



Am I a Safe Driver? Checklist for Senior Drivers

Help your senior patients determine their driving capabilities by reviewing this check list with them. Please check all that apply:

- 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.
- Other drivers often honk at me.
- Driving stresses me out.
- After driving, I feel 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

If one or more boxes have been checked, a comprehensive senior driver safety assessment is imperative for your senior patients and the safety of others on the road.

Contact Virginia GrandDriver at 1.800.552.3402 or check out our [main page](#) to learn ways to improve your driver safety and to locate a local comprehensive senior driver safety assessment clinic in your area.

