

DRIVER SAFETY SELF-ASSESSMENT CHECKLIST

This checklist from the American Medical Association can help older drivers determine if they should have their driving skills evaluated.

- I get lost while driving.
- My friends or family members say they are worried about my driving.
- Other cars seem to appear from nowhere.
- I have trouble finding and reading signs in time to respond to them.
- Other drivers drive too fast.
- Other drivers often honk at me.
- I feel uncomfortable, nervous, or fearful while driving.
- After driving, I feel tired.
- I feel sleepy when I drive.
- I have had some “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 the foot pedal.
- I have trouble looking over my shoulder when I back up.
- I have been stopped by the police for my driving.
- People no longer will accept rides from me.
- I have difficulty backing up.
- I have had crashes that were my fault in the past year.
- I am too cautious when driving.
- I sometimes forget to use my mirrors or signals.
- I sometimes forget to check for oncoming traffic.
- I have more trouble parking lately.

