



Simple Driving Assessment

This simple driving assessment will help evaluate whether a senior driver needs to take steps to improve their driving skills, and pinpoint specific areas for improvement. It should take 10-15 minutes to complete the assessment.

Instructions:

For each of the following 15 questions, check the symbol (✓) of the one answer that best describes you.

	Always or Almost Always	Some- times	Never or Almost Never
1. I signal and check to the rear when I change lanes.....	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I wear a seat belt.....	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I try to stay informed on changes in driving and highway laws and techniques.....	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Intersections bother me because there is so much to watch from all directions.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="radio"/>
5. I find it difficult to decide when to merge with traffic on a busy highway.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="radio"/>
6. I think I am slower than I used to be in reacting to dangerous driving situations.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="radio"/>
7. When I am really upset, it affects my driving.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="radio"/>
8. My thoughts wander when I drive.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="radio"/>



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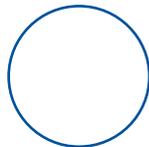
	Always or Almost Always	Some- times	Never or Almost Never
9. Traffic situations make me angry.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. I get regular eye exams to keep my vision at its sharpest...	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. I check with my doctor or pharmacist about how the medications I take affect my driving ability. <i>(If you do not take any medication, skip this question).....</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. I try to stay informed of current information about health and wellness habits.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. My children, other family members or friends have expressed concern about my driving ability.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	None	One or Two	Three or More
14. How many traffic tickets, warnings, or "discussions" with law enforcement officers have you had in the past two years?.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. How many collisions (major or minor) have you had during the past two years?.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



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Self Scoring:

Count the number of checkmarks in the squares and record the total in the square below. Follow the same procedure for the triangles and circles.



These are your Check Mark Totals.
For score and interpretation, see below.

Calculate Your Scoring:

Step 1: Write the Check Mark Total recorded from the square above into the square on the right.....  **x 5 =** _____

Step 2: Write the Check Mark Total recorded from the triangle above into the triangle on the right.....  **x 3 =** _____

Step 3: Multiply the number in the square by 5.

Step 4: Multiply the number in the triangle by 3.

Step 5: Add the results of Steps 3 and 4. **YOUR SCORE IS:** _____

Interpretation of Score:

In general, a checked square for an item reflects an unsafe practice or situation that should be changed immediately. A checked triangle means a practice or situation that is unsafe, or on its way to becoming unsafe, if nothing is done to improve it. Checking circles is a sign that you are doing what you should to be (and remain) a safe driver.



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Interpretation of Score:

No matter what your score, look at the areas where you need to improve by reviewing the questions. Review the information in the CAA Seniors Driving portal to find advice and tips that can help you maintain your driving skills. If you feel there are areas that you can't improve yourself, talk to your doctor or a loved one about making adjustments to your driving habits.

Score Meaning:

- 0 to 15** **GO!** You are aware of what is important to safe driving and are practicing what you know. Review the CAA Seniors Driving information, and take steps to maintain your driving skills.
- 16 to 34** **CAUTION!** You are engaging in some practices that need improvement to ensure safety. Talk to a doctor or a loved one about adjusting your driving habits, such as limiting driving at night.
- 35+** **WARNING!** It might be time to talk to a doctor or a loved one about changing your driving habits to ensure your safety, and the safety of other people on the road. This doesn't mean you have to give up your keys. More information on determining readiness to drive and on consulting a medical professional can be [found here](#).

These scores are based on what drivers 65 and over have stated about driving practices and habits.

Your score is based on your answers to a limited number of important questions. For a complete evaluation of your driving ability, many more questions would be required, along with medical, physical, and licensing examinations. *This evaluation is in no way intended to take place of a comprehensive evaluation by a doctor, and should simply be used as an indicator of your driving skills.*