



Independent Age



Checklist

Should you get a second opinion on your driving?

Even if you have a long record of safe driving, it's possible to lose confidence in your driving ability as you get older.

Getting a second opinion can help you spot problems you may not have thought about, as well as helping you find solutions to keep you safely on the roads for longer.

If you tick one or more of the boxes in the checklist below, it might be a good idea to get a second opinion on your driving.

- I regularly find myself getting nervous or stressed behind the wheel.

- I think my reaction times and reflexes are slowing down.

- I think my eyesight is getting worse and may be affecting what I can see on the road.

- My hearing is getting worse and I'm not as aware of what is happening on the road around me anymore.

- My family or friends seem concerned about my driving, or nervous when they are in a car with me.



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- I often get confused when driving (for example, at a junction, or if there are roadworks), or get lost on a familiar route.

- I find it difficult to spot road signs and follow them (for example, if there is a speed limit change).

- Other drivers often react badly to my actions on the road.

- I'm finding my car more difficult to handle.

- I've had several near misses or an accident.



If you've ticked any of the boxes in this checklist, it might be worth getting a second opinion on your driving. Ask your GP for advice, or consider having a driver assessment to get a professional's view on your safety behind the wheel.

Assessments are not a test that you pass or fail – the assessor will give you tips to sharpen your driving skills in a report at the end.

Organisations providing driver assessments include RoSPA (**0121 248 2000**, rospa.com) and IAM RoadSmart (**0300 303 1134**, iamroadsmart.com).

Visit olderdrivers.org.uk for more information.