

## 20 Driving tips to celebrate 20 years for the OSA

1. Take **frequent breaks** on long drives
2. When taking breaks, get up and move around; **go for a brisk walk** to get the circulation flowing and your joints moving
3. Plan driving trips for your **best time of day**
4. **Test drive** cars before you buy them, especially older vehicles – visibility, blind spots and shocks are different in every car
5. Look at cars advertised as having a smooth drive - avoid vehicles with a sport suspension as you can feel every bump on the road which aggravates pain
6. **Get a driving assessment at a Driver Rehab program** to help keep you driving longer, further and more comfortably. Not all equipment is appropriate for everyone; let us help you get set up safely and confidently.
7. Add **round convex mirrors** to your side mirrors – available at Canadian Tire or various vehicle modifiers – but see tips #14 and 20 below. Mirrors have their usefulness but they also have limitations; it is hard to correctly judge distances in many mirrors
8. **Use an extra large rearview mirror** - convex or flat? Your Driver Rehab OT can help you figure it out.
9. Use a **heated back support** to maintain good posture and give some relief from pain and stiffness.
10. Leaning forward while looking into your side mirrors increases your visibility of your blind spot.
11. **Use a swivel disk** on the seat. They are available at therapy stores, but are not necessary for everyone.
12. **Consider back-up radar** that will tell you how far you are from an object behind your vehicle – see tip #14 below!
13. If neck movement is limited, lean forward at the waist and look left and right by rotating at your waist. Let your driver rehab OT help you learn how to do this safely and effectively.
14. **Take lessons with a Driver Rehab facility** to enable you to use the recommended equipment and skills effectively.
15. Stop your vehicle at least **one car space** back from the intersection to increase your field of view to the left and to the right.
16. Be aware of your environment. **Check your mirrors every five seconds** so nothing “comes out of nowhere”.
17. **Drive defensively**. Give yourself time to react.
18. Make lane changes well in advance, to prepare for your left or right turn.
19. **Plan your route** before you set out and know the name of the street before the street where you need to turn.
20. **Special training is recommended** to learn how to adjust, install and use mirrors effectively, especially if they are to be used extensively