Program Guide

This program and manual have been made possible by the Johns Hopkins Bloomberg School of Public Health, Center for Injury Research and Policy and the Maryland State Highway Administration Department of Transportation, Highway Safety Office.
Overview

By 2030, the older population ages 60 and above is projected to be double, growing from 35 million to 71.5 million and representing nearly 20 percent of the total U.S. population. Coupling this growth with an increase in life expectancy from 77.3 in 2002 to an all time high of 77.6 in 2003, we can expect to find a substantial increase in the number of older Americans (60+ years) traveling on our roadways. This is particularly concerning because in Maryland, older drivers represent the 3rd leading classification of people involved in both total crashes and injury crashes. In the last five years, an average of 144 older drivers have lost their lives annually in car crashes, representing 23% of all of Maryland's traffic fatalities. Older driver crashes tend to be related to inattention or slowed perception and response, lack of recognition of changes to these motor control abilities, or the lack of awareness that these abilities can be influenced by prescription medication use, poor vision, and/or other miscellaneous medical conditions.

The program, Seniors on the M.O.V.E. (Mature Operators Vehicular Education), was developed with support from the Maryland Highway Safety Office (MHSO) due to the limited number of older/mature driver training programs available. The goal of the program is to reduce the risk of injury to the older driver (60+ years) by 1) increasing drivers' knowledge and abilities and 2) facilitating self-regulation and informed decision making about driving behaviors.

Program
The Seniors on the M.O.V.E. program was designed using Self-Regulation Theory (SRT) to help older drivers better understand and utilize self-regulation skills for safer driving. SRT as defined by Kanfer (Kanfer, 1980) is a system of conscious personal health management in which individuals learn to monitor their abilities and regulate specific behaviors. Modules for the training series were developed based on an assessment of current trainings for mature drivers and contributing factors for mature driver crashes as identified in the literature. The intended audience for the program is the 60+ year old driver.

The program is an interactive, multi-session training that is limited to 40 participants to maximize interaction and learning. Classes are held sequentially, for a total of 4 weeks with one 2 hour training session being held each week. All sessions have been designed to complement and build from one to another. All sessions take place in classroom settings; there is no actual driving involved in the training. Sessions include:

1) “Roadwise Review” – a driving abilities assessment CD ROM program- Developed and presented by the AAA Foundation for Traffic Safety;

2) ” Road Smart” - Developed by a special committee from the Central Maryland Regional Safe Communities Center, presented by trained driving instructors;

3) “Safer Driving: Me and My Vehicle” – Developed and presented by Maryland DHMH Kids in Safety Seats (KISS) personnel; and

4) “Being Medwise to Stay Roadwise” Medication Management – Developed and presented by the Peter Lamy Center for Drug Therapy and Aging at the University of MD School of Pharmacy.

You will find all of the information that you need regarding each of the 4 sessions later in this guide.

Also in this guide is a section dedicated to “Planning” your M.O.V.E. program. This section will provide you with step-by-step details on how to assure your program is planned properly from picking an appropriate site to finding the contact information for each of the program presenters.