

Self-Assessment

To help determine your own safe driving ability, you can take this short quiz developed by AARP Driver Safety:

A=Always

F=Frequently

O=Occasionally

N=Never

Question	A	F	O	N
I notice that other drivers seem to be honking at me.				
I find gaps in traffic hard to judge.				
I find that cars suddenly appear from nowhere.				
I find drivers are stopping suddenly in front of me.				
I have trouble looking over my shoulder to back up or change lanes.				
I have trouble remembering to look left and right to check traffic at intersections.				
I have trouble driving through intersections.				
I get nervous making left turns.				
I do not feel confident driving in heavy traffic and at high speeds.				
I feel overwhelmed by too many road signs, signals, pavement markings, pedestrians, other vehicles, etc.				
I have trouble moving my foot from the gas pedal to the brake pedal or turning the steering wheel.				
I get lost on roads that are familiar to me.				
I feel nervous, agitated, or irritated while driving.				
I have had several "fender benders" in the last three years.				
TOTAL				

Always=3

Frequently=2

Occasionally=1

Never=0

A: _____ **F:** _____ **O:** _____ **N:** _____ = _____

(Multiply the total number of checkmarks in each column by the matching number above, then total them for your grand score.)

Grand Score	You Should
0 to 5	Not be concerned at this time
6 to 15	Take additional self-assessments
16 or Above	Consider a more formal assessment by a driver rehabilitation specialist

For more information on other available driver fitness screening tools, go to the Statewide Resources in Chapter 5.