



## Concerns About Driving

**Do you have concerns about driving?** Review this checklist to see if any of the following items apply to you. Check the box if your answer is 'yes' to any of the items below:

- Have you had any accidents or near misses in the past year?
- Do other drivers honk or pass you frequently? Is it hard for you to keep up with the flow of traffic?
- Have others made comments about your driving habits?
- Have there been changes in your driving? Are you using a co-pilot more often?
- Do you have difficulty working the brake and gas pedals correctly? ★
- In the past 2 years, have you been stopped by the police due to speed violations (either too slow or too fast)?
- Are you driving less because you are increasingly nervous?
- Have you been getting lost frequently? ★
- Is it more difficult to turn to see when backing up?
- Is it more difficult to manage a curve in the road or to stay in the middle of your lane?
- Are you signally and scanning mirrors when changing lanes?
- Have you been missing stop signs or ignoring other traffic signs? ★
- Has your strategy to driving changed?
- Do you stop in the middle of the road? ★

★ **Statements with a star are big concerns.** If you checked one of these statements, you should stop driving and share these concerns with your family doctor or nurse practitioner.

If you have checked several boxes, it is a good idea to think about reducing your driving or stopping driving soon. Talk to your family and friends, or your family doctor about your areas of concern related to driving, or schedule a driving assessment.