

Development of a Safety-Driving and Health Education Program for Older Drivers (Title of the research)

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Abstract

This study aimed to provide foundational data for a hybrid program integrating safety-driving and health education for older drivers. A total of 63 older drivers and 56 university students were assessed for driving ability, pedal operation skills, and health-related indicators, and the relationships among these factors were analyzed. Driving ability was evaluated using on-road assessments by driving instructors and measurements of reaction time and crash frequency in a driving simulator (DS). Pedal operation skills were assessed with a custom-developed device that measured the time required to adjust to a target speed. Older drivers required more time for pedal adjustment than younger participants, with gender differences observed. Furthermore, driving ability and reaction time were associated with physical function, information processing speed, and cognitive function, while pedal operation skills were linked to gender and grip strength. Future studies will expand the participant pool and evaluate the program's effectiveness to establish more efficient preventive care initiatives.