersections and their related problems / Night driving
- Correct following distances and being aware of surrounding conditions

**A certificate is issued by the Canada Safety Council upon completion of the course which may give you a reduction in your insurance. There is no test at the end of the course.**

**For information or to book your space for the course, please contact  
McQuay Tannery Seniors' Centre (519-376-8304)**