

Am I a Safe Driver?

- 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.
[Editor's Note: *Don't check this if you are driving the speed limit and cars pass you doing 90!*]
- Other drivers often honk at me.
- Driving stresses me out.
- After driving, I feel very 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.

This quiz is from the "Physician's Guide to Assessing and Counseling Older Drivers", which has just been published by the American Medical Association and is designed for self-administration by older drivers. People who take the quiz are advised, "If you checked any of the boxes, your safety may be at risk when you drive. Talk to your doctor about ways to improve your safety."

While almost any cautious and defensive driver could answer "yes" to some of the questions, other issues that are raised by some "yes" answers suggest very real and significant danger to the driver taking the quiz, passengers and other people using the same roadway.



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Because we rely so completely on our vehicles as our primary form of transportation, we may persist in denial of difficulties we might be experiencing. Besides talking with the doctor about how to improve safety on the road, it would also be a great idea to begin exploring the other transportation services that are available in our communities. Learning how to use public transportation services, before changing circumstances force retirement from driving and before personal transportation becomes a huge problem, is just good prior planning.

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