



Tips To Evaluate Your Driving

Most people want to continue driving for as long as they can do so safely. However, for many people, a time will come when they must limit or stop driving, either temporarily or permanently.

The following are some warning signs that indicate a person should begin to limit or stop driving.

1. Almost crashing, with frequent "close calls"
2. Finding dents and scrapes on the car, on fences, mailboxes, garage doors, curbs, etc.
3. Getting lost, especially in familiar locations
4. Having trouble seeing or following traffic signals, road signs, and pavement markings
5. Responding more slowly to unexpected situations, or having trouble moving their foot from the gas to the brake pedal; confusing the two pedals
6. Misjudging gaps in traffic at intersections and on highway entrance and exit ramps
7. Experiencing road rage or causing other drivers to honk or complain
8. Easily becoming distracted or having difficulty concentrating while driving
9. Having a hard time turning around to check the rear view while backing up or changing lanes
10. Receiving multiple traffic tickets or "warnings" from law enforcement officers

If you notice one or more of these cautionary signs in yourself, or in a loved one, you might want to register yourself or that person for a driver improvement course, such as courses offered by AARP Driver Safety or consider making an appointment for a professional evaluation through a local driving school or other driving assessment programs.