



TREDwise

GET THERE SAFELY

The UC San Diego Training, Research and Education for Driving Safety program offers

TREDwise: Get There Safely

to promote pedestrian safety for older adults in San Diego County

WHY WALK?

People of all ages need physical activity and walking is an ideal way to get it. Walking provides opportunities to socialize and feel connected with the community. It also serves as a means of getting around, especially for those who have retired from driving.

WHAT IS THE PROBLEM?

Seniors have one of the highest rates of pedestrian injury and death. While those over age 65 make up 12% of the population in San Diego County, they account for almost 27% of pedestrian fatalities. Changes to vision, hearing, reflexes and walking speed may contribute to the problem. Walkers who are distracted and don't follow the rules of the road also place themselves at increased risk.

WHAT IS 'TREDwise'?

A free 45-minute class is presented by UCSD safety experts and the San Diego Police Department. The program is available to organizations and residential communities that serve older adults throughout San Diego County.

WHAT WILL PARTICIPANTS LEARN?

- Dangers faced by pedestrians
- Traffic rules for walking
- Defensive walking strategies
- Increasing visibility for safety

**For more information or to schedule a class, please contact
treds@ucsd.edu or (858) 534-8386**

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TREDS
TRAINING, RESEARCH AND EDUCATION FOR DRIVING SAFETY