

May 2019 AHPD Newsletter

Launch of Age, Health and Professional Drivers' Best Practice Guidelines

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

At last, we are pleased to be able to let all the AHPD Network members know that our 'Health and Wellbeing of Older Professional Drivers: Best Practice Guidelines' are now available to download via the AHPD website:

www.ambs.ac.uk/ahpdn

In the interest of supporting our future research, and keeping the AHPD Network going, please, please, forward the above link to interested parties, rather than distributing a copy of the guidelines. Our funding is partly based on demonstrating the reach of the research. Similarly, any feedback on the usefulness of the guidelines would also be appreciated. We will contact you over the next few months for your thoughts.

As a reminder the AHPD Network Best Practice Guidelines are designed to give information and support for organisations that employ professional drivers. This is because the job of a professional driver has numerous health and wellbeing risks. Also, as the workforce is ageing this brings additional challenges to keep the workforce healthy and productive.

The guidelines are written to be accessible for everyone; specifically, we provide resources for managers at all levels who are interested in addressing health and wellbeing needs of drivers. The guidelines apply to drivers of all ages, although we do highlight advice that is particularly relevant to older drivers. By 'older' drivers we mean the generally accepted older worker age category of over 50 years old. Protecting health at an early stage is more effective than waiting for health issues to arise in older drivers.

The research and guidelines focus on professional drivers, however much of the content is relevant to older employees in general. The report focuses on ten areas of health and wellbeing that the research identified as significant for older workers and provides detail and links to relevant external resources.

Thank you very much for your support,

Sheena and Lynn

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