

A Simple Test for Seniors Who Are Wondering How Safe They Really are Driving:

- 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 often honk at me.
- I have had more “near misses” lately
- Busy intersections bother me.
- Left-hand turns make me nervous
- The glare from oncoming headlights bothers me.
- 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.
- People will no longer accept rides from me.
- I don't like to drive at night.
- I have more trouble parking lately.

When to stop driving:

1. Feeling less comfortable and more nervous or fearful while driving.
2. Difficulty staying in the lane of travel.
3. More frequent close calls.
4. More frequent dents, bumps with other cars or fences, mailboxes, garage doors, curbs, etc.

5. Trouble judging gaps in traffic at intersections and on highway entrance/exit ramps.
6. Other drivers honking at you more often; more instances when you are angry at other drivers.
7. Friends or relatives not wanting to ride with you.
8. Getting lost more often.
9. Difficulty seeing the sides of the road when looking straight ahead (ie cars of people seem to come out of nowhere more frequently).
10. Trouble paying attention to or violating signals, road signs and pavement markings.
11. Slower response to unexpected situations; trouble moving your foot from gas to brake pedal or confusing the two pedals.
12. Easily distracted or hard to concentrate while driving.
13. Hard to turn around to check over shoulder while backing up or changing lanes.
14. Medical condition or medications that may be increasingly affecting your ability to handle the care safely.
15. More traffic tickets or warnings by traffic or law enforcement officers in the last year or two.

If you notice one or more of these warning signs you may want to have your driving assessed by a professional or attend a driver refresher class. You may also want to consult with your doctor if you are having unusual concentration or memory problems, or other physical symptoms that may be affecting your ability to drive. It may be time to park your car and hang up your keys.

From the NC Dept. of Crime Control and Public safety.