

Mini-Self Assessment of Driving Ability

HEARING

Circle Yes or No

- With the car windows rolled up, can you hear a siren or horn? Yes No
- Do you hear the sound of your turn signals? Yes No

VISION

- Are objects clear and bright? Yes No
- Do you see clearly at night? Yes No
- Can you go outside in the bright sunlight and see clearly right away? Yes No
- Can you see clearly over the steering wheel? Yes No

HEAD AND NECK

- Can you turn your head an equal distance from one side to the other? Yes No
- Can you turn your head and neck far enough to see over your shoulder? Yes No

ARMS AND HANDS

- Can you drive as far as you desire without your hands and arms becoming tired? Yes No
- Can you drive for 30 minutes without your fingers or arms becoming tingly or numb? Yes No
- Can you keep a firm but comfortable grip on the steering wheel with both hands while keeping your elbows bent and relaxed? Yes No
- Can you lift your arm high enough to adjust the rear view mirror? Yes No
- Can you cross one hand over the other when turning the wheel? Yes No

LEGS AND FEET

- Can you depress the brake pedal with your knee bent? Yes No
- Can you sit for 15 minutes without your feet or legs becoming tingly or numb? Yes No
- Do you always use your right foot to depress the brake pedal? Yes No
- Can you bend your foot at least 10 degrees? Yes No

If you answered “no” to any of the above questions, see your doctor. Your doctor may be able to help you drive safely longer by treating a health-related problem, or by prescribing therapy or simple exercises. In Wichita, two *Adaptive Driving Programs*, which must be physician ordered, provide comprehensive assessments of driving ability, and if needed, training and/or therapy: Via Christi Our Lady of Lourdes Rehabilitation Center, and Wesley Rehabilitation Hospital.

The above assessment was developed by a registered physical therapist practicing at a national rehabilitation corporation for a demonstration project funded by Administration on Aging (1995).

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