

Driver self-assessment

This Driver self-assessment is for your personal information and interest. You will not be asked to share your answers. At the end of the presentation an answer key will be given out for you to take home and read at your leisure.

1. Intersections bother me because there is so much to watch for from all directions.
 - ☐ Almost always/always
 - ☐ Sometimes
 - ☐ Almost never/never
2. I wear a seatbelt.
 - ☐ Almost always/always
 - ☐ Sometimes
 - ☐ Almost never/never
3. I find it hard to decide when to merge into traffic on a busy road or highway.
 - ☐ Almost always/always
 - ☐ Sometimes
 - ☐ Almost never/never
4. My thoughts wander when I'm driving.
 - ☐ Almost always/always
 - ☐ Sometimes
 - ☐ Almost never/never
5. My reaction time while driving is slower than it used to be.
 - ☐ Almost always/always
 - ☐ Sometimes
 - ☐ Almost never/never
6. Driving in traffic makes me feel angry.
 - ☐ Almost always/always
 - ☐ Sometimes
 - ☐ Almost never/never
7. I try to keep up-to-date on facts about wellness and healthy choices.
 - ☐ Almost always/always
 - ☐ Sometimes
 - ☐ Almost never/never
8. In the past 2 years I have noticed scrapes or dents on my car, mailbox or garage; or bumped into a curb; or had a fender-bender or crash.
 - ☐ Yes
 - ☐ No
9. Family members, friends or a health care provider are concerned about my driving ability.
 - ☐ Yes
 - ☐ No
10. I have been pulled over by a police officer, or received a driving ticket in the past two years.
 - ☐ Yes
 - ☐ No
11. I check with my pharmacist about how any prescription and over-the-counter drugs I take may affect my ability to drive.
 - ☐ Almost always/always
 - ☐ Sometimes
 - ☐ Almost never/never
12. I try to stay up-to-date on changes in driving skills and traffic laws.
 - ☐ Almost always/always
 - ☐ Sometimes
 - ☐ Almost never/never
13. I signal and look over my shoulder when I change lanes.
 - ☐ Almost always/always
 - ☐ Sometimes
 - ☐ Almost never/never

Adapted from Manitoba Public Insurance "The Older and Wiser Driver"