

JUDGING YOUR DRIVING

Statements About Your Own Driving	Never	Sometimes	Most of the Time	My Score
I notice that other drivers seem to be honking at me.	0	1	2	
I find space in traffic hard to judge.	0	1	2	
I find that cars suddenly appear from nowhere.	0	1	2	
I find drivers are stopping suddenly in front of me.	0	1	2	
I fail to notice red lights and traffic signs.	0	1	2	
I have trouble looking over my shoulder to back up or change lanes.	0	1	2	
I have trouble remembering to look left and right to check for traffic at intersections.	0	1	2	
I have trouble driving through intersections.	0	1	2	
I get nervous making left turns against oncoming traffic.	0	1	2	
I lack confidence that I am able to drive in heavy traffic.	0	1	2	
I lack confidence that I am able to drive at high speeds.	0	1	2	
I feel overwhelmed by too many road signs, signals, pavement markings, pedestrians, and other vehicles.	0	1	2	
I have trouble moving my foot from the gas pedal to the brake pedal or turning the steering wheel.	0	1	2	
I get lost on roads that should be familiar to me.	0	1	2	
I feel nervous, agitated, or irritated while driving.	0	1	2	
I need someone else to tell me how to drive.	0	1	2	
I have had several close calls or a near crash in the last 3 years.	0	1	2	
I worry that I might make a mistake and will get hurt.	0	1	2	
I worry that I might make a mistake and someone else will get hurt.	0	1	2	
My doctor advised me to limit or stop driving because of my health.	0	1	2	
I have had police warnings or moving violations in the last 3 years.	0	1	2	
I have had fender benders in the last 3 years.	0	1	2	
Total Score (check your score on the next page)				

Check your Total Score. If your Total Score is:

- 0-5** Do not be concerned at this time.
- 6-16** Do self-assessments on a regular basis.
- 17-26** Consider a formal assessment of your driving.
- 27 and above** Look for other means of travel for most or all of your trips.