

Judging Your Own Driving: Survey

Score 0 if the statement **NEVER** applies to your own driving; 1 if the statement **SOMETIMES** applies, and 2 if the statement applies **MOST OF THE TIME**.

	Never	Sometimes	Most of the time
I notice that other drivers seem to be honking at me.			
I find space in traffic hard to judge.			
I find that cars suddenly appear from nowhere.			
I find drivers are stopping suddenly in front of me.			
I fail to notice red lights and traffic signs.			
I have trouble looking over my shoulder to back up or change lanes.			
I have trouble remembering to look left and right to check for traffic at intersections.			
I have trouble driving through intersections.			
I get nervous making left turns against oncoming traffic.			
I lack confidence that I am able to drive in heavy traffic.			
I lack confidence that I am able to drive in high speeds.			
I feel overwhelmed by too many road signs, signals, pavement markings, pedestrians, and other vehicles.			
I have trouble moving my foot from the gas pedal to the brake pedal or turning the steering wheel.			
I get lost on roads that should be familiar to me.			
I feel nervous, agitated, or irritated while driving.			
I need someone else to tell me how to drive.			
I have had several close calls or a near crash in the last 3 years.			
I worry that I might make a mistake and will get hurt.			
I worry that I might make a mistake and someone else will get hurt.			
My doctor advised me to limit or stop driving because of my health.			
I have had police warnings or moving violations in the last 3 years.			
I have had fender benders in the last 3 years.			

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Check your Total Score. If your Total Score is:	
0 - 5	Do not be concerned at this time.
6 - 16	Do self-assessments on a regular basis.
17 - 26	Consider a formal assessment of your driving.
27 and above	Look for other means of travel for most or all of your trips.