

# DRIVING AND HEALTH

WHAT YOU NEED TO KNOW



## DRIVING IS IMPORTANT TO ALL CANBERRA, YOUNG AND NOT SO YOUNG.

Come and learn about the latest research on our health and driving. We have brought together eminent researchers and practical health professionals to help us continue to drive safely.

### LEARN ABOUT:

- Some of the latest research findings on health and driving;
- Assistance available for those who wish to continue driving
- Where to get information and support
- Alternative transport options
- What the Medical Form means and how to complete it

### WHEN

Wednesday  
4 October,  
10am-2:45pm

### WHERE

Hughes Community  
Centre, Wisdom  
Street Hughes

### BOOKINGS

Required to  
COTA ACT  
6282 3777

**FREE LUNCH, MORNING AND AFTERNOON TEAS**

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**THIS WORKSHOP IS A MUST FOR AGEING DRIVERS, THEIR FAMILIES AND PROFESSIONALS IN THE FIELD.**

Presentations will be given by:

- Prof Joanne Wood, School of Optometry & Vision Science, Queensland University of Technology;
- Prof Kaarin Anstey, Director, Centre for Research on Ageing, Health and Wellbeing, Australian National University;
- Assoc Prof Vanita Parekh, Fitness to Drive Clinic, Canberra Hospital;
- Professor Don Aitkin, previously Chair of the NRMA-ACT Road Safety Trust, Patron Alzheimer's ACT;
- Simon Carroll, Professional Services Coordinator, Capital Chemist;
- Ewan Brown, President, COTA ACT;
- ACT Driver and Rehabilitation Services (DARS)



Presented by Australasian College of Road Safety; Centre for Research on Ageing, Health and Wellbeing, Australian National University; and COTA ACT