

Review and Think About Your Driving

This review can help you identify areas where you can improve your knowledge and skills and where you should consider making some changes in your driving habits. It will provide you with information that can help you make safe choices about your driving future.

Complete the review. You may already know where you are experiencing difficulties.

This is not an assessment of your driving skills or abilities. For a complete evaluation of your driving abilities, many more questions would be required, along with medical, physical and on-road assessments. Nevertheless, your answers can indicate if you know what it takes for you to be a safe driver.

Safe Driving Tips related to the questions in this review can be found at [Think About Your Driving](#).

They can help you learn how to become a safer driver or make safe choices such as deciding to limit your driving under certain conditions. Pay particular attention to the tips for the questions where your answers show you need to make some changes.

For each of the following statements or questions, check the answer that best applies to you.

	Always	Sometimes	Rarely
1. I get anxious when I make left turns.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Cyclists, pedestrians or other vehicles suddenly seem to appear out of nowhere.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I find driving stressful.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I need the help of a passenger to make sure I'm aware of traffic signs, signals and others on the road.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Always Sometimes Rarely

5. My children, other family members or friends say they are concerned about my driving.

6. At night, it's difficult for my eyes to recover from glare so I am able to see properly again.

7. I get my eyes checked and buy new glasses (or lenses) when they are prescribed by the eye doctor.

8. I can quickly and easily move my foot from the gas to the brake and easily press the pedals.

9. I can easily operate all of the driving controls in my car.

10. I signal AND look over my shoulder to the rear when I change lanes.

11. I get opportunities to drive.

Always Sometimes Rarely

12. I check with my doctor or pharmacist about the effects of my medication(s) on my driving ability (includes prescription, non-prescription and herbal medications). (Skip this question if you are not taking any medications.)

13. I ask my doctor if any medical conditions I have could affect my ability to drive. (Skip this question if you do not have any medical conditions.)

14. How many traffic tickets, warnings or discussions with police officers (about your driving) have you had in the past two years?

None

**One
or Two**

**Three
or More**

15. How many crashes have you had during the past two years? (Don't forget to include "fender-benders" and small scrapes.)

None

**One
or Two**

**Three
or More**

Review the Safe Driving Tips

Go to **Think About Your Driving**. Compare your answers to the corresponding **Safe Driving Tips**. You'll find ways to reduce your risk and improve your driving as well as important information about the warning signs that can signal that it's time to stop driving.

What did you learn about your driving?

Think about the 15 questions and your answers to them.

- Were any of the questions unexpected?
- Were you surprised by any of your answers?
- Did you discover anything about your driving habits?

Did any of the questions, or your answers to them, stand out as **warning signs** related to your driving?

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