



How to Take Away the Keys

Without Breaking Their Heart

A Step-by-Step Guide for Talking to a Parent About Driving Safety

Because safety and dignity can — and should — go hand in hand.

5 Parts · 8 Printable Worksheets · Ready-to-Use Scripts

Who This Guide Is For

This guide is for you if you love your parent deeply and you're starting to feel that uncomfortable knot in your stomach every time they pull out of the driveway.

It's written for adult children who are:

Noticing Early Warning Signs

Maybe there are new dents on the car, stories about 'close calls,' or moments when they seem more anxious or confused behind the wheel. Nothing catastrophic has happened, but something feels off and you don't want to wait for a crisis to prove you right.

Entering a Small-Crisis Phase

Perhaps there has been a minor fender-bender, a ticket, a doctor's comment about vision or reaction time, or a time they got lost on a familiar route. You're no longer just 'a little worried' — you're scared of what could happen if nothing changes.

You are not alone in this, and you are not a bad son or daughter for worrying about driving safety. This guide is here to give you language, structure, and realistic options so you don't have to figure it all out in the heat of the moment.

Guide Structure Overview

1	Introduction	You're Not a Bad Child for Worrying
2	Part I	Understanding What's Really at Stake
3	Part II	Preparing Before You Talk
4	Part III	Having the Conversation — Scripts + Variations
5	Part IV	Creating a Safe Driving Plan or Transition Plan
6	Part V	After the Keys: Protecting the Relationship and Their Dignity
7	Worksheets	Checklists and Quick-Reference Tools

Introduction

You're Not a Bad Child for Worrying

There's usually a specific moment when the uneasy feeling starts. Maybe it's the new scrape on the bumper that your parent can't quite explain, the story about 'that idiot who came out of nowhere' that sounds more like a near-miss than a funny anecdote, or the way they hesitated at a green light and seemed just a little... lost.

From there, the worry tends to grow quietly in the background. You might catch yourself watching how they pull out of the driveway, noticing how tightly they grip the wheel, or feeling your stomach clench when they say they're driving at night or on the highway.

You're not trying to be critical. But somewhere inside, a voice has started asking, *'Is this still safe?'* and it refuses to go back to sleep.



Why This Is So Emotionally Loaded for Everyone

Conversations about driving aren't really about cars and roads. They're about independence, control, identity, and the painful reality that time is moving forward for all of you.

For Your Parent	For You
Driving may represent freedom, competence, and the ability to live life on their own terms. Suggesting a change can feel like you're questioning their capability. It's not just, 'Can you still drive?' It's, <i>'Who am I if I can't?'</i>	You may be terrified they'll be hurt — or hurt someone else — and at the same time deeply afraid of hurting their pride. You might feel pulled between love and frustration, between wanting to protect them and resenting how much responsibility is landing on your shoulders.

What This Guide Will (and Won't) Do

This guide will **not** tell you that you're selfish, overreacting, or making a big deal out of nothing. It will **not** promise a way to do this that feels completely painless for everyone. Instead, it will show you how to hold both safety and compassion at the same time.

- Normalize your mixed feelings — love, fear, guilt, resentment, tenderness.
- Help you see more clearly what's happening, both on the road and inside your relationship.
- Give you specific words, scripts, and conversation frameworks you can adapt to your own family.
- Offer step-by-step ideas for easing into this topic while doing everything you can to preserve your parent's dignity and your connection.



PART I

Understanding What's Really at Stake

Before you choose the right words, you need to understand the emotional ground you're walking on.

2.1 What Driving Represents to Your Parent

For your parent, driving is almost never 'just driving.' It's woven into how they see themselves and how they move through the world.

Identity & Competence

Sliding into the driver's seat feels like proof they're still sharp and self-sufficient. Questioning their driving may feel like saying: *'You're not capable anymore.'*

Freedom & Spontaneity

The ability to hop in the car on a whim represents independence — going where they want, when they want, without scheduling anything around anyone else.

Privacy & Control

Driving means no explanations, no asking for help, no negotiating. Needing rides can feel like suddenly requiring permission slips for everyday life.

2.2 What's Happening Inside You

Your inner world matters just as much in this process. You're coming in as a son or daughter who loves this person and is under a lot of emotional pressure.

- **Fear of them getting hurt or hurting others.** Underneath everything, there's often a quiet, persistent fear: 'What if they crash? What if someone else gets hurt?' That fear can make you either overly cautious or avoidant — both understandable reactions.
- **Fear of conflict and being 'the bad guy.'** You may dread being seen as bossy, disrespectful, or ungrateful. So you hesitate, soften your concerns, or tell yourself you're overreacting — even when your gut keeps telling you something isn't right.
- **The stress of role reversal and sibling disagreements.** You might feel stuck between your parent, your siblings, and your own conscience. Feeling like 'the parent's parent' is emotionally heavy, and can stir up old family patterns.

Recognizing what's going on inside you isn't self-indulgent — it's preparation. The more honest you are with yourself about your fears and loyalties, the less likely they are to explode in the middle of the conversation when you need calm the most.

2.3 Why These Conversations Go Badly (and How to Avoid That)

Understanding the common traps helps you sidestep them:

Power Struggles	If the conversation turns into 'I know what's best and you need to do what I say,' your parent is almost guaranteed to dig in. The goal is to shift from 'you vs. me' to 'you and me together against the safety problem.'
Ageist Language	Phrases like 'You're too old to be driving' or 'You're not safe anymore' reduce your parent to their age or weakest moments. Talking about specific situations is almost always safer and more respectful.
Waiting for a Crisis	Many families stay silent until something serious happens. But after a major accident, emotions are at their highest. Starting earlier — while you're in the 'uneasy' stage — gives everyone more space to listen and make decisions calmly.



PART II

Preparing Before You Talk

Preparation doesn't make the conversation painless — but it makes it clearer, kinder, and less likely to explode.

3.1 Getting Clear on the Safety Picture

Start by stepping out of vague worry and into concrete observation. Instead of 'I just have a bad feeling,' you want, 'Here are the specific things I've noticed.'

Early Concern

- Occasional comments about driving feeling 'more stressful'
- One or two minor navigation mistakes (missed turns, mild confusion)
- A small scrape or dent on the car, with some explanation
- Driving less by choice (avoiding rush hour, longer trips)
- You feel uneasy but not alarmed

Small Crisis

- Getting lost on familiar routes
- Multiple new dents/scratches with vague explanations
- Near-misses or close calls you've witnessed or they've described

	Recent traffic tickets (speeding, red lights, failure to yield)
	Doctor has expressed concern about vision, cognition, or medications
Urgent Danger	
	Serious accident or 'totaled' car
	Getting lost and unable to find home
	Strong medical recommendation not to drive
	Major confusion, memory problems, or disorientation while driving

3.2 Clarifying Your Own Goals and Non-Negotiables

Before you talk to your parent, get honest with yourself: *What outcome am I actually aiming for right now?* If you go in vague, your parent will feel that vagueness – and it can turn into a circular, exhausting conversation.

1	Raise Awareness	Gently put driving safety on your parent's radar, share what you've noticed, and start an ongoing dialogue.
2	Add Limits	You're not asking them to stop completely, but you believe certain changes are necessary – no night driving, no highways.
3	Request an Evaluation	You want a doctor or driving specialist to assess their abilities so the decision isn't just between you and them.
4	Full Cessation	Based on what you're seeing, you believe they should no longer drive at all, and you're prepared to say that clearly.

3.3 Choosing Your Timing, Place, and Team

Who should be in the room

Think about who can stay calm, who your parent trusts, and who might unintentionally escalate things.

Get siblings aligned first

Share what you've observed, listen to their experiences, and aim for a shared foundation before talking to your parent.

Choose a calm, private moment

Avoid the driveway, rushed holiday visits, or right after a scary incident. You want time to say what you need – and for your parent to react without feeling on the clock.

3.4 Lining Up Alternatives Before the Conversation

One of the biggest fears your parent may have is: *'If I can't drive, I'll be stuck at home.'* You can soften that fear by preparing alternatives in advance – so you're not just taking something away, you're bringing realistic options to the table.

- A family ride calendar where different people cover regular appointments and social events
- Rideshare gift cards or app setup with payment handled behind the scenes
- Community shuttles or senior transportation services through local agencies
- Grocery and medication delivery services to reduce frequent driving needs
- Church or friends carpools for services, groups, or social outings



PART III

Having the Conversation

Scripts + Variations — You don't have to say these perfectly; you just need a steady starting point.

4.1 Core Communication Principles

1

Lead with care, not control.

Begin from 'I love you and I'm worried about your safety' rather than 'You can't do this anymore.' Your parent is far more likely to listen if they feel cared about, not managed.

2

Use 'I' statements; avoid 'you never / you always.'

'I feel scared when...' lands very differently from 'You always...' which tends to trigger defensiveness and shame.

3

Talk about specific behaviors, not age.

Focus on concrete incidents — near-misses, getting lost, doctor's comments — rather than 'You're too old to drive.' Specifics feel more fair and less like an attack on their identity.

4

Make it a series of talks, not a one-time showdown.

When you release the pressure to 'solve everything right now,' both of you can breathe and think more clearly.

Remind yourself: My goal is connection and safety, not winning an argument.

4.2 Gentle 'Early Concern' Scripts

Use these scripts when you've noticed some changes, but there hasn't been a clear crisis yet. Your aim is to plant the seed – not rip the keys away.

A. Soft Opening (General)



"Mom, there's something I've been thinking about, and it's not easy to bring up because I really don't want you to feel criticized. I've noticed that driving seems a bit more stressful for you lately, especially when traffic is busy. I love you, and I want to make sure we're keeping you as safe and independent as possible. Could we talk a little about how driving has been feeling for you?"

B. For Direct, Practical Parents



"Dad, I want to run something by you. I've noticed a couple of close calls and a new scrape on the car. I know you've been driving forever and you've always taken safety seriously. I'm starting to worry about how stressful the roads are getting. Can we look together at whether there are ways to make driving easier and safer for you now?"

C. For Sensitive Parents



"Mom, this is a little hard for me to bring up because the last thing I want is for you to feel like I'm talking down to you. I've just been feeling a bit anxious about how hectic driving has become. I'm wondering how it feels for you these days when you're out on the road. Would you be willing to share what it's like from your side?"

D. For Highly Independent or Defensive Parents



"Dad, I know how much you value being able to get where you want, when you want. Lately I've noticed a few things that have me concerned. I'm not here to tell you what to do. I am asking if we can start having some honest conversations about how to keep you safe and mobile going forward."

4.3 'Small Crisis' Scripts

Use these when something more concrete has happened — near-misses, minor accidents, a clear doctor's warning — but you're not yet at 'never drive again' territory.

A. Naming Specific Incidents Calmly

“

"Mom, I want to talk about the last few weeks. You told me about almost getting hit when you turned left last Tuesday, and then there was the ticket for running that red light, and the new dent on the back bumper. None of these alone would be a huge deal, but together they're really worrying me. I'm scared something serious could happen."

B. 'I Can't Pretend This Is Safe Anymore' — Without Shaming

“

"Dad, I need to be honest with you. After the fender-bender and the time you got turned around coming home from the store, I can't keep telling myself everything is fine. I'm not saying you're a bad driver or that you've done something wrong. I am saying that I'm scared for your safety and for the safety of other people on the road."

C. Introducing Limits (Not Yet Full Cessation)

“

"Given what's been happening, I'd like us to try some changes to see if that makes things safer and less stressful. For example, what if we agreed on no more night driving, and no highways for now? We could try that for a while and then check in together about how it's going."

D. Introducing the Idea of a Professional Evaluation

“

"Another idea I've been thinking about is getting a professional driving evaluation. That way, it's not just my opinion or yours — it's information from someone who looks at this all the time. How would you feel about doing that together?"

4.4 Handling Common Reactions in Real Time

Even with the best preparation, your parent may react strongly. Here are ready responses that can keep you from panicking or lashing out.

<p>If they say: <i>"Denial: "I've driven for 50 years; I'm fine.""</i></p>	<p><i>"You're right – you've been driving safely for a very long time. That's part of why I'm bringing this up now, before something terrible happens. The roads have changed, and your health has changed a bit too. I'm not questioning your whole driving history; I'm worried about what's happening now."</i></p>
<p>If they say: <i>"Anger: "You just want to control me.""</i></p>	<p><i>"I can see why it might feel that way. The truth is, I don't want control over you. I want you alive and safe. If there were a way to have both total independence and no risk, we'd choose that. Since that's not possible, I'm trying to find a way that protects you and respects you at the same time."</i></p>
<p>If they say: <i>"Fear: "If I can't drive, my life is over.""</i></p>	<p><i>"I hear how huge this feels, and I don't want to minimize it. Losing driving is a big loss. What I don't want is for your world to shrink to nothing. If we decide you need to drive less or stop, I want us to build a plan together so you can still get to the people and places that matter to you."</i></p>
<p>If they say: <i>"Withdrawal: "I don't want to talk about this.""</i></p>	<p><i>"Okay. I can tell this is really painful to think about, and I don't want to force you. At the same time, I'm too worried to pretend this isn't an issue. How about we take a break today and pick it up again in a few days? I'll check in with you and we'll try again, more slowly."</i></p>



PART IV

Creating a Safe Driving Plan

Moving from vague worry to clear agreements — without treating your parent like a child.

5.1 When Full Cessation Isn't Yet Realistic

In many early or small-crisis situations, the immediate goal isn't 'no more driving ever again,' but 'less risky driving, starting now.' Step-down limits can reduce danger and stress while giving your parent time to adjust.

Daytime Only	No Highways	Short, Familiar Routes	No Driving Others
No driving after dark, or after a certain time in the evening when visibility drops and fatigue increases.	Avoiding high-speed, multi-lane roads where quick decisions and lane changes are required.	Limiting driving to known, local routes — like the nearby grocery store, church, or a close friend's home.	Reducing the ethical burden of having others in the car if something goes wrong.



"Dad, given what's been happening, I'd like us to try a few changes that can make driving safer and less stressful for you. How about we agree for the next month that you'll drive during the day only, on familiar routes, and avoid highways and driving the grandkids? I'll help with the other trips. After a month, we'll sit down together and see how it's going. This isn't about taking over – it's about protecting you while we figure out what works best."

5.2 When It's Time to Strongly Recommend Stopping



"Dad, this is one of the hardest conversations I've ever had with you, because I know how much driving has meant to your independence. I'm saying this because I love you too much to pretend otherwise: I don't believe it's safe for you to drive anymore. I'm not asking you to give up your life – I'm asking you to let me and others help you get where you want to go in a different way."

When they push back, hold the line kindly. 'I hear how upsetting this is, and I don't blame you for being angry. At the same time, I can't change what I've seen, or what the doctor has said, or how strongly I feel about your safety. I'm willing to work very hard to keep your life as full and connected as possible – but I'm not willing to pretend driving is safe for you now.'

5.3 Dealing With the Car Itself

Once driving changes, the car becomes more than a vehicle – it becomes a symbol. How you handle it can stir up strong feelings. Some options include:

- **Family uses the car to drive them.** A child or grandchild uses the car but commits to using it to take your parent where they want to go. This keeps the car 'in the family' and can feel less like a loss.
- **Selling the car.** Proceeds might help fund other needs, pay for rideshares or transportation services. For some, selling is a painful but important step in accepting the new reality.
- **Storing the car for a time.** In early transitions, some families choose to 'pause' driving. This can soften the sense of finality – though 'pause' shouldn't become indefinite avoidance of a real decision.



PART V

After the Keys: Protecting the Relationship

How to tend to the emotional fallout and keep your connection with your parent strong.

6.1 Understanding the Grief

Stopping or significantly cutting back on driving is a real loss, not a minor inconvenience, and it deserves to be treated that way. Your parent may move through different emotional waves:

Sadness	A quiet heaviness, tears, or comments like 'I can't do anything on my own anymore.'
Irritability	Snapping more easily, criticizing how you drive, or seeming 'grumpy' about small things.
Withdrawal	Saying 'Never mind, it's not worth it,' staying home more, canceling plans.
Nostalgia	Telling more stories about past trips, favorite cars, or 'the days when I could just hop in and go.'

"Dad, I know giving up driving has been a big loss. It makes sense that you'd feel sad and frustrated. I want you to know I see that, and I don't expect you to just get over it. We'll figure this new stage out together."

6.2 Keeping Life Big When the Car Is Gone

Your goal now is to help keep your parent's world as big and meaningful as possible. Create a weekly connection and activity plan — not just a 'ride schedule.'

- One or two social contacts (visits, calls, video chats)
- One or two enjoyable outings or activities
- Necessary appointments and errands
- At least one thing they can initiate on their own (a call, a project, an online group, a hobby)

6.3 Watching for Warning Signs of Depression or Anxiety

Simple check-in questions you can use:

- "How has your mood been lately, on most days?"
- "Do you feel like doing the things you usually enjoy, or is it harder to get yourself going?"
- "Have you been feeling more nervous or worried than usual?"
- "Are there days you feel like there's not much point to anything?"

6.4 Rebalancing the Relationship

When driving stops, it's easy for the relationship to shrink into a series of logistics. You and your parent both deserve more than that.

- Ask their opinion on family decisions: 'What do you think we should do about...?'
- Draw on their expertise: recipes, financial wisdom, home repairs, gardening, faith, or life stories.
- Create small rituals that are about connection, not chores — weekly coffee, a show you watch together, a time you call just to talk.

Remind yourself: 'I made a hard choice in the service of keeping someone I love as safe as possible.' Holding onto that truth can soften the internal criticism and make it easier to show up with patience and warmth in this new chapter.

Worksheet 1 • 'What I'm Seeing' Observation Log

Use this page to capture specific driving-related situations – not just your overall anxiety. Jot down short notes over 2–4 weeks.

Entry 1			
Date:	What happened?	Where?	My concerns/thoughts:

Entry 2			
Date:	What happened?	Where?	My concerns/thoughts:

Entry 3			
Date:	What happened?	Where?	My concerns/thoughts:

Entry 4			
Date:	What happened?	Where?	My concerns/thoughts:

Looking back at these entries, what patterns do I see?

Worksheet 2 • Early vs. Small-Crisis Safety Checklist

Check anything that applies in the past 3–6 months.

Early Concern

- Occasional comments about driving feeling 'more stressful'
- One or two minor navigation mistakes (missed turns, mild confusion)
- A small scrape or dent on the car, with some explanation
- Driving less by choice (avoiding rush hour, longer trips)
- You feel uneasy but not alarmed

Small Crisis

- Getting lost on familiar routes
- Multiple new dents/scratches with vague explanations
- Near-misses or close calls you've witnessed or they've described
- Recent traffic tickets (speeding, red lights, failure to yield)
- Doctor has expressed concern about vision, cognition, or medications

Urgent Danger

- Serious accident or 'totaled' car
- Getting lost and unable to find home
- Strong medical recommendation not to drive
- Major confusion, memory problems, or disorientation while driving

Most of my checks are under:

- Early Concern Small Crisis Urgent Danger

What does this suggest about the kind of conversation I need to have?

Worksheet 3 • My Goals and Non-Negotiables

In this season, my primary goal is to: (check one)

- Raise awareness and start an ongoing conversation
- Add specific limits (no night driving, no highways, etc.)
- Request a professional driving evaluation
- Strongly recommend stopping driving altogether

In my own words, what I hope will change:

My Red-Lines (Non-Negotiables)

For safety, I cannot accept:

Worksheet 4 • Conversation Planner

Reduce anxiety by planning the basics of the first (or next) talk.

Who will lead this conversation?

Others who will be present (if any):

When and where will it happen?

My opening line (draft 1–2 sentences):

Three key points I want to make:

Worksheet 5 • Driving Plan Template

1. Our Current Agreement

Continue driving with these limits:

Daytime only?

Yes

No

Details:

No highways?

Yes

No

Details:

No passengers
(grandkids/friends)?

Yes

No

Details:

Stop driving as of this date: -----

2. Transportation Support (who helps with what)

Groceries:	
Medical appointments:	
Faith/community activities:	
Social visits/hobbies:	
Other important places:	

3. Review Date

We agree to review this plan together on: -----

Parent Signature:

Date:

Adult Child Signature:

Date:

Worksheet 6 • Transportation Alternatives Brainstorm

Walk into the conversation with concrete options already prepared.

Most important places my parent goes regularly:

1.	Church / Faith community
Options:	
2.	Grocery store
Options:	
3.	Doctor / Medical appointments
Options:	
4.	Social activities / Friends
Options:	

Which of these options seem most realistic in the next month?

Worksheet 7 • Quick-Reference Reaction Guide

Keep this page handy during or before tough conversations.

If They Say This...	You Could Say...
<i>"I've driven for 50 years; I'm fine."</i>	"You have, and that's exactly why I care so much now. I'm not questioning your past. I'm worried about what's happening lately and want to keep you safe."
<i>"You just want to control me."</i>	"I can see why it might feel that way. The truth is, I don't want control over you — I want you alive and able to enjoy the things you love."
<i>"If I can't drive, my life is over."</i>	"It makes sense that it feels huge. I don't want your life to shrink — I want us to build a plan so you can still see people and do things that matter to you."
<i>"I don't want to talk about this."</i>	"Okay, I can tell this is painful. I don't want to force it, but I'm too worried to ignore it. Let's take a break and come back to it in a few days when we're both calmer."

My parent's typical phrases and my customized responses:

Worksheet 8 • After-the-Keys Weekly Connection Plan

Help protect your parent's quality of life and the relationship.

Week of: _____

1. Essential Outings (appointments / errands)

Ride plan:

Ride plan:

2. Social Connections (in person, phone, or video)

Person: _____ How/When: _____

Person: _____ How/When: _____

3. Enjoyable Activities

Activity at home:

Activity out of the house:

4. Ways My Parent Can Contribute or Lead

"I'll ask for their help with:"

"They can take the lead on:"

5. My Own Boundaries and Support

One way I'll protect my own energy this week:

Person I can talk to about how I'm feeling:



We're Here When You're Ready

If this guide has brought your parent's driving situation into sharper focus, you don't have to sort it all out on your own.

At Castleton Home Care, we walk alongside families navigating exactly this season — when safety, independence, and changing roles all collide at once.

(770) 810-5974 · office@castletonhomecare.com · castletonhomecare.com



Where your home is your castle.

Castleton Home Care, LLC · Alpharetta, Georgia · (770) 810-5974 · castletonhomecare.com

Disclaimer: This guide is provided for informational and educational purposes only. The content contained herein does not constitute and is not a substitute for professional legal, financial, medical, psychological, or any other licensed professional advice. Every family situation is unique. Please consult qualified professionals — including physicians, mental health providers, elder law attorneys, and financial advisors — before making decisions based on the information in this guide. Castleton Home Care, LLC makes no representations or warranties regarding the completeness, accuracy, or applicability of this content to your specific circumstances.

Sources & Further Reading

The following resources informed the content of this guide and are recommended for families seeking additional support, research, and professional guidance.

1. AARP / The Hartford – "We Need to Talk: Family Conversations with Older Drivers"

Overview: <https://www.aarp.org/auto/driver-safety/we-need-to-talk/>

PDF Booklet: https://assets.thehartford.com/image/upload/we_need_to_talk.pdf

2. National Institute on Aging (NIA), NIH – "Safe Driving for Older Adults"

Safe Driving Article: <https://www.nia.nih.gov/health/safety/safe-driving-older-adults>

Infographic (PDF): <https://www.nia.nih.gov/sites/default/files/2023-10/Infographic-SafeDriving.pdf>

3. Clinician's Guide to Assessing and Counseling Older Drivers (NHTSA / AGS)

Chapter 6 – Advising the Older Adult:

<https://www.safemobilityfl.com/pdfs/CliniciansGuide/Chapter6CliniciansGuideOlderDrivers4thEdition.pdf>

Full Guide (NHTSA PDF): https://www.nhtsa.gov/sites/nhtsa.gov/files/812228_cliniciansguidetoolderdrivers.pdf

4. AAA Foundation & AAA – "Discussions with Older Family Members about Safe Driving"

AAA Foundation: <https://aaafoundation.org>

"How to Talk to an Elderly Person About Driving":

<https://www.ace.aaa.com/publications/auto/how-to-talk-to-elderly-person-about-driving.html>

5. Presbyterian Senior Living – "Family Conversations: Discussing Driving Safety without Conflict"

Article: <https://www.presbyterianseniorliving.org/blog/family-conversations-discussing-driving-safety-without-conflict>

6. The Option Group – "Driving and Aging: How to Have a Conversation with a Loved One"

Article: <https://theoptiongroup.net/driving-and-aging-how-to-have-a-conversation-with-a-loved-one/>

7. National Highway Traffic Safety Administration (NHTSA) – "How to Understand and Influence Older Drivers"

PDF Guide: <https://www.nhtsa.gov/sites/nhtsa.gov/files/2911olderdriversafety.pdf>

8. "Driving Cessation and Health Outcomes in Older Adults" – Journal Article (PMC)

PubMed Central: <https://pubmed.ncbi.nlm.nih.gov/articles/PMC5021147/>

9. "Turning off the Ignition: A Scoping Review on the Impact of Driving Cessation for Older Adults"

Taylor & Francis Online: <https://www.tandfonline.com/doi/full/10.1080/01612840.2025.2544154>

10. NC Senior Driver – "Conversations with Older Drivers"

Article: <https://www.ncseniordriver.org/for-caregivers/how-to-help/conversations-with-older-drivers/>

11. Pacific Driver Education – "Older Driver Safety Awareness: A Family Guide to Safe Driving"

Article: <https://pacificdrivereducation.com/blog/older-driver-safety-awareness-family-guide>