



## Older road users – driving while taking prescribed medication

Driving is an important part of staying independent, but as we get older, our bodies change - and that can affect how we drive. The good news? There are simple steps you can take to stay safe.

The Road Safety Centre offers free road safety sessions for older drivers - anywhere in South Australia. It's a great way to refresh your skills and confidence.

### Medication and driving

Many people take prescribed medication for health conditions. Some medicines can affect your ability to drive safely. Here are a few things to keep in mind:

- Medication can impair driving ability.
- Mixing alcohol with medication can impair your driving, reduce your alertness and greatly increase your risk of a crash.
- Read labels carefully, follow the directions and be aware of the warnings listed.
- Talk to your doctor about how your medication might affect driving.
- Never stop or change your medication without your doctor's advice.

### How medication can affect driving

If you take prescribed medication, it's important to understand how it might affect you behind the wheel. Some common side effects that can make driving unsafe include:

- slower reaction times
- feeling drowsy or tired
- dizziness or feeling faint
- blurred vision
- nausea or light-headedness
- confusion or poor concentration
- mood changes, anxiety, or aggression.

These effects can be even worse if alcohol is involved. Mixing alcohol with medication greatly increases the risk of a crash.



Disclaimer: This publication contains only general guidelines and strategies for dealing with safety and security, and no guarantees or representations are made concerning their effectiveness. SA Police accept no responsibility for any injury or loss resulting from the application of these strategies.



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Remember: It's against the law to drive if you're under the influence of alcohol or drugs (including over the counter and prescription medication) to the point where you can't control your vehicle safely.

### Worried about someone's driving?

Sometimes people keep driving even when it's no longer safe. This can happen if they have a medical condition that can affect clear thinking, making it hard to judge their own driving ability.

Even without cognitive issues, there may still be reasons for concern. If you're worried about a parent, friend, or loved one, start by having a calm conversation.

If you notice any risks, here are some helpful ways to support them:

- suggest safer routes for regular trips
- help book taxis, rideshare, or plan public transport for longer or busier journeys
- explore community shuttle services
- arrange refresher driving lessons
- offer to go with them to talk to their doctor about medications and driving
- help set up delivery services for groceries and essentials.

If you believe it's no longer safe for them to drive, a medical review can be requested through their doctor. While it's best to discuss this openly, it's not always easy.

For more tips and information, visit [www.myllicence.sa.gov.au](http://www.myllicence.sa.gov.au) and [Moving-right-along-Obligations-opportunities-for-older-drivers.pdf](#)

The SA Police Road Safety Centre is a leader in road safety education, playing a vital role in reducing road trauma through enhancing the awareness, knowledge and skills of all road users through lifelong learning.

For more information on our range of programs visit [www.police.sa.gov.au/road-safety](http://www.police.sa.gov.au/road-safety) or use the QR code below to take you straight to SAPOL's road safety page. To book a FREE road safety session email [SAPOL.RoadSafetySection@police.sa.gov.au](mailto:SAPOL.RoadSafetySection@police.sa.gov.au)



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**THINK!**

**ROAD SAFETY**



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