

# SAFE DRIVING FOR SENIORS

## Self-Assessment

**INSTRUCTIONS:** For each of the following 15 questions, check the symbol of the answer that best describes you.

Always or Almost Always



Sometimes



Never or Almost Never



1. I signal and check to the rear when I change lanes.



2. I wear a seat belt.



3. I try to stay informed on changes in driving and highway laws.



4. Intersections bother me because there is so much to watch from all directions.



5. I find it difficult to decide when to merge with traffic on a busy interstate highway.



6. I think I am slower than I used to be in reacting to dangerous driving situations.



**INSTRUCTIONS:** For each of the following 15 questions, check the symbol of the answer that best describes you.

**Always or Almost Always**



**Sometimes**



**Never or Almost Never**



7. When I am upset, it affects my driving.



8. I am easy distracted when I drive.



9. I feel anxious and stressed when I drive.



10. I get regular eye tests to make sure my vision is at its sharpest.



11. I check with my doctor or pharmacist about how my medications may affect my driving (skip this question if you do not take medication).



12. I try to stay informed on current information on health and wellness habits.



13. My family and friends express concern about my driving.



14. Have you received traffic or speeding tickets in the past 2 years?



None



One



More than 2

15. How many collisions or accidents have you had in the past 2 years?



None



One

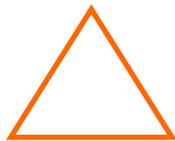


More than 2

## HOW TO CALCULATE YOUR SCORE

### Self Scoring

Count the number of checkmarks in the triangles and squares. Circles have no score.



Multiply this number by **3** = \_\_\_\_\_



Multiply this number by **5** = \_\_\_\_\_

Add up for total score \_\_\_\_\_

### INTERPRETATION OF SCORE

**The lower the score, the safer you are as a driver.**

**The higher the score, the more danger you are to yourself and others.**

SCORE	MEANING	
0 to 15		You are aware of what is important to safe driving and practicing good habits.
16 to 34		You are engaging in some practices that need improvement to ensure safety.
35 and over		You are engaging in too many unsafe driving practices which may be dangerous for you and others.