

## November 2019 AHPD Newsletter

### Age, Health and Professional Drivers' Network update

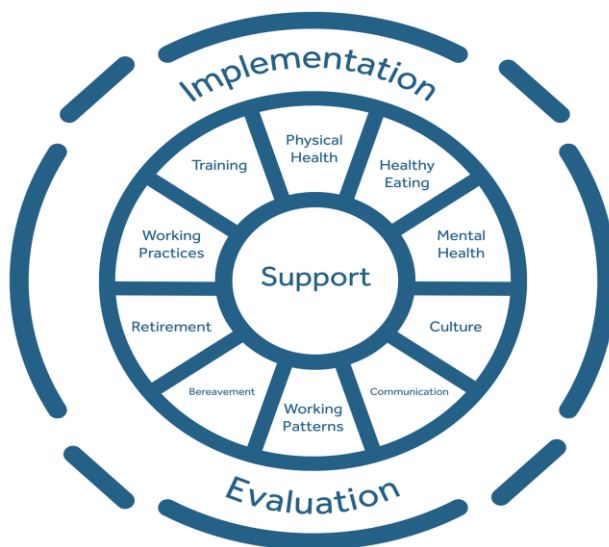
Dear Age, Health and Professional Drivers' (AHPD) Network member,

We are really pleased with the interest shown towards the publication of our 'Health and Wellbeing of Older Professional Drivers: Best Practice Guidelines'. Thank you for the many indications of support shown for the continuation of the AHPD Network and our research project. We continue to welcome any feedback and comments on whether the guidelines are useful to you, what you think works well and what can be changed or improved. We will be in touch soon with a short survey about how you are using the guidelines.

In case you haven't had chance yet to download the guidelines through the AHPD website, here is the link:

[www.ambs.ac.uk/ahpdn](http://www.ambs.ac.uk/ahpdn)

The guidelines focus on **ten areas of health and wellbeing** that the research identified as significant for older workers (shown in the 'Wheel of Wellbeing' below) and provides detail and links to relevant external resources.



Our next step for the AHPD Network is to continue to promote and highlight the importance of the health and wellbeing of professional drivers. We aim to identify health risks and develop novel ways to deal with existing risk.

### What have we been doing?

- We presented at the Commercial Vehicle Safety conference in Haydock on 2nd October. This conference set out to understand the issues behind casualty statistics for commercial vehicles, and provided a set of tools and

resources to help fleet operators improve their safety performance and reduce collisions. You can find more details here:

<http://roadsafetygb.org.uk/news/guidelines-help-fleet-managers-support-older-drivers/>

- Centre for Ageing Better published a blog about the AHPD Guidelines. You can read it here: <https://www.ageing-better.org.uk/news/health-and-wellbeing-older-professional-drivers>

#### **An invitation for you:**

- Loughborough University is holding 'A Healthier Workforce for a Healthier UK' event on Thursday 5<sup>th</sup> December and the AHPD Network will be there presenting our guidelines. The purpose is to answer the following question: *How can we transform jobs that are not conducive of health into a healthier working environment?* The whole-day event is aimed at any industry stakeholders, commissioners and health care providers, union representatives, health researchers and employees in industries, such as the transport sector, that seem to be at greater risk of health inequalities. An invitation for you is attached to this email.

#### **Our future plans:**

- On 1<sup>st</sup> December we will present the AHPD guidelines to experienced driver-trainers at the Institute of Master Tutors of Driving in Coventry
- During the autumn we are developing support material ready to help you to promote health and wellbeing messages in the new year. In the meantime, we're very happy to hear from you if you can share any related resources or information.

Thank you very much for your support,

Sheena and Lynn

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