



Use the following chart to evaluate whether your fitness, concentration and vision/hearing are adequate for safe driving.

DRIVING SKILLS ASSESSMENT

FITNESS

	YES	SOMETIMES	NO
Is it difficult to look over your shoulder before changing lanes?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Is it difficult to look left and right to check traffic at intersections?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you have trouble moving your foot from the gas pedal to the brake pedal?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you have trouble turning the steering wheel?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do your hands or arms grow tired when driving?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do your hands or arms become tingly or numb when you drive?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you walk less than 1 block each day?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are you unable to raise your arms above your shoulders?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Is it difficult to climb stairs?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Have you fallen in the past 3 years?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

CONCENTRATION AND REACTION

	YES	SOMETIMES	NO
Do you feel momentarily confused, nervous or agitated when driving?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are gaps in traffic difficult to judge, making it difficult to turn left at intersections or merge with traffic when turning right?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are you slow to recognize vehicles emerging from driveways and side streets?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



DRIVING SKILLS ASSESSMENT CONTINUED

CONCENTRATION AND REACTION CONTINUED

YES SOMETIMES NO

- | | | | |
|---|--------------------------|--------------------------|--------------------------|
| Are you slow to recognize that another vehicle has slowed or stopped in front of you? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you feel unable to respond to the demands of high speeds or heavy traffic? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you take medications that make you drowsy? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you sometimes get lost or become disoriented when driving? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

VISION AND HEARING

YES SOMETIMES NO

- | | | | |
|---|--------------------------|--------------------------|--------------------------|
| Do you experience eyestrain or headaches when you drive? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Does driving make you tired? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Is it difficult to read highway or street signs? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| When driving, do pedestrians, parked vehicles or other objects catch you by surprise? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you have trouble seeing pavement markings, bicyclists or other vehicles? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Is it difficult to judge your distance from other vehicles? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Is it difficult to tell how fast other vehicles are moving? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| At night, do the taillights ahead of you appear to double? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Is it difficult to hear outside noises clearly when you are driving? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

IF YOU ANSWERED "YES" TO ANY OF THESE QUESTIONS, SEE "MAINTAINING GOOD DRIVING HABITS" FOR MORE INFORMATION.



Many adults make appropriate adjustments for changing capabilities and maintain safe driving habits well into their 80s. However, driving skills inevitably deteriorate with age. You may eventually need to stop driving. If you wonder whether that time is approaching, reflect on recent driving experiences, making every effort to be honest about your abilities and possible limitations.

RECENT DRIVING EXPERIENCES CHECKLIST

CHECK THE FOLLOWING STATEMENTS THAT APPLY TO YOU

- I have trouble seeing over the dashboard.
- I have trouble recognizing or observing traffic signs and signals.
- I have trouble moving my foot from the gas pedal to the brake pedal.
- I have trouble turning to look over my shoulder.
- Sometimes other vehicles seem to "come out of nowhere" and surprise me.
- It is difficult to judge gaps between vehicles when merging with oncoming traffic.
- It is difficult to judge gaps between oncoming vehicles when making a left turn.
- Other drivers honk at me.
- I sometimes feel overwhelmed by the signs, signals, pedestrians and other vehicles I must be aware of when driving.
- I sometimes forget how to drive to familiar places.
- I have been getting lost more frequently.

IF YOU CHECKED ANY OF THE ABOVE ITEMS, IT MAY BE TIME FOR YOU TO LIMIT OR STOP DRIVING.