

## Helpful Resources and Websites

### AARP Driver Safety Program

[http://www.aarp.org/family/housing/driver\\_safety\\_program](http://www.aarp.org/family/housing/driver_safety_program)  
(888) 227-7669

### AAA Foundation for Traffic Safety

[www.aaafoundation.org](http://www.aaafoundation.org) (202) 638-5944

### Car Fit

[www.car-fit.org](http://www.car-fit.org)

### Transportation Options for Elder Adults

[www.eldercare.gov](http://www.eldercare.gov)

### National Safety Council Defensive Driving Course

(800) 427-2365

### CDC - Center for Disease Control and Prevention

<http://www.cdc.gov/Features/OlderDrivers/>

### Road Wise Review

[www.aaapublicaffairs.com](http://www.aaapublicaffairs.com)

### THE NATIONAL ROAD SAFETY FOUNDATION, INC.

18 East 50th Street  
New York, NY 10022  
866-SAFEPATH (723-3728)

# Driver Self Assessment



[nrsf.org](http://nrsf.org)

Driving is a complicated task that involves multiple skills. Safe driving requires good vision, physical ability such as strength and flexibility, as well as cognition which includes the ability to recognize, remember, decide and react.

We have to assess our driving skills at any age, however; as we get older and our bodies go through their natural transitions, it becomes even more important.

Self Assessments are a great way to begin this process. Take time to assess your current skills by reading and honestly answering the following questions.

- **Have your children, family, friends or passengers expressed concerns about your ability to drive safely?**  Yes  No  
*Although having family or friends who may express concerns about your driving can be embarrassing, it is also a good indicator that your driving is not what it once was.*
- **Do you find that other drivers react negatively to your driving? Examples: blowing their horn, flashing lights, speeding past you?**  Yes  No  
*If yes, you may be causing a hazard. Consider the situations and try to determine if you are at fault.*
- **Have you had any minor crashes or experienced any near misses in the last year?**  Yes  No  
*If yes, think about the causes of these incidents. They may be an indication of physical conditions affecting your driving skills.*
- **Do you get surprised by pedestrians or other vehicles coming from your left or right while you are driving?**  Yes  No  
*If yes, you may have trouble with your peripheral vision.*

- **Do you suffer from any chronic medical conditions, e.g., heart disease, epilepsy, diabetes, vision or hearing impairment?**  Yes  No

*If you suffer from a chronic medical condition, ask your doctor about how it can affect your ability to drive safely and how you may be able to stabilize it.*

- **Has your flexibility decreased? Example: are you having more difficulty turning to look over your shoulders, especially on your left side?**  Yes  No  
*Along with decreased flexibility and mobility, decreased muscle strength and other conditions such as arthritis can affect your driving skills.*

- **Do you lose your sense of direction, or become lost on routes that should be familiar?**  Yes  No  
*If yes, this is a clear signal to reevaluate your ability to drive safely.*

To assess your medical and physical condition, a full evaluation should be performed by an appropriately qualified medical practitioner. This is not only for your safety, but for the benefit of those who care about you and others who share the road with you.

This check list can help you handle new challenges safely.

- ✓ Choose the right car for you
- ✓ Always wear your seatbelt
- ✓ Plan ahead
- ✓ Take a refresher driving course
- ✓ Pay attention to concerns of friends, family and physicians
- ✓ Walk or exercise regularly
- ✓ Get proper rest
- ✓ Schedule regular check-ups and eye exams
- ✓ Be aware of medications that might affect driving safely
- ✓ Respect the road