

TRANSPORTATION OPTIONS NETWORK FOR SENIORS



7 Tips for Winter Driving

1 Plan Ahead: Check the weather forecast and road conditions before heading out. If possible, avoid driving during heavy snowstorms or icy conditions.

2 Get Your Vehicle Winter-Ready: Ensure your car is properly maintained, including the battery, brakes, tires, and heating system. Consider using snow tires for improved traction in cold weather.

3 Allow Extra Time: Give yourself plenty of time for your journey, as it may take more time to complete tasks like clearing snow and ice from the vehicle.

4 Warm Up Your Vehicle: Allow your vehicle to warm up before driving to improve visibility and comfort inside the car.

5 Use Proper Driving Technique: Drive at a slower speed than usual, and increase your following distance to allow for longer stopping distances. Brake gently and early to avoid skidding or sliding. Use a light, steady pressure on the brake pedal.

5 Maintain Visibility: Keep all windows, mirrors, and lights clear of snow and ice to maximize visibility. Consider using polarized sunglasses to reduce glare from snowy surfaces.

6 Stay Informed and Connected: Inform a family member or friend about your travel plans and estimated arrival time. Carry a fully charged cell phone and car charger in case you need assistance.

7 Carry Emergency Supplies: Pack a winter emergency kit in your vehicle, including items like blankets, warm clothing, non-perishable snacks, a flashlight, a shovel, and sand or kitty litter for traction if you get stuck.

Bonus Tip: If driving in severe winter conditions makes you uncomfortable or if you're concerned about your ability to do so safely, consider using alternative transportation options like public transit, carpooling, or asking friends and family for rides during inclement weather.

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