

# WORRIED ABOUT SOMEONE'S DRIVING?

Just as cars need a regular MOT test to stay roadworthy, drivers also need to ensure they're fit for the journey ahead. Scotland's ageing population sees many continuing to drive well into later years – for work, family, and community commitments, as well as sheer convenience.

According to census data, 1.2 million of the Scottish population are over the age of 60<sup>1</sup>, and 72% hold a driving licence<sup>2</sup>. With over 850,000 drivers over 60 on Scotland's roads, it's vital that, as we get older, we do everything we can to ensure we are driving safely and confidently for as long as possible.

**In 2023, 23% of car drivers killed or seriously injured on our roads were over 60<sup>3</sup>.**

There may come a point when a loved one's 'MOT' reveals it's time to consider hanging up their keys. This is a sensitive issue, as driving is often a big part of someone's independence and freedom.

Your Driver MOT



DRIVE SAFELY FOR LONGER

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Here are some starting points to help navigate this potentially emotional topic with care and understanding:

- **Prepare beforehand:** Consider what you'll say and approach the conversation gently.
- **Focus on feelings:** Avoid sticking solely to facts; address emotions and perspectives.
- **Seek mutual understanding:** The goal isn't to win an argument but to explore common ground.
- **Clarify viewpoints:** You might discover more agreement than anticipated.
- **Stay calm and curious:** Use questions to better understand their perspective.
- **Build on shared concerns:** Start where you agree and move forward from there.

Approaching this conversation with empathy ensures your loved one's safety and wellbeing while respecting their independence.

Reassure them their driver MOT is there to help them drive safely for longer, but if it is time to stop driving, make sure you are there to support that decision and help them transition where you can.

For more information, **visit [roadsafety.scot](https://roadsafety.scot)**

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