

Driving Risk Questionnaire

Name: _____

Today's Date: _____

ARE YOU 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. This risk can be increased 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 screening that can identify potential safety issues associated with driving. It can be self-administered or used by family members or healthcare professionals as a way of talking about concerns related to an older adult's driving. The questions should be answered as objectively as possible. See the second page for recommendations and next steps.

Answer the following questions based on your driving experience in the last 6 months.

- | | | |
|--|-----|----|
| 1. Do you experience increased anxiety when driving? | Yes | No |
| 2. Have you gotten lost in familiar places? | Yes | No |
| 3. Do you have identified vision problems, such as macular degeneration, glaucoma, or contrast sensitivity? | Yes | No |
| 4. Do you experience confusion on exit or entrance ramps? | Yes | No |
| 5. Have you ever moved into the wrong lane or gone the wrong way down a one-way street? | Yes | No |
| 6. Do you have difficulty determining which turn signal to use when turning? | Yes | No |
| 7. Do you ever confuse the brake and gas pedals, or have difficulty using them? | Yes | No |
| 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? | Yes | No |
| 9. Have you recently hit curbs when parking? | Yes | No |
| 10. Do you have trouble navigating turns? | Yes | No |
| 11. Have you noticed scrapes or dents on the car, garage, or mailbox? | Yes | No |
| 12. Have you had "close calls" when driving? | Yes | No |
| 13. Have you been in any recent accidents? | Yes | No |
| 14. Have you recently received a ticket for a driving violation? | Yes | No |
| 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? | Yes | No |
| 16. Do you find that you tend to drift out of your lane? | Yes | No |
| 17. Do you ever forget where you are going when driving? | Yes | No |

TOTAL

Scoring

Two or more “Yes” answers in the past 6 months may indicate driving safety concerns that should be further evaluated.

What should you do if you answered “Yes” to 2 or more of the above?

- ✓ Consider a cognitive assessment by a BCAT® Certified Clinician or consider participating in a [BCAT® Virtual Visit](#) to further assess cognition.
- ✓ Discuss your results with your physician, geriatric care manager, or other healthcare professional.
- ✓ Consider obtaining a formal driving evaluation to further assess your driving ability.
- ✓ Watch this [video](#) to learn more about the importance of cognition and driving.

Steps to take to maintain current cognition and overall brain health.

- ✓ Lead a brain healthy lifestyle ensuring you get enough sleep, exercise, eat a healthy diet, etc.
- ✓ Learn more about brain exercises [here](#).
- ✓ Consider workbook-based activities, such as the [Brain Health Workout Kit](#).
- ✓ Consider digital cognitive exercises, such as the [Digital Working Memory Exercise Platform](#).

Please contact the BCAT® Team at info@thebcat.com with any other questions.