SALT committees have been established in the United States for several years.

Ontario currently has successful SALT committees in:

- Orillia
- Halton Region
- Rainy River
Mission Statement

S.A.L.T. is a voice to advocate for action to ensure that Seniors live in a healthy safe, enjoyable and vibrant community. The team will act as a communication link between seniors and service providers, increase awareness of service for seniors and support seniors in the community.
South Frontenac TP- Population by broad age group and sex

Statistics Canada 2011

<table>
<thead>
<tr>
<th>Broad age groups by sex</th>
<th>Population</th>
<th>change</th>
<th>% change</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2011</td>
<td>2006</td>
<td></td>
</tr>
<tr>
<td>Both sexes</td>
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<td></td>
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</tr>
<tr>
<td>Total</td>
<td>18,110</td>
<td>18,225</td>
<td>-115</td>
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<tr>
<td>0 to 14</td>
<td>2,980</td>
<td>3,340</td>
<td>-360</td>
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<tr>
<td>15 to 64</td>
<td>12,590</td>
<td>12,735</td>
<td>-145</td>
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<tr>
<td>65 and over</td>
<td>2,540</td>
<td>2,150</td>
<td>390</td>
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South Frontenac TP- Population by broad age group and sex

Statistics Canada 2016

<table>
<thead>
<tr>
<th>Broad age groups by sex</th>
<th>Population</th>
<th>2016</th>
<th>2011</th>
<th>change</th>
<th>% change</th>
</tr>
</thead>
<tbody>
<tr>
<td>Both sexes</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td>18,646</td>
<td>18,110</td>
<td>536</td>
<td>2.9</td>
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<tr>
<td>0 to 14</td>
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<td>2,990</td>
<td>2,980</td>
<td>10</td>
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<tr>
<td>15 to 64</td>
<td></td>
<td>12,340</td>
<td>12,590</td>
<td>-250</td>
<td>-2.0</td>
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<tr>
<td>65 and over</td>
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<td>3,320</td>
<td>2,540</td>
<td>780</td>
<td>30.1</td>
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</table>
Community Partners

- OPP
- South Frontenac
- Verona Lions Club
- Public Health
- Veterans Association
How can a SALT program assist seniors in their community?

- Improve communication to seniors.
- Improve communication between services.
- Provide safety, health and legal information.
- Identify the concerns of local senior citizens.
- Improve quality of life for seniors.
Issues of Concern

- Crime Prevention – Fraud, Phone Scams, Mail Scams, E-mail/ Internet Scams.
- Injury Prevention.
- Wills and Power of Attorneys.
- Elder Abuse.
- Financial Information.
- Fire Prevention.
- Care and Compassion
- Hoarding
- Alzheimer's
Meetings and Luncheons

- S.A.L.T. committee meets monthly.
- Luncheons held by-monthly at two locations.
- Offer free hot lunch.
- Usually on Fridays from 11:30am to 1:30pm
Upcoming Events

Fire Prevention
July 13, 2018
Verona Lions Center
4504 Verona Sand Rd
11:30 a.m. to 1:30 p.m.
Driving Longer and Safer

Road Safety Marketing Office - 2017
We live longer, we drive longer

Source: Research Institute for Quantitative Studies in Economics and Population, McMaster University

The age wave

<table>
<thead>
<tr>
<th>Year</th>
<th>75+</th>
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<tbody>
<tr>
<td>1991</td>
<td>4.6</td>
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<tr>
<td>1996</td>
<td>5.0</td>
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<td>2001</td>
<td>5.7</td>
</tr>
<tr>
<td>2006</td>
<td>6.2</td>
</tr>
<tr>
<td>2011</td>
<td>6.5</td>
</tr>
<tr>
<td>2016</td>
<td>6.8</td>
</tr>
<tr>
<td>2021</td>
<td>7.4</td>
</tr>
<tr>
<td>2026</td>
<td>8.7</td>
</tr>
<tr>
<td>2031</td>
<td>10.1</td>
</tr>
<tr>
<td>2036</td>
<td>11.6</td>
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<tr>
<td>2041</td>
<td>12.9</td>
</tr>
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<td>2046</td>
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Fatal collision involvement

At-Fault Fatal Collision Involvement Rate by Age Group, 2005-2014

At - Fault Fatal Collision Involvement Rate

<table>
<thead>
<tr>
<th>Age group</th>
<th>Rate</th>
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<tbody>
<tr>
<td>16-19</td>
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<td>20-24</td>
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<td>25-29</td>
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<td>30-34</td>
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</tr>
<tr>
<td>35-39</td>
<td></td>
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<tr>
<td>40-44</td>
<td></td>
</tr>
<tr>
<td>45-49</td>
<td>0.3</td>
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<tr>
<td>50-54</td>
<td></td>
</tr>
<tr>
<td>55-59</td>
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</tr>
<tr>
<td>60-64</td>
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<td>65-69</td>
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<td>70-74</td>
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<td>75-79</td>
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<tr>
<td>80-84</td>
<td>0.9</td>
</tr>
<tr>
<td>85+</td>
<td>1.2</td>
</tr>
</tbody>
</table>
Aging – It Happens To Us All

- Decreased agility and flexibility
- Eye sight gets weaker
- Start taking medication
- Declining in your speed to recognize, interpret and react to changing traffic environment
Vision is important

Field of view at **16 years old**

Field of View

Line of Sight

Field of view at **76 years old**

Field of View

Line of Sight
Adapting to change

- It is recommended that you adapt your driving to the physical and cognitive changes you experience.
  - Adding equipment's such as wide-angle mirror to your car;
  - Planning your trip to avoid driving at night, or at rush hour;
  - Modifying driving habits to leave more space between you and the other cars.
Staying Safe

- Stay physically and mentally active,
- Eat and rest well, especially before long trips
- Stay current on the new rules of the roads, signs, etc.
- Be proactive and honest about your driving ability
- Take a refresher course, attend a car fit session, etc.
There will be a time when we all have to hang up the keys.

Signs that the time is coming to consider other transportation options.

• Family and friends worry about your driving
• Motorists often honk at you
• Traffic concerns
• You sometimes get lost
• You don’t enjoy driving anymore
• You were involve in collision or near misses
Make sure you are in the driver’s seat

• Know and recognize your limits
• Talk to your family about when you stop driving
• Try other means of transportation options while you can still drive
  – Ride with friends and family
  – Community Support Services
  – Develop a network of drivers
  – Walk and take public transit when you can
At-Fault Collision Involvement Program 70+

- If you are *70 years old and over* and
  1. you are in a collision as a driver,
  2. you are charged *and convicted* of a traffic offense related to the collision

*Then, you will need to pass a 3-part test to keep your licence. This test includes:*

  1. Vision test
  2. Written test (knowledge)
  3. Road test – Class G (including expressway)
Drivers Licence Renewal Program for seniors 80+

This will start **90 days** prior to your 80\textsuperscript{th} birthday.

- Step 1: Get a notice
- Step 2: Book an appointment
- Step 3: Attend a Renewal Session
- Step 4: Get your new licence card

You can renew your licence up to 6 months before it expires.
Step 2 : Book your appointment

• **Call early** to book your appointment.

• The phone number will be on the letter

• Have your letter & driver licence at hand when you call
Step 3: Attend your renewal Session

The renewal session encompasses:

- A presentation
- A vision test
- Two screening Tests
- A revision of your driving record

The session will take approximately 2 hours.
Step 3: Attend your renewal Session

- The 2 short handwritten exercises
  The tests will help assess your current fitness to drive. The in-class screening tests includes:
  - ✔ Letter Cancellation Test (Letter H)
  - ✔ Clock Drawing Test
Step 3: Attend your renewal Session

Letter Cancellation Test (letter H)

Psycho-motor Speed Ability

- Psychomotor speed: the amount of time it takes to process a signal, prepare a response and execute that response.

When driving a car, you must:

- Move eyes and head to know what is going on around you;
- Think about what the car, other drivers, pedestrians are doing/are about to do;
- Respond to what you see, e.g. pressing the brake or accelerator pedals, turning the steering wheel, or using the turn signal.
Step 3: Attend your renewal Session

Clock Drawing Test

Visuospatial Ability

✓ Visuospatial skills are the abilities to recognize and organize information when you see something and then interpret what you see.

When driving, you must:
✓ Accurately position and manoeuvre a car, i.e. stay in lane, assess space for entering traffic flow
✓ Detect other objects on the road
✓ Judge distances
✓ Find way to your destination

The Clock Drawing Test measures visuo-spatial abilities.
Step 3: Attend your renewal Session

- Driving Records Review

A driver improvement counsellor will review your record and check if you have lost demerit points in the past two (2) years. *(This is done prior to your arrival)*

Depending on how well you performed on the in-class screening components and a review of your driving record, you may be required to:

- pass a road test before you can renew your licence
- follow up with your physician and submit medical information
Step 4: Renew your licence

Clients are advised individually of their results. There are 3 possibilities:

A. Proceed with Renewal - Local Service Ontario Centre
B. Road test referral – Take an appointment
C. Medical referral – You’ll receive a letter in the mail

A. After you finish the session and/or take the required tests, you will need to visit a Service Ontario centre to get a new driver’s licence card.
Thank you!

Questions?

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Eastern Region
Roop Sandhu
Community and Media Relations Officer
roop.sandhu@opp.ca
613)372-1932