The Florida Department of Transportation’s Safe Mobility for Life Coalition has released an updated guide to help older adults in Florida meet their personal mobility needs and remain safe, independent, and active in their communities.

The guide helps older adults in Florida learn the keys to achieve Safe Mobility for Life which are understand, be proactive, and plan:

- **Understand** the impact aging has on driving
- **Be proactive** about safe driving skills
- **Plan** for a safe transition from driving

Florida’s Guide to Safe Mobility for Life is an updated version of Florida’s Guide to Aging Drivers, which was released in 2012. The newly revised and expanded guide has necessary information all Floridians need to know as they age, as well as tips on how to drive safely longer and how to remain active and independent after transitioning from driving.

The guide has information about community and statewide transportation resources, safety tips, and rules for sharing the road to help drivers, walkers, bicyclists, transit riders, and motorcyclists be proactive about their mobility. It also includes self-assessments and worksheets to help learn how to plan for life beyond the driver’s seat.

To order Florida’s Guide to Safe Mobility for Life, visit fdot.tips/orderform.

Later this year, the Florida’s Guide to Safe Mobility for Life e-book will be available at SafeMobilityFL.com.