

Helpful Resources and Websites

AARP Driver Safety Program

http://www.aarp.org/family/housing/driver_safety_program
(888) 227-7669

AAA Foundation for Traffic Safety

www.aaafoundation.org (202) 638-5944

Car Fit

www.car-fit.org

Transportation Options for Elder Adults

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



THE NATIONAL ROAD SAFETY FOUNDATION, INC.

18 East 50th Street NY, NY 10022

(866) SAFEPATH (723-3728)

info@nrsf.org • www.nrsf.org • www.teenlane.org

Driver Self Assessment



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.

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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