

Taken From: Physician's Guide to Assessing and Counseling Older Drivers

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As a follow-up to the article on PD and Driving, below you will find a checklist regarding your safety as a driver. This is one of many checklists and/or tests individuals can take to assess their driver safety.

Check the box if the statement applies to you.

- I get lost while driving.
- My friends and family members say they are worried about my driving.
- Other cars seem to appear out of nowhere.
- I have trouble seeing signs in time to respond to them.
- Other drivers drive too fast.
- Other drivers often honk at me.
- Driving stresses me out.
- After driving, I feel tired.
- I have had more "near misses" lately.
- Busy intersections bother me.
- Left-hand turns make me nervous.
- The glare from oncoming headlights bothers me.
- My medication makes me dizzy or drowsy.
- I have trouble turning the steering wheel.
- I have trouble pushing down on the gas pedal or brakes.
- I have trouble looking over my shoulder when I back up.
- I have been stopped by the police for my driving recently.
- People will no longer accept rides from me.
- I don't like to drive at night.
- I have more trouble parking lately.

If you have checked any of the boxes, your safety may be at risk when you drive.

Talk to your doctor about ways to improve your safety when you drive.