



Driver Fitness Center

Your Roadmap to Driving Safer, Longer

At the Driver Fitness Center you'll find . . .

- Information about **safe driving classes** offered through Hudson Valley AAA and AARP.
- Roadwise Review®, **assess your driving ability with a self-test** in the privacy of your own home.
- How to sign up for a 20 minute check-up for you in your car with **CarFit® or Senior Drive**.
- **How medical conditions can affect your driving**; find information on how diabetes, cataracts, arthritis and dementia affect driving.
- How to continue driving safely with those physical challenges by **working with your doctor or physical therapist** to manage these conditions as they relate to driving.
- Find out the features you should look for in a new car with AAA's "**Smart Features for Mature Drivers**" - a compilation of automobile features that fit the needs of the mature driver.
- **Find the right car!** Check out the list of cars with the features that will best suit your physical driving needs.



PROGRAMS & SERVICES

- **Transportation Services**

Van, Wheelchair and Escort Services

- **Health & Wellness Programs**

Classes for a wide range of health, fitness and education interests

- **Senior Dining**

Enjoy lunch with friends at many different locations in Colonie

- **Bright Horizons Social Centers**

Adult day centers provide respite for caregivers and a supportive senior center for loved ones

- **Senior Housing**

Over 300 independent living apartment homes are available at Sheehy Manor and the Beltrone Living Center

For over a quarter century, CSSC has been about people, families and community . . . committed to helping seniors stay active and independent. Today's CSSC is the largest provider of services for seniors in Colonie, serving the largest population of seniors over 60 in the Capital Region.

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DRIVER FITNESS CENTER

The Beltrone Living Center
Six Winners Circle
Albany, NY 12205
Tel: (518) 459-7132
www.colonieseniors.org

The Driver Fitness Center is a program of



INFORMATION, TOOLS AND RESOURCES TO DRIVE SAFER, LONGER

“The Driver Fitness Center provides creative and effective solutions that help seniors maintain their independence while ensuring their safety as well as the safety of others on the road. We value the partnership with Colonie Senior Service Centers which affords our officers the ability to gain a greater understanding and appreciation for the challenges faced by older drivers.”

- Colonie Chief of Police Steven Heider

Family members are usually the first to recognize signs of potentially unsafe driving. A driver's age does not determine if he or she can drive safely - how the driver functions on the road determines a safe driver.

Some of the warning signs of an unsafe driver are:

- Does not obey stop signs or traffic lights
- Drives too slowly for the speed limit
- Does not stay in their lane
- Gets lost routinely
- Has unexplained damage to their car

The goal of the *Driver Fitness Center* is to empower and educate older adults with information, tools and resources to drive safer, longer, and help maintain their independence and self-sufficiency.

The Driver Fitness Center is a One-Stop-Shop with a comprehensive library of information and referral sources that offer a range of solutions, options and resources, from many different areas, including:

Education

- Capital Region Older Driver Network
- Senior Drive & CarFit®
- Roadwise Review®
- Smart Features for Mature Drivers
- Defensive Driving Classes from AARP & Hudson Valley AAA

Law Enforcement

- Training for officers in assessing the needs & challenges of senior drivers
- Colonie Police Department Community Services Officer
- NYS DMV Testing & Investigation

Driver Assessment & Rehabilitation

- Senior & Special Needs Driving, LLC
- Sunnyview Rehabilitation Hospital
- Stratton VA Center

NYS Government

- Office for Aging
- Governor's Traffic Safety Committee

Healthcare Solutions

- Physicians
- Eye Doctors
- HectorPT

Peer Counseling

- Bright Horizons Caregiver Resource Center
- Peer to Peer Counseling

Health & Wellness Programs

- Diabetes
- Arthritis
- Osteoporosis
- Balance & Falls Prevention

The Driver Fitness Center, located in the Beltrone Living Center, is open during normal business hours.

For information call 459-7132.

The Driver Fitness Center was developed in cooperation with the Capital Region Older Driver Assistance Network.