

TAKING CONTROL OF YOUR DRIVING FUTURE

A Self-Awareness Questionnaire

Research has shown older adults want to stay active in their communities and remain as independent as possible. At today's class, we will talk about steps you can take for safe driving and taking control of your mobility future. The first step is taking a realistic view about your driving and conditions that affect driving. **You are the only one who will see this paper**, so try to be honest with yourself as you answer the questions. However, your instructor will be happy to answer any questions you have about any of the information below. Following the questions, you will find helpful resources listed.

- | | |
|---|---|
| 1. How important is driving in your life? | 2. How confident are you with your current driving ability? |
| <input type="checkbox"/> Extremely important | <input type="checkbox"/> Extremely confident |
| <input type="checkbox"/> Very important | <input type="checkbox"/> Very confident |
| <input type="checkbox"/> Somewhat important | <input type="checkbox"/> Somewhat confident |
| <input type="checkbox"/> Not very important | <input type="checkbox"/> Somewhat unconfident |
| <input type="checkbox"/> Not at all important | <input type="checkbox"/> I'm concerned about my driving |

Most drivers have identified the following as areas important to them in driving safely.

Vision

3. How would you rate your vision?

- ☐ Very good, it is easy for me to read signs, glare doesn't bother me, and I can see well at night.
- ☐ Good
- ☐ Bothersome at times
- ☐ Very bad (daylight), I have problems reading signs and seeing roadway markings.
- ☐ Very bad (night time), I have trouble handling glare.

Reaction Time

4. How would you rate your reaction time?

- ☐ Very good, I can stop quickly and handle fast moving and heavy traffic.
- ☐ Good
- ☐ Not as good as it could be.
- ☐ Very bad, I find myself not reacting in time and frequently having to stop quickly.

Flexibility

5. How would you rate your flexibility?

- ☐ Very good. I can raise my arms above my shoulders easily and can turn my head to see over my shoulder. I have no trouble checking to see vehicles approaching my left back bumper (blind spot).
- ☐ Good
- ☐ Not as good as it could be. I have trouble seeing over my shoulder and getting in and out of my vehicle.
- ☐ Very bad, I have a great deal of difficulty turning my head to check my blind spot.

Challenging Situations

6. Does driving make you feel anxious? In which of the following situations are you least confident? **(Check all that apply)**

- ☐ On freeways
- ☐ In rain
- ☐ At night
- ☐ When I'm being tailgated
- ☐ When merging into traffic
- ☐ When making left turns
- ☐ When driving in unfamiliar places
- ☐ Other: _____

Medications

7. Have you reviewed your prescription, over-the-counter and herbal medications with your doctor to see how they may be affecting your driving?

_____ Yes _____ No

Considering Future Possibilities for Transportation

8. When you think about your transportation future, how aware are you of transportation resources other than your own car?

- ☐ Very aware, I know about local buses, train stations, senior vans, volunteer drivers, or walking and biking routes.
- ☐ Somewhat aware, I know who to call for information.
- ☐ I don't know of any.
- ☐ I know of some, but I'm not comfortable using them.
- ☐ Don't know and don't care to know.

How You “Fit” in Your Car

When you are driving, seeing traffic and pedestrians is as important as obeying the laws. Make sure that you are at least 11 inches from the steering wheel and you can: 1) see three inches over the steering wheel; 2) reach the pedals; and 3) see behind you when your head is turned. Sometimes adjusting your seat or sitting on a pillow can help you see around you. If you have trouble reaching the pedals, talk to your car dealer about installing pedal extenders.

Resources

While answering the questions, if you expressed concern about:

- Vision: See page 1 in “Safe Driving for Older Adults” brochure from the National Highway and Traffic Safety Administration (NHTSA).
- Reaction Time: See page 2 in “Safe Driving for Older Adults” brochure.
- Flexibility: See pages 1-2 in “Safe Driving for Older Adults” brochure.
- Challenging Situations: See page 2 in “Safe Driving for Older Adults” brochure.
- Medications: Talk to your doctor and review all the medications you are taking with him or her to see if they, alone or in combination, could be affecting your driving.
- Considering Possibilities for Future Transportation: Talk with friends and family members about driving places together or call the statewide toll-free resource information number, 1-800-510-2020, which will connect you to resources in your area.

Additional Resources

- Brochures on headlight glare, flexibility and other issues important to older drivers are available from the AAA Foundation for Traffic Safety on www.seniordrivers.org.
- Several organizations offer mature driver education programs:
 - ❑ AARP’s “Driving Safety Program”. To find a class in your area, call 1-888-AARP-NOW (1-888-227-7669).
 - ❑ The Auto Club offers a “Safe Driving for Seniors” program. For a schedule of classes, stop by or call your local Auto Club office.
 - ❑ Safety Center Incorporated offers “Mature Driver Course: A Defensive Driving Course for Those 50 and Over.” To register call toll-free 800/825-7262, ext. 240.

Contact Information:



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For additional copies: visit www.eldersafety.org or call 619-594-3691
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