**Driving Self-Assessment**

Name: ________________________________________           Today’s Date: ___________________________

**ARE YOU OR A LOVED ONE WORRIED ABOUT YOUR DRIVING?**

Driving an automobile for many older adults is not only a privilege, but is a symbol of independence. Driving also provides practical convenience. Unfortunately, older adults are at more risk for crashes than younger adults. These can be caused by poor vision, reduced reaction time, and slowing in cognitive processing. The driving questionnaire below is not a formal assessment. Instead, it is a method of self-assessment that can identify if there are safety issues associated with driving. The questions should be answered as objectively as possible. It is not unusual for family members to use the items as a way of talking about driving concerns they may have about an older adult. When completing the questionnaire, give one point for each “YES” answer. Two or more YES answers may indicate a driving problem that should be further evaluated. This questionnaire is not to be used as a definitive driving evaluation.

1) Do you experience increased anxiety when driving?  
2) Have you gotten lost in familiar places?  
3) Do you have identified vision problems, such as macular degeneration, glaucoma, or contrast sensitivity?  
4) Do you experience confusion on exit or entrance ramps?  
5) Have you ever moved into the wrong lane or gone the wrong way down a one-way street?  
6) Do you have difficulty determining which turn signal to use when turning?  
7) Do you ever confuse the brake and gas pedals, or have difficulty using them?  
8) Have you experienced difficulty reacting quickly (to stop) when someone pulled out in front of you, or in avoiding an object in the road?  
9) Have you recently hit curbs when parking?  
10) Do you have trouble navigating turns?  
11) Have you noticed scrapes or dents on the car, garage, or mailbox?  
12) Have you had “close calls” when driving?  
13) Have you been in any recent accidents?  
14) Have you recently received a ticket for a driving violation?  
15) Do family members often express concern with your capacity to drive, or refuse to get in the car when you are the one driving?