



Aging and Adjusting Tips

Vision:

- Get regular eye exams.
- Vision degrades with lack of oxygen. Consider using supplemental O₂.
- Get bifocals (or progressive lenses) if you need them. Prescription glasses are almost always better than off-the-shelf "readers."
- Spend more time scanning for traffic.
- Wear haze-cutting prescription sunglasses.
- Consider purchasing traffic alert equipment.
- Give yourself more time to adjust at night.

Memory:

- Keep a pen on a lanyard around your neck so you're always ready to copy clearances.
- Consider purchasing an altitude reminder device—or adapt something else (an ADF dial, for example) to the purpose.
- Fatigue plays a role: Older pilots often perform better on memory tests in the morning.
- Ask flying companions to "back you up" on the numbers.
- Consider purchasing a clearance recorder to replay ATC communications if necessary.

Musculoskeletal:

- Heat and turbulence can be tiring. Try to fly in the morning, or late afternoon, when the air is smoother and cooler.
- Fly lower (within reason). Lower oxygen levels at altitude can cause headaches and fatigue.
- If fatigue is a problem, plan more frequent cross-country stops.
- Stay hydrated (but avoid caffeine) and consider bringing in-flight "relief" systems.
- Enlist the aid of cockpit companions to help with things like radio tuning.

Decision making:

- Spend more time doing preflight and contingency planning.
- Get a thorough weather briefing, and double-check notams.
- Fly when rested, and be extra alert to changes in the cockpit.
- Be flexible with your schedule. Keep pressure to "get there" out of the cockpit.
- Be realistic about your skills and proficiency.
- Always have a realistic "Plan B" you're prepared to use.

Hearing:

- Get your hearing checked by a professional.
- Purchase an active noise cancelling headset, or an in-the-ear type.
- Ask ATC to speak slowly.
- Remind passengers to be quiet when you're talking to ATC.

NOTE:

This course is for informational purposes only: It is not intended as a substitute for professional medical advice. Always seek the advice of a qualified health care provider for any medical questions.