

Older Driver Self-Assessment

It's important for older drivers to periodically review their driving skills, even if they consider themselves to be a capable motorist.

Our anonymous self-assessment will guide you through some of the checks mature drivers can make. Please remember, any advice given is not a substitution for discussing concerns with a doctor or medical professional.

Section 1: Eyesight

Y/N

1. Do you find it harder to read road signs than you used to?	
2. Do you suffer from glare from oncoming headlights?	
3. Do you have more trouble than you used to in judging how far away another vehicle or road user is, or how fast they are moving?	
4. Do you find driving in the dark more difficult than you used to?	
5. Do you have trouble seeing pedestrians or pedal cyclists?	

Section 2: Physical Mobility

Y/N

6. Do you find it more difficult to turn your head to see over your shoulder than you used to?	
7. Do you find it more difficult to turn the steering wheel fully than you used to?	
8. Do you suffer from aches and pains when driving?	
9. Do you find it more difficult to control your car than you used to?	
10. Do you find it more difficult to use the foot pedals, gears or other controls than you used to?	

Section 3: Tiredness

Y/N

11. Do you feel more tired during or after driving than you used to?	
12. Have you found yourself nearly nodding off when driving?	
13. Do you have trouble concentrating when driving?	
14. Do you have trouble sleeping at night?	

Section 4: Making Decisions

Y/N

15. Do you have trouble concentrating when driving?	
16. Do you find driving on high-speed roads, such as motorways and dual carriageways, more difficult than you used to?	
17. Do you find negotiating large, busy junctions and roundabouts difficult?	
18. Do you find it difficult to judge when it's safe to pull out of a junction?	
19. Do you often feel anxious or stressed when driving?	

Section 5: Medical Conditions

Y/N

20. Do you have a medical condition that you must report to the DVLA, or the DVA in Northern Ireland?	
21. Has a doctor or other health professional expressed concern about your driving?	
22. Do you suffer from a serious medical condition, such as diabetes, heart disease, dementia, epilepsy or arthritis?	
23. Are you taking any medication that might affect your driving?	
24. Do you find it difficult to follow all the advice about how to take your medication correctly?	

Section 6: Driving History

Y/N

25. Has the number of near misses you've had increased in the last year or so?	
26. Have you had a crash in the last year or so?	
27. Have you received any penalty points on your licence in the last year or so?	
28. Have you been stopped by the Police because of your driving in the last year or so?	

Thank you for completing the IAM RoadSmart self-assessment. Please find some further guidance below.

Eyesight

If you answered 'Yes' to some of the questions regarding eyesight, it's worth speaking to an optician about any changes you've noticed. The answer may be as simple as a new prescription, but having your eyes checked by a professional can help to ensure that you are safe to drive.

Physical Mobility, Tiredness, Making Decisions, Medical

If you answered 'Yes' to some of the questions regarding health, it's worth discussing any of your 'Yes' answers with a doctor or other medical professional. If you have a condition or disability that could affect your ability to drive safely (known as a 'notifiable' condition), or if a condition or disability has got worse since you got your licence, you must tell DVLA (or the DVA if you live in Northern Ireland).

This does not automatically mean that you will be told to stop driving; there may be changes you can make to help you continue driving safely.

Driving History

If you answered 'Yes' to some of the questions regarding your driving history, a driving refresher course may be right for you. We offer a Mature Driver Review which has been specifically designed to improve the skills and confidence of older drivers - helping you to continue driving safely for years to come.

Consider a Mature Driver Review

Even the best drivers may notice a drop in the skills over time. Our Mature Driver Review offers older drivers a relaxed, informal chance to have their skills reviewed by an IAM RoadSmart expert. There's no test and no pressure, just an impartial review of your driving that can help you grow your skills and confidence as an older driver.

Find out more at: www.iamroadsmart.com/courses/mature-driver-review