



Bay Area Driving School

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BayAreaDriving.com

Senior Driver Self-Assessment Checklist

Understanding How Age Affects Driving - As we age, it's natural for some physical and cognitive changes to occur that may affect driving abilities.

Common effects include:

- Slower reaction times
- Reduced vision and hearing
- Decreased flexibility and strength
- Increased sensitivity to glare
- Memory or concentration challenges

** Being aware of these changes can help you adapt and stay safe behind the wheel.*



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Self-Assessment Questions

Use this checklist to reflect on your driving skills. Answer honestly and discuss any concerns with a family member or driving professional.

- ☐ Do I have difficulty seeing at night or in bad weather?
- ☐ Do I often miss traffic signs or signals?
- ☐ Do I struggle to judge distances when merging or changing lanes?
- ☐ Have I been startled by cars or pedestrians I didn't see?
- ☐ Do I get lost on familiar routes?
- ☐ Have other drivers honked at me recently?
- ☐ Do I feel overwhelmed in busy traffic or while driving on freeways?



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- [] Have I had any close calls or minor accidents?
- [] Do I take medications that may affect my alertness?
- [] Has a loved one expressed concern about my driving?

If you answered **"YES"** to any of these, it may be time to take a driving refresher course or get a [professional assessment](#).

Tips for Staying Safe and Confident

- Drive during daylight and good weather conditions.
- Have your vision and hearing checked regularly.
- Avoid distractions and plan your routes ahead of time.
- Keep a safe distance from the car in front of you.
- Consider taking a [mature driver safety course](#).