



## Older Road Users – Fitness To Drive

Staying safe on the road is important for all drivers, however as we get older there are physical changes which can affect our driving skills.

The Road Safety Centre offers a free road safety session to older road users, anywhere in the state.

### Fitness to drive

Some older road users lack confidence and feel nervous on busy roads or intersections. The ageing process increases difficulty in judging a vehicle's speed and distance. Older road users have an increased susceptibility of injury due to the general fragility of ageing. Some older road users also have additional existing health conditions which increases vulnerability.

### Are you still fit to drive?

If you feel at any time you are not in a fit state to drive, then do not drive and consult your doctor.

### Fitness to drive responsibilities

Both you and your doctor are required to report any medical condition that could affect your ability to drive safely to the Registrar of Motor Vehicles.

### Medical conditions

There are a wide range of medical conditions or combination of medical conditions that can affect your fitness to drive including:

- Alcohol/drug dependency
- Alzheimer's disease or other dementia
- Cardiovascular conditions
- Epilepsy
- Heart disease
- Parkinson's disease and other neurological disorders
- Stroke
- Arthritis and other joint conditions
- Blackouts
- Diabetes
- Eye disorders
- Injuries and disabilities
- Sleep disorder, like sleep apnoea

### Declaring your fitness to drive

You are required by law to declare any medical conditions when you apply for or renew a driver's licence in South Australia.

You may also be required to undergo medical assessments, self-assessment and/or a practical driving assessment.

Page 1/3



SAFER  
JOURNEYS



This publication has been prepared as a public service initiative by South Australia Police and, while every care has been taken in its preparation, no warranty is given nor representation, either express or implied, made regarding the accuracy, currency or fitness for purpose of the information or advice provided and no liability or responsibility is accepted by the State of South Australia, its instrumentalities, South Australia Police and their agents, officers and employees for any loss suffered by any person in consequence of any use and reliance placed by any person upon the said information or advice.





## Medical assessment

You will be sent a Certificate of Fitness in the mail and asked to visit a medical practitioner for a medical assessment if one of these apply:

- you have a medical condition recorded against your driver's licence that is subject to a periodic review, or
- you are aged 70 or older and hold a licence for a class of vehicle other than a car, e.g. heavy vehicle or motorbike.

If you hold a class 'MC' (multi-combination) licence and drive certain road trains and B-triples, or on particular routes, you may be required to be medically examined at regular intervals regardless of your age or whether or not you have a medical condition recorded against your licence.

## Self-assessment

You will be sent a self-assessment annually in the mail to complete from the age of 75 years if you hold a class 'C' (car) licence only and you do not have a medical condition. The self-assessment enables drivers to self-assess their fitness to drive. It is designed to be completed independently, however if you answer yes or are unsure of any of the questions you will need to visit a doctor to complete the assessment. The self-assessment will be sent to you around the time of your birth date and is designed to help you to think about your health and how it may impact on your ability to drive safely.

## Practical driving assessment

You will need to take a practical driving assessment if your medical practitioner feels it is necessary to help determine your fitness to drive.

The driving assessment consists of a short drive of about 30 minutes; it is not the same as the test that new learner drivers undergo to obtain their provisional licence.

Drivers are recognised for their experience and previous driving record. The practical assessment primarily looks at the ability of the driver to control the vehicle and demonstrate safe driving on the road in light to medium traffic while complying with the road rules.

Unless there are exceptional circumstances where extreme danger occurs due to poor vehicle control, drivers referred by their doctors for a practical test are given at least two (or more) attempts at the driving assessment.

Further information on fitness to drive can be found at [www.myllicence.sa.gov.au](http://www.myllicence.sa.gov.au)

## Fitness to drive

From the age of 85, if you hold any class of licence other than 'C' (car) licence, e.g. a truck or motorbike, you will have to do an annual practical driving test. Car class licence holders are not required to have a practical driving assessment.

Page 2/3



This publication has been prepared as a public service initiative by South Australia Police and, while every care has been taken in its preparation, no warranty is given nor representation, either express or implied, made regarding the accuracy, currency or fitness for purpose of the information or advice provided and no liability or responsibility is accepted by the State of South Australia, its instrumentalities, South Australia Police and their agents, officers and employees for any loss suffered by any person in consequence of any use and reliance placed by any person upon the said information or advice.







## Options other than driving

As we get older, a time may come when we can no longer drive safely so it's a good idea to find out as much as you can about other means of transport.

The following organisations will provide you with details about alternative means of transport:

- senior citizens and community centres
- local bus and taxi companies
- Adelaide Metro – free city bus routes
- the Council on the Ageing SA
- the Taxi subsidy scheme (discuss this with your doctor as a referral for an eligibility assessment is required)
- your local council and community buses
- social networks which may exist within your community
- Department for Infrastructure and Transport.

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)



This publication has been prepared as a public service initiative by South Australia Police and, while every care has been taken in its preparation, no warranty is given nor representation, either express or implied, made regarding the accuracy, currency or fitness for purpose of the information or advice provided and no liability or responsibility is accepted by the State of South Australia, its instrumentalities, South Australia Police and their agents, officers and employees for any loss suffered by any person in consequence of any use and reliance placed by any person upon the said information or advice.

