

## AGING AFFECTS DRIVING SKILLS

According to AAA, the typical driver makes 20 decisions per mile, with less than half a second to act to avoid a collision. All three steps in the process of driving — sensing, deciding and acting — are affected by age.

### Sensing

The amount of light entering the eye decreases by one-half every 13 years.

As we age, sensitivity to glare increases, peripheral vision narrows and depth perception declines.

Studies show that 30 percent of people age 65 and older suffer significant hearing loss.

### Deciding

As we age, the brain takes longer to process information and distractions become harder to ignore.

### Acting

Reaction times slow as we age. Weaker muscles, reduced flexibility and limited range of motion restrict our ability to grip and turn the steering wheel.

### Did you know...

**Motor vehicle injuries** are the leading cause of injury-related deaths among 65-74 year olds and the second leading cause (after falls) among 75 to 84 year olds. Older drivers also have a higher fatality rate per mile driven than other age groups, except drivers under age 25. In 2006, older drivers were involved in only 7% of all traffic crashes, but accounted for 17% of all traffic fatalities in Minnesota.

Minnesota Motor Vehicle Crash Facts, 2006

To learn more or to schedule  
your Travel Training, call  
320.529.4497  
or email  
info@stcloudmtc.com

**METRO BUS**  
the people picker uppers.

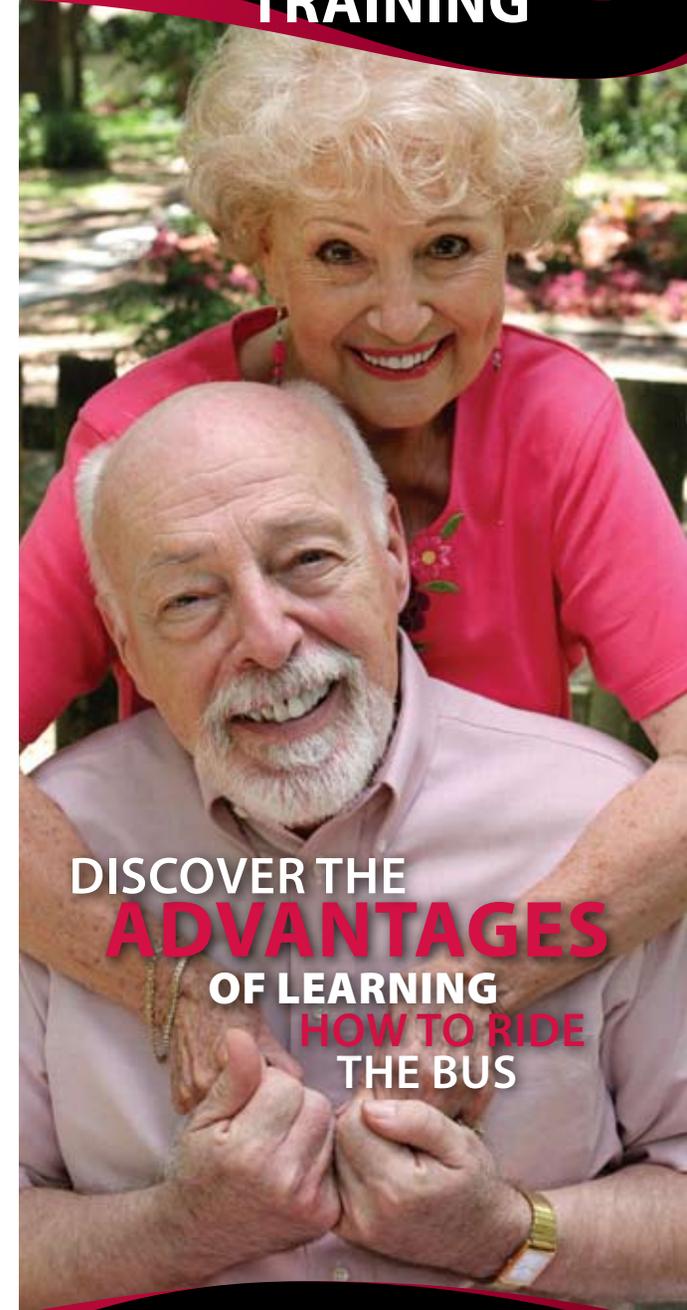
665 Franklin Avenue NE St Cloud MN 56304  
Administration 320.251.1499  
Transit Center 320.251.7433

ridemetrobust.com

printed 12/10

information from [www.aaafoundation.org](http://www.aaafoundation.org)

SENIOR  
TRAVEL  
TRAINING 



DISCOVER THE  
**ADVANTAGES**  
OF LEARNING  
HOW TO RIDE  
THE BUS

**METRO BUS**  
the people picker uppers.

## WHAT IS TRAVEL TRAINING?

Travel Training teaches people how to use the fixed route bus system. The training is free and is customized to meet each individual's needs.

The Travel Trainer will accompany you throughout your entire travel training experience. Best of all, the training is self-paced — take all the time you need and ask all the questions you want.

## WHEN IS THE BEST TIME TO LEARN

When most people plan for their retirement they think about health care, finances, and housing. It is important to plan for transportation as well, because studies show that many people live 7-10 years or more without driving.

It's okay to be an occasional bus rider. Using public transit saves money on fuel, insurance and car ownership costs. Leave the driving to the professionals and arrive safely.

## WHAT YOU WILL LEARN

Travel Training follows an easy, step-by-step learning process. You'll learn how to:

- Ride the bus with confidence
- Read bus maps and schedules
- Plan your trip and ride your necessary routes
- Recognize bus stops, landmarks and route names
- Pay fares and purchase passes
- Be a safe pedestrian
- Prepare for the "what ifs" of bus riding, such as "What if I miss the bus?" "What if I forget my money?" "What if I get off at the wrong stop?"



## 3 BENEFITS OF TRAVEL TRAINING

- 1 Stay in charge of your own life.** Because of traffic conditions, poor weather, or even the time of day, you may be faced with the choice of staying home or relying on a family member to bring you somewhere. Learning how to ride the bus now, means being prepared for the time when you can't (or won't want to) drive—keeping you in the driver's seat.
- 2 Expand your mind.** Travel Training is a fun activity that gets you out of the house, and teaches you something new in either a field-trip-like group setting, or one-to-one. Continued learning keep the mind sharp.
- 3 Good for your budget.** Learning how to ride the bus helps you save money on transportation—not just on gas, but also on parking and wear and tear on your car. No matter what your age, EVERYONE can benefit from this money-saving practice. And, Travel Training is a FREE service.

To learn more or to schedule your Travel Training, call  
**320.529.4497**