



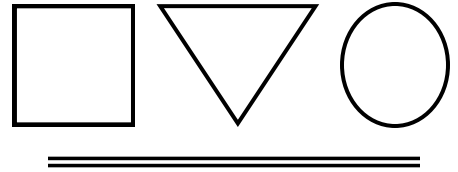
Safe Driving and the Older Adult Self - Assessment

INSTRUCTIONS: For each of the following questions, mark the column of the one answer that most applies to you. Then, flip the page over to assess your answers.

	Always, or almost always	Sometimes	Never, or almost never
1. I use my turn signal and check my blind spot when changing lanes.....	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I wear a seat belt, and make sure everyone else in the vehicle is wearing a seat belt.....	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I try to stay informed on changes in driving regulations.....	<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 into traffic when I get on busy interstate highways.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="radio"/>
6. I think my reaction time may be slower than it used to be when reacting to dangerous situations.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="radio"/>
7. When I am upset, or dealing with strong emotions, it shows in the way I drive.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="radio"/>
8. My thoughts wander when I drive, and I often find myself thinking about things other than my speed and the cars around me.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="radio"/>
9. Situations like speeding vehicles, rush-hour traffic jams, or rude drivers make me nervous/angry.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="radio"/>
10. I get regular eye checks and keep my prescription glasses up-to-date in order keep my vision sharp.....	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. I specifically ask my doctor or pharmacist about the effects of my medications on driving ability.....	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. I try to stay informed on current information on health practices and habits.....	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. My children, family members, and/or friends show concern about my driving.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="radio"/>
14. How many traffic tickets or warnings have you had in the past two years?.....	<input type="checkbox"/> 0	<input type="checkbox"/> 1-2	<input type="checkbox"/> 3+
15. How many accidents have you had in the past two years?.....	<input type="checkbox"/> 0	<input type="checkbox"/> 1-2	<input type="checkbox"/> 3+

Self-Scoring:

Step 1: Count the number of checkmarks in the squares, and record the total in the square to the right. Follow the same procedure for the circles and triangles. These are your *SHAPE TOTALS*.



Step 2: Write your “square” total in the square to the right, and then multiply it by five.

<input type="text"/>	x 5 =	_____
----------------------	-------	-------

Step 3: Write your “triangle” total in the square to the right, and then multiply it by three.

<input type="text"/>	x 3 =	_____
----------------------	-------	-------

Step 4: Add the totals of steps 2 and 3. This is your final score. **FINAL SCORE =** _____

Interpretation of Score:



The **lower** the score, the safer driver you are. The **higher** the score, the more dangerous you are to yourself and others. No matter what your score, you should **always** be looking for ways to improve each area in which you checked the square or triangle.

SCORE

MEANING

0 - 15

GO! You recognize the importance of safe driving, and you are practicing those skills behind the wheel. But no driver is perfect; as driving practices change, we should always be looking to improve our skills. Watch for little things you may be doing that puts you at risk, and do what you can to change those habits.

16 - 34

CAUTION! You seem to be engaging in some driving habits that need improvement to ensure your safety. Try to identify things you can change, and make a conscious effort to do so. Your loved ones are counting on it!

35 and over

STOP! You are engaging in too many unsafe driving practices. You are a potential hazard to yourself, your passengers, and other drivers on the road. Examine the areas where you checked squares or triangles, and evaluate how you can change those habits. Don't be afraid to ask for help!

This is not a complete evaluation of your driving ability.

These scores are based on what you and other drivers 55+ have reported about driving habits and practices, and is based solely on your answers to a limited number of important questions. Many more questions would need to be asked, along with medical, physical, and licensing examinations. Regardless, your score on this test can give you an indication of how well you are doing, or what you can improve on to become a safer driver.